

## Goal Setting Exercise 2: Moving Beyond Outcome Goals to Task Goal Setting

Outcome goals tell you where you want to be which can help motivate. But, on a daily basis, they do not tell you what you need to DO.

### 1. Start With an Outcome

Choose an upcoming meet, and pick a challenging but not impossible outcome goal (win, place, get a certain score or time, etc.). Write that goal down in detail here:

### 2. Moving From Outcome to Task Goals

How can you maximize your chances to achieve this goal? Write down three things (i.e. pacing, stroke count, concentration, good breakfast, plenty of sleep) **you can do at the meet** in order to increase your odds of achieving the outcome goal.

1. I will: \_\_\_\_\_

2. I will: \_\_\_\_\_

3. I will: \_\_\_\_\_

[You have just gone from goal setting to task goal setting.]

### 3. Practicing the Task Goals in Training

What can you do in practice between now and your competition to increase your chances of achieving your three competition tasks? Write down two things to focus on in practice that will gear you towards your competition task goals.

For example, if your competition task goal is to hold a specific stroke rate, you might focus on specific stroke rating sets in practice.

1. In training, I will \_\_\_\_\_

2. In training, I will \_\_\_\_\_

