

## **Goal Setting**

### **Supporting Research**

1. A meta-analysis on 36 studies demonstrate goal setting in sports and exercise can improve performance (Kyllo & Landers 1995)
2. Females who set goals or who were assigned goals by their Instructor made greater strength gains than compared to a control group (Boyce 1994).
3. Setting all 3 types of goals improves performance (Filby 1999)
4. Behavioral goals improve performance quicker than outcome goals (Kingston & Hardy 1997)
5. Over-emphasis of outcome goals may create anxiety and reduce performance (Filby 1999) outcome goals are less controllable than behavioral goals

### **Important Components to Goal Setting**

1. Make goals specific and measurable
2. Setting short and long term goals
3. Daily training goals were one variable that distinguished successful Olympians from less successful ones (Orlick & Partington 1988)
4. Allowing individuals to setting their own goals
5. See [Example Client Centered Goal Setting](#) below
6. Make goals public

## **Other Considerations**

1. Make goals challenging but realistic
2. Moderately difficult goals can improve performance greater than goals that are too easy or difficult (Kyllo & Landers 1995).
3. Set positive goals
4. Negative goals may trigger negative self-talk which may decrease performance (Van Raalte 1994)
5. Set a date goal will be achieved decreases procrastination
6. make realistic but achievable
7. Commit to goals
8. Vital factor for achieving goals (Theodorakis 1996)
9. Coach or trainer can facilitate commitment
10. Make goals attractive (Hollenbeck & Klein 1987)
11. Develop self-confidence (Hollenbeck & Klein 1987)
12. Encourage self-responsibility
13. Record goals and keep them where they will be seen regularly

## **Stages**

1. Identify objective what you want to accomplish
2. Identify best outcome goals necessary to reach objective

3. Identify behavior goals necessary to reach outcome goals how to accomplish your outcome goals "people don't plan to fail, they fail to plan"
4. Commit and implement plan
5. Regularly assess progress Fitness tests, training journal, food diary, etc.
6. Modify goals if necessary
7. Lower goals that are found to be unrealistic
8. Recognize goals or objective change throughout time
9. Recommit to goals if necessary

### **Client Centered Goal Setting Example**

1. Ask the client how confident they are in exercising 4 days per week for 1 hour on a scale of 1 to 10.
2. If the client says anything less than 9, continue to decrease the goal until the client says 9 or 10.
3. When the client rates a goal as 9 or 10, have the client commit to that goal for a set number of weeks or months.
4. After that time Celebrate achievements (recognition, congratulations, compliment, reward, etc.)
5. Set new goals in the same way, providing the client an opportunity to achieve greater goals.
6. This technique raises self-confidence and evokes a sense of self-importance
7. The trainer provides the options, but the client makes their own

behavioral goal and builds upon past achievements.

See more about a [Client Centered Approach](#).