

# Effective goal setting



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# Goals

- Do you know what drives you and motivates you?
- Do you know your strengths and weaknesses?
- Have you set yourself goals?
- Do you work systematically on your progress?
- Do you know what kind of referee you want to be?

# SMART

- Specific
- Measurable
- Achievable
- Realistic – Challenging
- Time-based



# To achieve success you need...

need...

1. Clear goals
2. Motivation – a strong will
3. Believe
4. To plan and prepare
5. To take action and follow-through

# Clear goals

- Can I see the goal in my head?
- How does it feel like? How do I want to be?
- What kind of skill, attitude and performance do I need to possess?
- Cool head? Determination? Stamina? Relax? Concentration? Winning?
- What obstacle can stand in my way? What do I want to do differently?

# Motivation

- Are you hungry enough? Enthusiastic?  
Am I interested?
- What's the gain? What are the benefits of reaching the goal?
- What does it take? Am I ready to do more?
- What sacrifices? To much effort? Do I really want to put myself through this?
- Do I set myself obstacles?  
Have I already made some excuses?

# Believe

- Do I sincerely believe that I can do this?
- Do others believe in me? Does it matter to me?
- Do I see myself as a winner?
- How do I talk to myself / about myself?
- Am I looking for solutions? Am I looking for problems? Positive? Doubts? Can I work through my doubts?

# Preparation

- Are your ways laid out? Way A, B or even C?
- What do I precisely have to do? When do I start? Who will be in my team? Are the surroundings ok? Equipment?
- What do I have to practice – make better?
- How am I going to face adversity and the unexpected?
- How do I reach the right mindset?
- What kind of images and suggestion will I use?

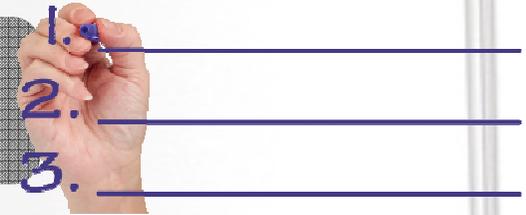
# Action

- Practice – step by step
- Prepare for mistakes or protest – don't be disappointed or use self-pity.
- Quitting is not an option!
- Use your support system – be around positive people
- Only you can reach your goal – no one can do it for you
- Do stuff - show initiative.

# Keep in mind

- Write down the goals that mean the most to you. Be as precise as you can.
- Write down your goals and keep them visible
- Plan your strategy - which way you want to go and what methods you want to use
- Bear in mind the sacrifices you have to make.
  - Are they sacrifices?

# Keep in mind



- Set time limits both for your progress goals and your performance goals. Keep the time limits.
- Seek for support and discuss the goals with your friends and family
- Be supportive for others to reach their goals
- Regularly stop and see if you´re on the right track.

## Keep in mind

- Be quick to stand up again if something goes wrong.
- Don't lose sight of the final destination
- Look for ways, think in solutions not in obstacles. Use positive thinking.
- Use imagery

# Effective goal setting

- To know how to set yourself high and ambitious goals.
- It is important to create good environment
- Everyone must commit to the contribution of reaching the goal
- Be responsible for your own mindset

# Effective goal setting

- Active participation in the assignment, ready to take responsibility of the goals
- Two is better than one, if two act as one!
- Resilience is the core of the will to win and an important aspect of self-confidence