

SMART Goals

A SMART Goal:

- focuses attention
- mobilises effort in proportion to the demands of the task
- enhances persistence
- encourages the individual to develop strategies for achieving their goals

We all set goals, but goals are a lot more achievable, and more meaningful, if they are SMART (or SMARTER) goals.

- **Specific** - make them as precise and detailed as possible
- **Measurable** - a method by which you can quantify or rate your current position and then determine the amount of improvement required
- **Accepted** - goals need to be shared and negotiated with all others involved
- **Realistic** - the goal is realistic yet challenging
- **Time phased** - date is set for when the goal is to be achieved by
- **Exciting** - goal motivates the individual
- **Recorded** - the goal and progress towards it are recorded



SMART/SMARTER can be broken down in other ways, but these are the key elements.



A goal: To perform better

A SMART goal: To run a PB of 4:20 (a 3 second PB, which is inside the qualifying time for the world championships) by the 2nd June (qualification closing date)

Outcome Goals – to do with the result/winning or performing better than someone else (end result). Highly motivating long-term goals, but not completely under the individual's control, so limited without related process or performance goals.

Process Goals – deal with technique or strategy necessary to perform well (e.g. to maintain controlled rhythm in the long jump run up). Individual has complete control. Helps to focus

attention on what is important and are effective in helping control anxiety. Should be drawn up with coach to map route to desired outcome goal.

Performance Goals - specify a specific standard to be achieved. Performance goals are about personal standards (for a runner this might be a time for a specific distance, eg 5 minutes for 1500m) and are unaffected by the performance of others and so totally under the control of the individual. Can be used to monitor achievement of process goals and progress towards the desired outcome goal. Can succeed without winning.

Goals can be short, medium and long-term. We often have goals in each of these timeframes.

Don't forget to set goals in other areas of your life too. If having a goal makes training easier, imagine how easier your school work will be if you know exactly what you want to achieve academically.

What is your main sporting goal for the season ahead?

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Now rewrite your goal so that it is a SMART goal

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Is this goal an outcome, process or performance goal?

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Set yourself a goal in each of the other two areas (outcome, process, performance)

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What things might prevent you from achieving these goals?

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Who can help you achieve your goals?

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What excites you about your main goal?

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What is your main non-sporting goal?

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