



YOUR GUIDE TO GOAL SETTING:

OUTCOME BASED GOAL:

WHAT IT IS

A goal set to reach an outcome.

HOW TO ACHIEVE IT

Includes a comparison or outside influences to be accomplished. High external motivation is needed.

EXAMPLE

Winning the division championship.
Making the starting line up.

PERFORMANCE BASED GOAL:

WHAT IT IS

A subset of an outcome goal
It is focused on an aspect of training or competing completely within your control.

HOW TO ACHIEVE IT

Setting time aside to focus on this one facet of our overall performance

EXAMPLE

Learning team plays.
Becoming measurably stronger in the gym

PROCESS BASED GOAL:

WHAT IT IS

Specific and detailed goals.
A break down of a skill or fundamental

HOW TO ACHIEVE IT

It can be learning from a mistake.
Working on detailed progression of a tool

EXAMPLE

Taking a circle breath before every pitch, visualize the pitch and execute it.