

G GOAL: What is the aim? What do you want to achieve?

REALITY: Where are you now? What are the current barriers?

OPTIONS: What could you do?

WILL: What will you do? What changes can you make? Action plan?

Process, Performance and Outcome goals

OUTCOME GOALS

1-2 specific goals

PERFORMANCE GOALS

3-4 actions/behaviors to enhance success in achieving Outcome Goals

PROCESS GOALS

5-7 short-term mindset goals to help achieve Performance Goals

Desired end results 'Finish in the top 3 of the league'

A standard to be achieved.

"Win 60% of your own puckouts at the next match"

Technique or strategy "Practice 30 puck-outs in training"

Match Goal Setting



	VS	Date:
Position Playing:		Time:
Outcome goal:		
Performance goals:		
Process goals:		
What went well?		
What can I do better?		
Score out of 10 (1=Unsatisfactory 10=Excellent)		
Performance:	Mentally Prepared:	covery: