

# PLAY LIKE A CHAMPION TODAY®

## CHAMPION NOTE The Winning Game Plan

### Setting S.M.A.R.T. Goals

This time of year you often hear lots of people talking about making goals for the new year. Goal setting is an important part of intentional improvement, and can be a great tool for teams as well as individual athletes. Goals can be physical, mental, or moral. When brainstorming goals for yourself and for your team, remember to set S.M.A.R.T. goals:

**1. Specific-** Be clear about what exactly you want to do and how you will do it. Start with a larger goal and break it down into the steps you'll need to accomplish in order to succeed. Write down your goal, create a timeline, and put it somewhere you can see every day. Research shows that people who write down their goal are more likely to achieve it.

**2. Measurable-** Make sure your goal is something concrete that you can measure so you can track your progress over time. Being able to measure your progress towards a goal holds you accountable and gives you feedback on how you're doing through the process to help keep you motivated.

**3. Achievable-** Challenge yourself, but not so much that it is overwhelming. Your goal should be both ambitious and realistic. Make sure that your goal is something that you actually have control or influence over. Think about the obstacles you may encounter on your road to success and how you can overcome them.

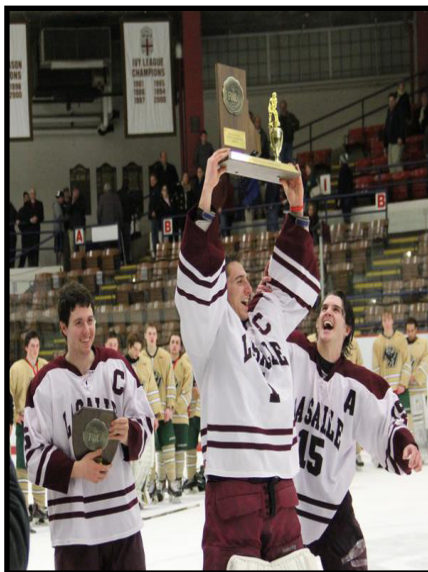
**4. Relevant-** Why does achieving this goal really matter to you? You will be more committed and driven about a goal that you are passionate about. This increases your likelihood of success.

**5. Timely-** Have a date by which you want to achieve your goal. Make sure your deadline is reasonable. Not only does this help to make a timeline to completing your goal but it also gives you motivation.

Creating a plan to help you reach your goals is essential to successful goal setting. Making sure your goals are specific, measurable, achievable, relevant, and timely helps you to strive towards self-improvements with the greatest chance of success.

GOAL:		
S	<b>Specific</b>	<ul style="list-style-type: none"> <li>What do I want to accomplish?</li> <li>Why do I want to accomplish this?</li> <li>What are the requirements?</li> <li>What are the constraints?</li> </ul>
M	<b>Measurable</b>	<ul style="list-style-type: none"> <li>How will I measure my progress?</li> <li>How will I know when the goal is accomplished?</li> </ul>
A	<b>Achievable</b>	<ul style="list-style-type: none"> <li>How can the goal be accomplished?</li> <li>What are the logical steps I should take?</li> </ul>
R	<b>Relevant</b>	<ul style="list-style-type: none"> <li>Is this a worthwhile goal?</li> <li>Is this the right time?</li> <li>Do I have the necessary resources to accomplish the goal?</li> <li>Is this goal in line with my long term objectives?</li> </ul>
T	<b>Timely</b>	<ul style="list-style-type: none"> <li>How long will it take to accomplish this goal?</li> <li>When is the completion of the goal due?</li> <li>When am I going to work on this goal?</li> </ul>

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*“Winners must have two things, definite goals and a burning desire to achieve them.”*

Brad Burden, Teacher and Coach

### 3 Types of S.M.A.R.T. Goals

- People often consider sports goals to be primarily skill-based, but there are three principal levels of goal setting.
- Physical Goals involve skill development, such as running a 6 minute mile or making 80% of your free throw shots.
- Mental Goals involve attention, effort and determination, such as paying attention the entire game (even when on the bench) or maintaining a positive attitude.
- Moral Goals involve sportsmanship, such as encouraging teammates and playing the game by the rules.
- Remember, when creating goals, it is about achieving your personal best, not about comparing yourself to others.