

## GOAL SETTING



### What are your dreams in table tennis?

#### Chunking down your dreams

There are thousands of people with 'dreams' - but only a handful ever make them into reality. How do they do it?

- *Committing to their dream - deciding to do it*
- *Regularly and consistently imagining achieving it*
- *Turning the dream into specific, focused goals*
- *Establishing an action plan to make it happen.*

The only thing that will keep you fighting to win when it's five games to one and match point against you, and it's hot and you're tired, is a dream

### There are 3 types of goals to be aware of:

#### Why set goals?

- You will make progress
- You are closer to success
- You can finish the task efficiently
- You will be self-confident
- You will make good decisions
- You focus on the important things
- You take control of your game

#### Process

The actions needed to execute the goal correctly. Specific behaviours exhibited by an individual during a performance  
e.g. successful completion of the technical aspect of a performance

#### Performance

The standards independent of other variables - specific criteria that can help an athlete improve what they are trying to do  
e.g. complete a lap in a specific time

#### Outcome

This is the end result  
e.g. winning a tournament

### Process + Performance = Outcome

Without a clearly defined and desired outcome, motivation flags and process and performance goals alone won't get you anywhere

You want to have a desired outcome and not be afraid of setting it, and going for it

You also want to have a means by which you're going to get your outcome - and these are your process and performance goals

## DEVELOPING ROUTINES



**The time to focus on process and performance goals is while you are competing**

**The time to think about outcome goals is prior to and after a performance**

### Consider a journey

At the beginning of the journey you think of your destination - where you want to end up....

You are walking to the cinema to meet a friend and pay attention to the pedestrians around you; stop to see if it's safe to cross the road; slow down because someone steps out in front of you; get some sweets in the shop...

Now just imagine if you didn't have that destination in mind at the start

You'd just leave the house and start walking, and you might walk quickly and avoid the stops and starts of other people around you, but you'd end up going nowhere in particular.

**On your journey, you'll have an accident if you think too much about the film that you are going to watch in the cinema.**  
(Focus on the process of getting there not the outcome)  
**If you don't want to watch that film but you are going because your friend wants to watch it, you'll probably not want to leave the house.**

(How will you ensure you stay motivated to achieve your dreams?)