



Planning Your Goals



Goals

Goals are a way of motivating yourself to achieve something. Many athletes use goal setting as a way to motivate them and to stay focused on winning for themselves and/or their team. You can use the goal setting techniques implemented by athletes in your daily life to achieve results, such as getting into shape and increasing your fitness.

In sport psychology there are three major goal types, which are used by athletes. These are **outcome goals, performance goals and process goals**¹.

Outcome goals

Outcome goals are typically goals, which focus on just that - the outcome. For instance, an outcome goal for a football player might be to win a grand final. For many people, an outcome goal is likely to be to lose a particular amount of weight, get a specific job, achieve good grades and so on.

Performance goals

Performance goals are a bit more specific and they focus on how you're going to get to this outcome and are usually performed independently of others. For instance, one football player's performance goal might be to kick a certain amount of goals in a game. Your performance goal might be to go for a run three times per week, or to walk for 30 minutes, 5 times this week.

Process goals

Process goals dictate how you're going to achieve your performance goal. For instance, a football player's process goal could be to breathe a certain way and to focus on something near the goals in order to achieve the perfect kick each time he attempts a goal. For you, the process goal could be to walk at a certain pace, try to build up your running each week by running and then walking and so on. Each of these goals can be quite independent of each other, but you can think of them as working together to achieve the main 'outcome goal'.

It's important to have an outcome goal in mind and then to break the goal down into smaller parts and focus on the performance and process goals in order to achieve your outcome. By focusing on these two goals you will automatically be achieving the outcome goal without even realizing it¹. It's important also to focus on your thoughts, which will come into play when you are trying to achieve your goals. For instance, negative thoughts will affect your motivation along the way, however, if you use the techniques described within these motivation articles, you will soon be on your way to achieving all the goals you desire. Just remember to break your goals down into smaller parts and plan out exactly how you aim to achieve each small step along the way. By doing this, you'll constantly be reinforced for achieving small goals along the way and increase your motivation towards your ultimate goal. You can do it!!!

Reference:

1. Cox, R.H. (2002). *Sport Psychology, Concepts and Applications (5th Ed)*, McGraw-Hill, New York

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