



# Goal Setting

***Do skiers need to set goals? How can it help performance?***

Many athletes achieve some success without using formal goal setting, but virtually every great athlete who consistently succeeds uses some form of goal setting.

**~ GOALS TURN DREAMS INTO REALITY ~**



# Goal Setting

## ***Direction***

Goals tell you what you need to do and how to get there

## ***Feedback***

Goals tell you when you are making progress

## ***Support***

Goals keep you going when you might otherwise not want to keep going



# Goal Setting

## ***Long-term Goals:***

5+ years – What do you want to accomplish in your life? In your skiing?

## ***Short-term Goals:***

2 - 4 years – Where do you see yourself in 2 - 3 - 4 years?

## ***Immediate Goals:***

6 months - 1 year – What do you want to accomplish this season?

## ***Right Now Goals:***

daily & weekly – What do you want to accomplish this session, this weekend?



# Goal Setting

## *Set S.M.A.R.T. Goals*

**Specific:** What outcome would you like?

**Measurable:** How will you know when you've reached it?

**Attainable:** On a scale of 1 to 10, how confident are you that you will achieve it?

**Relevant:** On a scale of 1 to 10, how meaningful is this goal to you?

**Time bound:** When do you intend to reach your chosen end point?



# Goal Setting

~FOCUS ON HABITS~

***Those who succeed and those who do not succeed have the same GOALS.***

***What separates them from each other is their HABITS.***

Focusing on habits shifts the dialogue

From – what you want to achieve – To – how to achieve what you want

A group of about ten people, including children and adults, are roller skating on a paved path outdoors. They are wearing helmets and holding poles, suggesting a cross-country or speed skating activity. The background shows trees and a clear sky.

# Goal Setting

## ***Building new habits for success:***

Be clear on what new habit you want to build – where/when will you do it?

Keep it simple, focus on improvement, not perfection – the more you do something the easier it gets to do it, and the better the quality gets.

Acknowledge small gains positively – it triggers the dopamine response, the immediate reward for making progress. When dopamine rises so does your motivation to continue building the habit.

Good habits compound on each-other. Tracking progress is one tool to confirm a new habit is being built.