

Goal Setting

Is it **specific**?

Is it **attainable**?

Is your goal **relevant** to what you would like to achieve in or out of football?

Is it **time-bound** with a date time-length you intend to achieve it by?

Can it be **measured**?

To set even **smarter** goals, regularly **evaluate** them and once achieved, **re-evaluate** your goal setting process. Circumstances can change which may result in your goals needing to be changed too, so evaluation is important to maximise goal achievement.

Activities:

- 1) Have a go at setting your own short-term and long-term goals. To help you, make sure you are answering the questions above.
- 2) Once completed, cut out each goal statement and place it somewhere you will see it every day.

Short-Term Goal:

(Something you want to achieve soon e.g., in weeks, a month etc.)

Long-Term Goal:

(Something you want to work towards and achieve in the long term, e.g., end of the season/year)

Established by

