

GOAL SETTING

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Perhaps you think that goal setting is not very important, well think again.

A life of meaning and a career in tennis, or any other sport for that matter, needs goals and specific plans to achieve them. Many of the top and wealthy men in the world lay their success down to knowing what they wanted and where they were going.

Clearly defined goals and strategy are the single most important structure in the long-term effectiveness and sustainability of your tennis career. Goals need to be constantly reappraised, refocused and re-shared with someone, so that you have the opportunity to discuss your progress; I would suggest this should be your coach.

The benefits of goal setting are neither imaginary nor vague.

- Goals establish direction for your tennis. If you never set a goal how will you know where you are going?
- Goals identify results. If no goal exists, how do you measure your progress?
- Goals challenge you to grow and improve. If you never set a goal how do you move out of your comfort zone?
- Goal setting gives you confidence. Your frustration is immediately lowered when vagueness and doubt are replaced by focus and concentration.
- Goal setting forces you to be specific. It is the first positive step to success.

If for example, you were deciding to visit someone by car and you did not know the way, you would take a map and carefully plan your route. Setting your goals is just the same.

Consider this your very first step along the route to your tennis ideals. Success in any endeavour does not happen by accident. It is the result of deliberate decisions, conscious efforts, and immense persistence.

A dream is just a dream until you write it down, then it becomes a goal.

Written goals are the first step towards commitment, it means you are serious about its achievement. Written goals force you to think – to accept how realistic your goals may or may not be.

- Write your goal in specific, measurable and time limited terms.
- Write your affirmative goal statement.

This is what you will be able to say once you have achieved your goal.
write this as though you have already accomplished the goal.

- Identify the time period during which you plan to achieve your goal.
- No goal is etched in stone. Our goals change as time changes, as our
Our physical abilities change and as our personal circumstances change.

We break our goals down into three time periods, more will be said about this later:

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|--------------------|---------------|
| Short-range Goals | 1 – 90 days |
| Medium-range Goals | 3 - 12 months |
| Long-range Goals | 1 - 5 years |

Analyze your current situation

You must honestly identify your current strengths and assests as well as behaviors, limitations fears and weaknesses that prevent you from achieving your goals immediately.

Use the SWOT Analysis.

Exercise: Select a goal you would like to achieve and then complete the SWOT analysis.

Goal:

Strengths
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Weaknesses
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Opportunities
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Threats
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