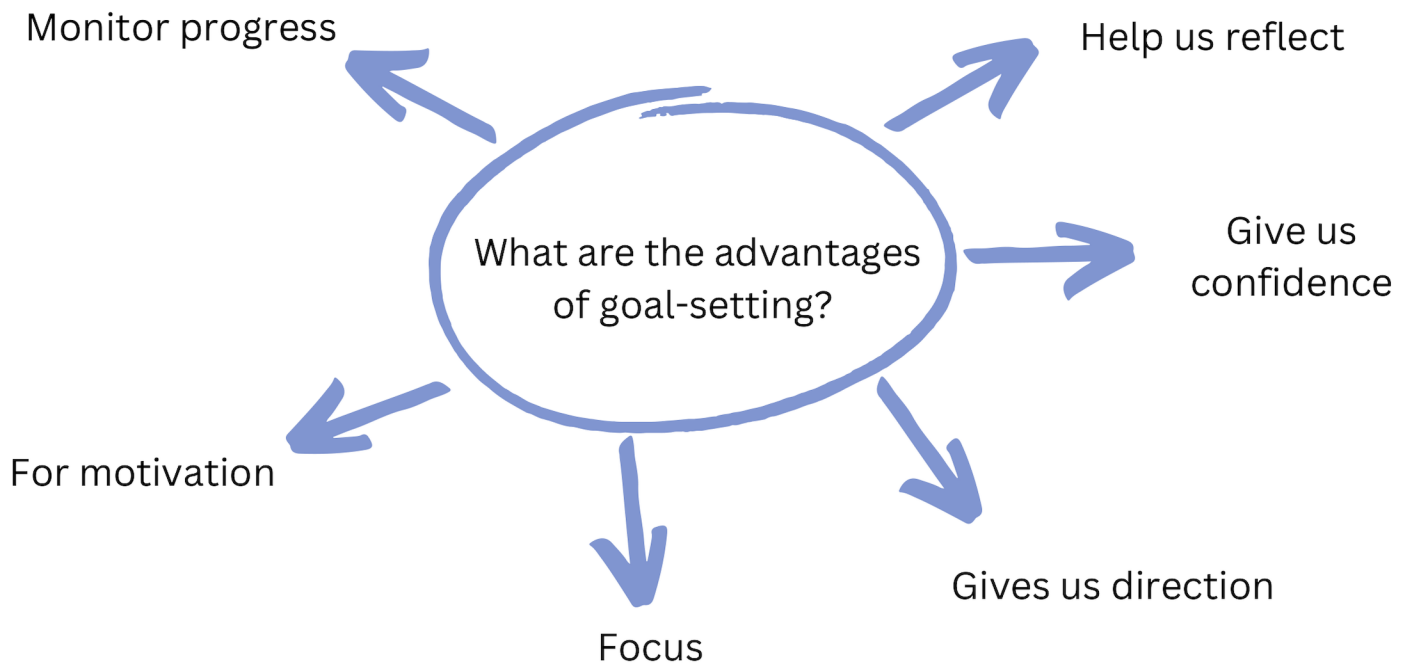


# Goal-setting



**G**

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

**R**

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

**O**

OPTIONS: What could you do?

**W**

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

## Process, Performance and Outcome goals



# 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:	Recovery:
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