



Goal Setting Workbook

Intro to Sport Psychology

What is Sport Psychology?

Sport Psychology is the mental and emotional side of performance. As much as we train our bodies physically and our skills technically and tactically for performance, it is just as important to train our minds and flex our brain muscles.

Sport is composed of five elements, each element impacting the others. When one area is not primed and prepped prior to competition, it affects the rest of the elements of sport. These elements of sport are:

- Physical (dryland training, nutrition, sleep, etc.)
- Technical (skills)
- Tactical (strategy, plays, choreography)
- Mental (thoughts, images)
- Emotional (feelings)

What are some benefits to being mentally and emotionally prepared for competition?

- Improves focus, concentration, and deals with distractions
- Increases confidence
- Develops coping skills to deal with setbacks and errors
- Increases resiliency
- Develops healthy perspective
- Assists in team development of communication skills and cohesion
- Instills a healthy belief system and identifies irrational thoughts
- Helps with emotional management
- Helps to identify optimal performance zone and how to get into the zone consistently

There are many activities that help prepare and prime the mindset for competition.



Goal Setting

Performance Vision: What do you want to achieve at the end of your sporting season?

Write down what your performance vision is: (paint a vivid picture)

- What does this look like? (what are you doing, who is around you, what do you see?)
- What does this feel like? (emotionally and physically)

Identify: Specify what it is you NEED in each element of sport in order to achieve your desired vision.

A) Create Performance goals

Technical (skill based)

1.

2.

3.

Tactical (strategy, choreography, etc.)

1.

2.

3.



Physical (dryland training, nutrition/hydration, etc.)

1.

2.

3.

Mental (thoughts, images)

1.

2.

3.

Emotional (feelings)

1.

2.

3.



Developing a new habit/routine: When too many goals are on one's plate, cognitive overload sets in and can lead to decreased success. Developing a routine and formulating habits takes time. Focusing on one goal at a time can lead to further success.

- B) Select ONE of your performance goals (from Part A) that you feel will currently best support your desired performance vision at this point in time.

Goal #1 (Performance):

- C) Re-write the performance goal you selected. *Keep in mind, it is important to focus on one performance goal at a time* (eg. I need to work on how to manage my frustration when something doesn't go as planned/expected during my performance).

Goal #1 (Rewrite):

What do I need to fulfill my performance goal (process)?

Use Part C to create a process goal to assist in achieving your performance goal.

Goal #1 (Process):



D) Create a specific process goal that will help you achieve your desired performance goal. When creating your process goal, ask yourself:

Goal #1:

- Is my goal specific? _____
- Is my goal measurable? _____
- Is my goal achievable? _____
- Is my goal realistic? _____
- Is my goal in my control? _____
- Does my goal align with my vision? _____
- Does my process goal support the needs of my performance goal?



Accountability

Writing your goals is one thing but executing and holding yourself accountable to achieving them is a whole other thing. Bringing awareness to the time and place your goals are being executed, as well as any possible distractions that could potentially block you from achieving your goal is important to identify.

Let's work on designing your accountability plan so you can achieve your performance and process goals.

What is your performance goal (re-write here):

What is your process goal (re-write here):

When are you going to work on your goal? (time and place)



What problems or difficulties could arise in achieving your process goal?

Do you need to re-write your goal if these difficulties are going to impact your achievement of your goal?

What could be a potential roadblock (distraction) from achieving your goal?

How can you cope with these potential distractions when they surface?

Re-write your plan if you need too!



Support System

Having a solid support system in place helps one to be encouraged, motivated, accountable, and resilient in times of setbacks. Write down your support system, the people you can turn to to help you stay accountable and motivated in achieving your goals!

Build your motivation for change

Imagine it is the end of your season. You have made some awesome realistic changes to your performance to better support your desired vision. Write yourself an encouraging letter about why you need to make the changes to your performance now, and how these changes will assist you in the short and long term of your performance.

Change takes effort and time!

Working toward goals takes time and effort! That's why it is important to work on mastering each goal one at a time, slowly building on from one goal to the next. When you feel you have mastered your first performance goal, slowly build and add on a second performance goal to work on.



1-Month Reflection

Before introducing your next performance goal, it is valuable to reflect how your goal went!

Reflect on the following questions:

- What went well in achieving your goal? Are you still on the right path?

- What didn't go so well? What can you learn from, and how can you apply it to your next goal you are working on?

Remember! Goals take time, and it is important to focus on one goal at a time. Make sure your process goals are specific and support the needs of your performance goal. Identify possible distractions that could take you away from achieving your goals, and what your action plan will be when distractions arise. Lastly, turn to your support system and constantly reflect on your goals! Make sure your goals are specific, in alignment with your vision, realistic, and inspire the heck out of you.

