

FITNESS EXERCISES

GOAL SETTING

GOALS

v/ Goals are like magnets that attract us to higher ground and new horizons.

- ✓ A goal is a possibility that fulfils dreams.
- ✓ Goals direct attention to important elements of the skills being performed.
- ✓ Goals prolong performer persistence.
- ✓ Goals foster the development of new learning strategies.

TYPES

- Process Goals – Focused on improving performance, techniques and strategies.
- Performance Goals – focused on overall performance
- Outcome Goals focused on winning and social comparison

GOAL SETTING

- ✓ Is the process of identifying something that you want to accomplish;
- ✓ Is a management technique that involves developing an action plan with targets for a team or individual;
- ✓ It is considered both a tool of strategy implementation and performance management;
- ✓ Most effective performance enhancement strategy.
- ✓ Part of MST – Mental Skills Training

TYPES

1. Mission Statements - A short inspiring statement that captures your goals, principles and values.
2. Vision Statement - A vision statement paints a picture of your future. At the organizational level, it's an all-encompassing goal for the future of the