

# Setting Goals

Setting Goals is a great way to help focus on what you need to be doing. You can set goals for most things, but we will focus on wrestling. We are going to use S.M.A.R.T. goals. We are going to focus on goals that can be completed this season, but you can use the same goal setting for goals that will take longer to accomplish.

First think/dream of something you wish to accomplish. This can be anything you want to achieve. This is your goal that you will be working towards, not the expectations of anyone else, your personal goal. We want to make sure the goals we set are S.M.A.R.T.

## Specific

What exactly do you want to achieve? The more specific your description, the better the chance you will accomplish it. This is the difference between “I want to do good this season” and “I want to pin someone at each tournament this season” Questions you may ask yourself when setting your goals and objectives are: Who, What, Where, Why and How.

## Measurable

What it is you will see, hear or do when you reach your goal? It means breaking your goal down into measurable elements. You'll need concrete evidence, being better is not evidence; knowing more moves, using the moves you know in matches is. Measurable goals help define what your goal is and if you're accomplishing it.

## Attainable

Is your goal attainable? That means the goal is really possible for you. Earning a gold medal in the 2020 Olympics is not possible, at this point. Earning a medal at the State tournament is possible. You want to set a high standard for yourself, but not so high it is not possible.

## Relevant

Does your goal matter to you? Do you actually want to accomplish your goal? The main question is, why do you want to reach this goal? What is the reason behind the goal, and will this goal really achieve that? You could think that spending more time in practice will make you perform better, but will it really if you don't push yourself and put effort into the practice?

## Timely

Make a plan of when you want to accomplish this goal and then make a plan for the times you will do things to help you accomplish it. Time is a good way to help ensure that we are working toward our goals, but it can also be a problem if your timeframe is not realistic. Keep your timeframe realistic so that accomplishing the goal is not a race against time.

Next, write it down. Some examples are: “I am going to earn a medal at this year's State Wrestling meet”, “I am going to Qualify for the State Wrestling Tournament this season”, “I am going to win 15 matches this season” “I am going to earn a winning record this season”, “I am going to go the distance in every single match this season”

Tell others, this helps to make you accountable for your efforts to achieve your goal. Also ask others for help if they can help you with working toward achieving your goal.

Document what you will do in order to accomplish your goal, some examples are:

“I will work through the Cycle Drill 3 times at the end of each practice”, “I will run for 30minutes every morning”  
“I will talk to my coaches after each match about how I can improve.”

“If my mind can conceive it, and my heart can believe it – then I can achieve it.”

- Muhammad Ali

“It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen.”

- Muhammad Ali

Name \_\_\_\_\_ Date \_\_\_\_\_

### Goals

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

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

<b>S</b>	<b>Specific</b> <ul style="list-style-type: none"><li>- What do I want to accomplish?</li><li>- Why?</li></ul>	
<b>M</b>	<b>Measurable</b> <ul style="list-style-type: none"><li>- How will I measure my progress?</li><li>- How will I know I reached my goal?</li></ul>	
<b>A</b>	<b>Attainable</b> <ul style="list-style-type: none"><li>- How can it be accomplished?</li><li>- Is this reasonable?</li><li>- Is this too easy or too hard?</li></ul>	
<b>R</b>	<b>Relevance</b> <ul style="list-style-type: none"><li>- Is this worthwhile or important?</li><li>- Does this apply to wrestling?</li></ul>	
<b>T</b>	<b>Timely</b> <p>What is the time frame? When will this goal be accomplished?</p>	

### Follow Up (what are you doing to achieve your goal?)

Date			
What have you done?			