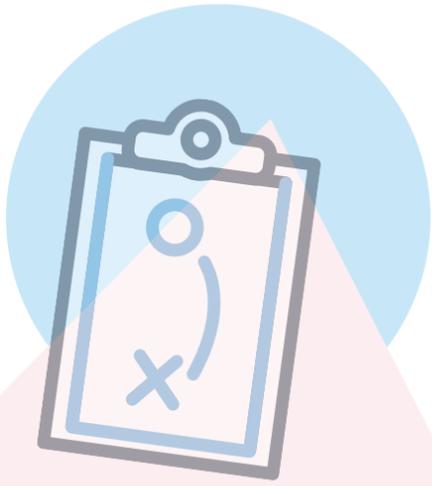


Samantha Stewart's 5 P's of Goal Setting

An outcome goal is the singular goal that you are working towards, the big picture, in the long-term.

Here are my tips on how to set short-term goals for today's workout, practice, competition, or activity to achieve your outcome goal with the 5 P's!



Performance

Focus on the aspects of your performance that you are in total control of. Performance goals are the performance standards you set for yourself to achieve that will build towards your outcome goal.

Ex. When I'm competing, I want to control the center of the mat and be relentless in fighting for every position.



Present

Present-focused goals purposely bring our attention to what's happening right now in this moment. What can you do right now in service of your long-term goal?

Ex. I want to focus on the match I am currently wrestling in service of my larger goal to win the tournament.



Process

Focus on the series of actions and steps you want to take during the activity. Process goals are the milestones that you can completely control and the processes you will need to repeatedly follow to achieve your result (outcome) goal.

Ex. As a wrestler, my process goals are the moves I want to do in a match.



Preparation

Focus on your past successes and the actions you have taken, through your process and performance goals, to help build your confidence to take on the challenge in front of you.

Ex. I look back at the running I did to prepare for a tournament and see how my times improved, this gives me the confidence that I am fast and in shape



Positive

Focus on making your goals positively-framed to emphasize the things you want to make happen, rather than putting more energy into the things you want to avoid.

Ex. In a match I want to have great leg defense and stop all my opponent's attacks.

(rather than "I don't want to get scored on")

Focusing on the process and your performance in the present will help you achieve your outcome goals.