



MONTH OF JANUARY
GOAL SETTING
from
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2019 is here!

Happy New Year and welcome 2019! If there is ever a time to start anew the time is now. Goal setting is something we all should do at all ages but, as athletes it is very important to learn the process early! Make January your month to start setting goals and learning the process. Goals will help you in all aspects of life, especially in achieving tasks of any sort! Alex's tips for goal setting will get you started in the right direction!

Julie Woodworth - VARA Executive Director

GOAL SETTING

Specific	Measurable	Achievable	Realistic	Timely
S	M	A	R	T
G	O	A	L	S
What do you want to do?	How will you know when you've reached it?	Is it in your power to accomplish it?	Can you realistically achieve it?	When exactly do you want to accomplish it?

Goal Setting: Short & Long, Process vs. Outcome Goals

We all have results we want to achieve. Whether those results are athletic, academic or personal, we all have the innate drive to develop, to learn, to get better. To get better, it takes hard work. However, working hard is sometimes not that fun to do on a daily basis. Setting goals can help you stay on track and allow you to see the progress and feel the success you make along the way toward your goal. These goals are "sub goals" or short-term goals

It's all about matching your want (challenge) with your current situation (level of ability). Because if the challenge is too high (or lacks a path with short term goal achievements) you will not see too much progress if at all and you will lose interest and stop.

In setting short and long-term goals it is important to make them **specific, measurable, acceptable, realistic, time-bound** and clear **why** you want to achieve them (**SMART + W**). Exactly what are you going to do? How are you going to measure your improvements? Is your goal acceptable & realistic? When do you want to have achieved your goal and why are you doing it again? The why is very important, it gives meaning to your goal. It reminds you why you set it.

In executing the goals you've set, use variation to achieve them. Use different routines, practice different skills/fundamentals and exercises for the same muscle groups. Variation makes it new and more fun to do for you, your brain and your muscles. Otherwise your goal might be a good one, your short-term goal(s) too, but your execution boring. The more fun and interesting the better the probability of sticking with it! (Excerpts from [Mauro van de Looij](#))

Now let's talk about Process Goals versus Outcome Goals. The problem with outcome goals is we become obsessed with the results and forget about the process that will get us there. When you become too focused on the result you want to achieve, you can actually program yourself into a negative mindset. For example, if your goal is to be first in the council standings, the starting hockey goalie, the starting striker in soccer etc. every time this doesn't happen and you get bummed out it can be difficult to get back that positive momentum to achieve your goal.

In this example you are focusing on what you don't have rather than what is under your control. Other competitors' performances are NOT under your control. Although you may have played/performed your best, they had a better game/race and instead of getting down Process goals are all about the process. Unlike outcome goals, process goals are entirely under your control. They are about doing the right thing, regardless of the outcome, knowing that the right activities will lead you to ultimate victory. Working hard and staying focused during practices (extra free-skiing, drill courses, fundamentals, 5v5 drills, extra ice time, working hard in the gym, working on cardio, good rest and good nutrition).

Of course we all want immediate results. It's far more difficult to put in the work, follow a program and be patient in achieving our goal. You need to follow a given process for a while to gain any meaningful insight about whether your program is working or not.

Building daily habits will help and give you something consistent to focus on. Results will vary, but the process stays steady no matter what. Every day you get the satisfaction of knowing that you're getting a little better.

Spend most of your time just following the process and not worrying about results. Only measure results after enough time has passed that you can actually draw some conclusions about what is or isn't working.

Follow the process, and the results will usually come.

- Focus on the things you can control
- Stick with a process for long enough to be sure if it works or not
- Celebrate every time you follow the process and achieve a short-term goal

Every day you work to get better is a successful day. Know that even if your results take years to achieve, each step you take towards them is just as important.

Write this down and post somewhere you will see many times a day!

"FOLLOW THE PROCESS"



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Please visit the [VARA Youth Coordinator Page](#) on the [VARA](#) site.