

Goal Setting

SET A GOAL SO BIG THAT YOU CAN'T ACHIEVE IT UNTIL YOU GROW INTO THE PERSON WHO CAN

Growth = Change

Growth *BEGINS* outside of your Comfort Zone
Go past the *EDGE* of Comfort *into* Discomfort
That's where your "*Winning Edge*" is!!



1.) Set Long Term Goals – Make sure they are realistic but very challenging

Ex. Play football at the collegiate level, earn a scholarship to play football, be varsity starter

NOTE – They can also be non-outcome, 'effort' related goals – ex.. *relentless effort in all I do on field and off, be a leader by helping others reach their full potential, be a great teammate, son and brother

2.) Break them down into shorter term goals... Annual, Monthly or Weekly

Ex. "Win the starting position, be all-conference, throw for 2,000 yards as a senior"

Ex. "Become a team leader, be selected as captain, be service oriented in all I do"

3.) ****Break short term goals into 'Activity' Goals**** because 'Activity' goals can be easily achieved and celebrated. Celebrate and focus on 'effort *NOT* results'

Ex. Lift 3X per week, speed work 2X per week, ball drills daily, throw 4X per week, read 5x per week, deepen the relationship with 2 different teammates a week by having lunch with them



Key Points



"Everyone has a plan until they get punched in the face" – Mike Tyson

- Keep goals in front of you – i.e. a mirror in bathroom or bedroom dresser.
- Convert 'Long Term' goals into 'Short Term' goals and then into *Activity Goals*
- Goals should be challenging to achieve but realistic and achievable with effort
- Share your goals with someone you care about so that you're *accountable* to them!
- Believe in yourself, trust and focus solely on the process !!
- Focus on effort *NOT* results
- Make your goals - **SMART** Goals

Specific – ex.. play QB at the Div II level, All-Conference senior year of HS, Relentless Effort

Measurable – ex.. Improve throw distance to 60 yards, 5 to 1 TD/INT ratio, 2,000 yrds passing

Activity Based – ex.. throw 3 times per week, lift, speed & agility 3x per week

Realistic – Challenging but achievable

Time Based – ex.. throw 50 yards by July 1, run 5.0 40 yrd dash by Aug 1