



**GOODE  
ATHLETICS**

***GOAL SETTING  
GUIDEBOOK***

# Introduction

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Goal setting is a motivational tool utilized by runners of all levels, from participants in your local 5k to Olympic Gold Medalists. It's not just limited to athletes either. Students set academic goals, professionals set career goals, and families set lifestyle goals.

While the methods vary, the concept is the same; *To achieve a state that is greater than the present, one must fix their energy and aspirations on a specific target.*

It may be a short period of time, it may be a long period of time, but there must be a *consistent, focused effort*. Vagueness doesn't do you any favors when trying to elevate yourself to a new level.

When it comes to the process of goal setting, there's not necessarily a right and wrong way, but there are methods that have been shown to be successful for athletes consistently which we will cover in this guide. Also included will be *goal setting worksheets for you to utilize for your season.*

# How It Works

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The act of setting goals has been studied thoroughly, especially in the field of Psychology.

Researchers **Edwin Locke** and **Gary Latham** pioneered what's known as **Goal Setting Theory**. They claimed that under the right criteria, setting goals had a way of increasing the level of skill or effectiveness that one might perform a task. According to Locke and Latham, when the goals are **clear**, **appropriately challenging**, and **appropriately complex**, and the goal setter is committed and utilizes feedback, then the chances of success increase significantly.

More recent research has found that **framing** is a very important part of goal setting as well, in that the way a goal setter perceives the goal has a large effect on whether or not they are successful. Those who focus on the success of the goal tend to achieve them more than those who focus on the potential failures. (Goes without saying, right?)

Setting and achieving goals is also a great way to boost one's **self efficacy**-that is, how competent we view ourselves. This is one of the most important aspects of performance. As the saying goes "Success breeds success."

# Goal Setting Methods

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There are several different types of strategies for personal goal setting including *“S.M.A.R.T.” goals*, *process and outcome goals*.

Let's talk about the process and outcome first.

*Outcome goals* are what most people think of when setting goals. An outcome goal, as the name implies, is focused on a specific outcome. For example, a runner might set the goal of running a particular time by the end of their season.

*Process goals*, again as the name implies, are more focused on the steps towards achieving a higher outcome. This might mean making the goal something like “Complete all my track workouts this month” or “Increase my mileage each month”

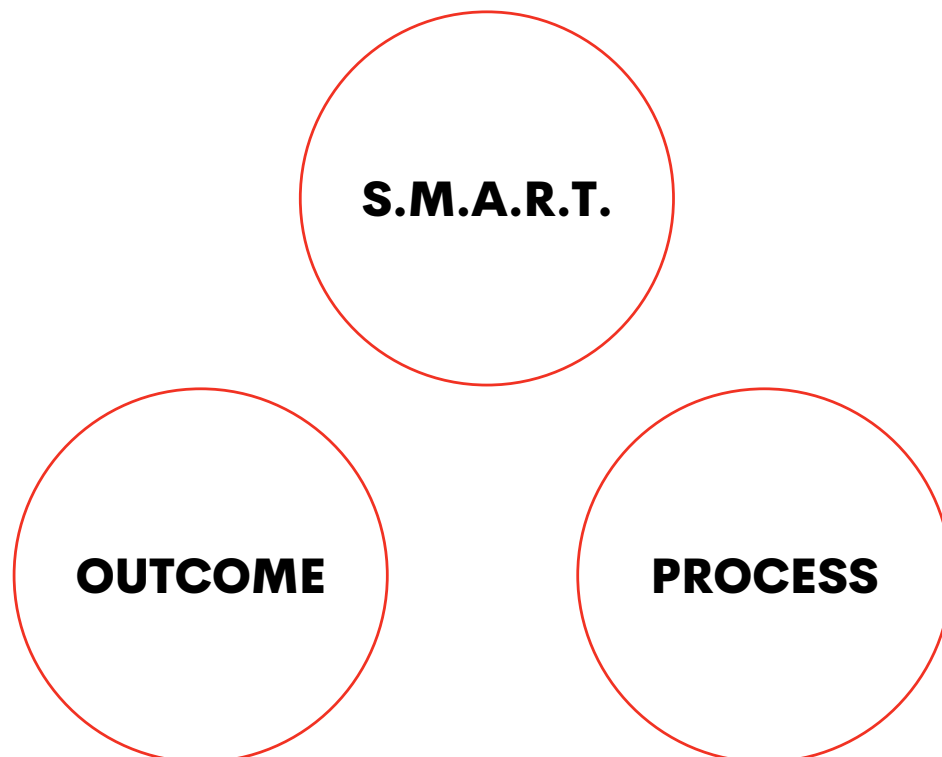
While both have their place, I'm a fan of process goals because they give you the opportunity to succeed more often, even every day if you break them down that far. Outcome goals are great, but at the end of the day only have 2 outcomes; You succeed or you fail. Like most things, the optimal way is a bit of a mix.

# Goal Setting Methods (Cont.)

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*S.M.A.R.T. goals* are goals derived from an aptly named acronym that helps serve as a guide rail for setting goals that will turn out successful. This stands for “Specific”, “Measurable”, “Achievable”, “Realistic” and “Time-Sensitive”. So instead of saying “I want to run faster this season” you might say, “I want to improve my personal record for 5k by 10 seconds within 6 months of training.” In most cases, this fits the criteria of a S.M.A.R.T. goal.

Everyone is a little different, so it may benefit you to try several methods and see which works best for you.



# Conclusion

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Thank you for reading the *“Goode Athletics Goal Setting Guidebook”*

I hope that it provided you with a little bit more information on why goal setting is useful, and has been able to serve as a jumping off point *for setting goals of your own!*

Speaking of setting your own goals...this guidebook is not quite finished yet!

Print out the following page to *write out your goals for the season* and then print the next one after your season has ended to *reflect on you goals from the start of the season.*

Finally, if you're looking for a *running coach who can help make your goals a reality*, then get in touch with Goode Athletics today!

Check out the contact information on the bottom of the page to *get in touch.*

Thank you again for reading, keep running, and go for those goals!!

Sincerely,  
**Coach Chris Goode**



## Goal Setting Worksheet: Pre Season

In the boxes below, write up to 3 goals that you have for this season. You should consider a mix of the different goals mentioned above. Be sure to also write what steps you are going to take to achieve each goal. Be thoughtful, and come up with a strategy for yourself.

### GOAL #1

### GOAL #2

### GOAL #3



## Goal Setting Worksheet: Post Season

Now that your season has concluded, think back on the goals you set at the beginning. Did you achieve them? What areas did you succeed in? Which areas do you need more work in? What would you do differently next season? Use this reflection sheet as a way to guide your future decisions and grow as an athlete.

### POST SEASON REFLECTION