# TBR GOAL SETTING PRINCIPLES

**The following principles will help you set effective goals and plan to achieve them.**

- Objective & Specific. Set objective and specific goals that can be assessed by a result, a score or a level of proficiency.
- Outcome vs process goals: Performance goals are a score or result, where as process goals are a level of proficiency, which may someday lead to the achievement of a outcome goal. As a junior athlete the majority of your goal setting should focus on process goals, especially your short term and mid term goals. An example of a short term process goal may be “have a forward spot on all 360 take offs today” An example of a mid term process goal may be “consistent clean 360’s by the end of the season”.
- Focus on Process, with short term goals, mid term goals and mid term goals aligning as a strategy to achieving long term goals. Once the goals are set, you should be committed to the process and performance and let the outcome take care of itself.
- Moderately Difficult. Set goals that are challenging but still achievable. Goals that are too easy or unrealistically difficult will results in poor goal commitment.
- Practice & Competition. Set goals for both practice and competition. Such a large amount of time is set to practice and training that it is important to set practice goals.
- Develop Goal Achievement Strategies. Develop step by step plans for how you will achieve each goal, this may involving setting further process goals.
- Record Goals. It is important to write down your goals and revisit your goals in order to stay focused. The TBR Goal Form is a great template.
- Commit to your Goals. Be committed to your goals. The goals you set should be your own goals in order to be fully committed to achieving them.
- Review. It is essential to review your goals and your goal achievement strategies.

## S.M.A.R.T.S GOAL SETTING

The SMARTS Goals are a simple way to remember the main goal setting principles from above.

**S**pecific. It is ok to have some general goals, but achieving goals is easier if you are specific about what you want to achieve

**M**easurable. Again measurable goals are more easily monitored than goals like, “I

want to improve my technique”

**A**ctionable. The goal must require some action to be taken for it to be achieved

**R**ealistic. Goals should be moderately difficult, but not unachievable.

**T**imely. You should be able to put a time frame on your goals.

**S**elf-Determined. To be committed to your goals, they should be yours, not someone else’s.