

GOAL SETTING

S

SPECIFIC

M

MEASURABLE

A

ATTAINABLE

R

RELEVANT

T

TIME-BOUND

Having goals can help you to:

- ✓ Increase your motivation to achieve
- ✓ Increase your satisfaction and self-confidence in your performance
- ✓ Get more out of your training sessions
- ✓ Improve your skills and performance
- ✓ Prevent boredom = working to achieve goals makes training more challenging and fun
- ✓ Develop a performance 'ethos' – always striving to do your best and fulfil your potential