

GUIDELINES FOR SUCCESSFUL GOAL SETTING

This section of the workbook is dedicated to setting your own performance goals, you will be asked to list three short-term goals and three long-term goals, consider the following guidelines while coming up with your performance goals.

1. Make sure the goals are **YOURS**. (Not your parent's or friends)
2. Make your goals **CHALLENGING** but **REALISTIC**.
3. Make your goals **SPECIFIC**. Vague and general goals like "I want to be able to serve" are not as helpful as "I want to be able to hit 5 first serves down the tee and 5 first serves out wide in the deuce service box in a row."
4. Make the goals **MEASURABLE**. You have to be able to specifically monitor your progress.
5. Make your goals **COMPATIBLE**. (a goal of wanting to get your serve in consistently is not compatible with a goal of hitting a bucket of serves once a month)
6. Your goals should be **FLEXIBLE** to allow for **CHANGES**. (If you set a goal too high or low, you need to be able to make the appropriate adjustment. Remember, your goals should not be etched in stone, they should serve as general guideposts for your efforts.)
7. Set a **TIMEFRAME** or **TARGET** date for each goal. (Time and pressure will help you stay motivated towards completion.)
8. Put your goals in **WRITING**. (Write down your goals, sign them, and keep them continually in front of you. This will help you make more of a commitment to working on them.)
9. **PRIORTIZE** your goals. (Arrange the goals in relation to their importance to you and your long term objective.)
10. Find a **SUPPORT** and feedback person. (Listen to constructive directions)