



GREEN BAY PHOENIX

Goal Setting 101

Process Goals

FOCUS ON SPECIFIC BEHAVIORS TO ACHIEVE OUTCOME AND PERFORMANCE GOALS

- A process goal may include shooting free throws for 10 minutes before and/or after practice to improve my free throw percentage from 35% to 45%.
- Kobe Bryant would set a goal to make a certain amount of jump shots during practice in order to improve.

Outcome Goals

BASED ON THE OUTCOME OR RESULTS OF PERFORMANCE

- An outcome goal example would be to become the starting setter for the volleyball team.
- Although this may be a goal for any setter, this should not be the only goal set.
- Professional athletes tend to shy away from focusing on their outcome goals during training.

Performance Goals

AIMING TO ACHIEVE A CERTAIN STANDARD FOR PERFORMANCE

- A performance goal could be something as simple as getting a new best time in the 200 breaststroke.
- During the 2008 Beijing Olympics, Michael Phelps had set performance goals for every single race, even the ones he did not swim.

SMART Goals

SPECIFIC, MEASURABLE, ACTION BASED, REALISTIC, TIME BASED

- Goals should identify a specific action that will take place.
- Any goal should be measurable in order to track progress.
- To achieve a goal, an action plan should be put into place to follow.
- Goals should be challenging but still reasonable.
- A goal should have a time period by which it should be attained.

SMART Goal Example

DRINKING WATER

- S - I want to drink 8 oz of water a day in addition to the 80oz of water I already drink.
- M- I will measure this by using my 24oz water bottle. I will keep track of how many times I fill it up through an app on my phone, so I will know if I hit my goal of just over 3.5 water bottles.
- A- I will make sure to bring my water bottle with me everywhere I go. I will put a note on the front door reminding me to take it with. I will ensure once an hour I will take a big swig. If I get bored of the water, I will add fruit in the morning.
- R- Yes, this is realistic because it follows the 10% rule and I know I can do this in the time frame.
- T- By the end of the month.

Goal Setting Guidelines

GOAL SETTING GUIDELINES

- Goals should be set in the short term and the long term, meaning a variety of goals should be set throughout the performance time period.
- A mixture of process, outcome, and performance goals should be set to ensure all aspects of performance are being recognized
- Goals should be positive rather than negative to encourage them to be kept.

Set Your Goals!

TAKE TIME TO SET YOUR OWN SMART PERFORMANCE GOAL

S _____

M _____

A _____

R _____

T _____



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