



## GOAL SETTING

### Tim Mack Pole Vault Academy



“Dreams become goals after we write them down.”

“A Goal is a dream with a deadline.”

“Thinking is the hardest work there is, which is the reason so few engage in it.”  
Henry Ford

“If you aim at nothing, you will hit it every time.”

“A Goal properly set is halfway reached.”  
Abraham Lincoln

“Man often becomes what he believes himself to be. If I keep on saying to myself I cannot do a certain thing, I may end by really becoming incapable of doing it. On the contrary, if I have the belief I can do it, I shall surely acquire the capacity to do it, even if I may not have it at the beginning.  
Mahatma Gandhi

“You can never cross the ocean, unless you lose sight of the shore.”  
Christopher Columbus

“So many of our dreams at first seems impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable.”  
Christopher Reeve



## Goal Setting Worksheet Instructions:

### **I. Why Goal Set?**

Goal setting allows us to bridge the gap from our dreams to reality. By describing the goals and the process necessary to reach them, we create a viable stepladder to success.

A 10'0 pole vaulter may dream of one day jumping 20'0. But, right now, that may seem hopelessly out of reach. But, if one plans how to reach 11'0", and does so, then it is not too hard to plan how to reach 12'0". Then, it's not too hard to...etc.

The very process of sitting down and planning how to reach a goal gives us an understanding of how our day-to-day training will bring us to our short term goals which later lead to our ultimate goal. Realizing this will help motivate us at times when our dreams seem soooo far away.

### **II. How to Successfully Goal Set?**

#### Focus on Success, not Failure.

Although well intended, the whole issue of setting goals frequently causes the athlete to define failure and experience frustration and dissatisfaction, rather than leading to achievement and fulfillment.

While care must be taken to properly define goals, it is of far greater importance to focus on the process of achieving that leads to the desired goal attainment.

Goals are simply to make us a little bit better, and than a little bit better, and then...etc!

Keep in mind while you are making your goals:

- 1) Performance vs. Failure
- 2) Be realistic
- 3) Be specific/ measurables
- 4) Set Short Term, long term and even "dream" goals.  
("Fake it till you make it.")
- 5) Be under your control.

Goals stated in terms of winning All-State, placing or being selected, are outcome goals and not performance goals. They all involve inputs that are under someone else's control.

- 6) Be better: Improve!

Small steps taken consistently and persistently, over time, add up to giant leaps.

### **III. Cardinal Principles for Goal Setting**

- 1) Short Steps, not Long Steps
- 2) Rewards after each attained goal
- 3) Periodic revisions-coach and athlete.
  - a) After each goal is reached
  - b) When unforeseen challenge comes: illness, injury.
  - c) When athlete reaches goals-social reinforcement
  - d) Always positive when dealing with goals
  - e) Place a goal sheet in your room.



**IV. Remember:** It is the process of achieving that counts. It really is the process of enjoying what you achieve that counts!

The answers to the questions below pertain to your life, in general, and also can involve the pole vault. Multiple answers to each question are encouraged!

**1) What do you want?**

**2) What do you really value?**

**3) What is important to you?**

**4) What will make you happy?**



## Goal Setting Worksheet

**I) Performance Goals:** (are not measured in winning, but in height, distance or time).  
Can also be goals in med ball, standing long jump, etc.

Task or Event	Short Term 1-4 months	Intermediate (Indoors)	Long Term (Outdoors)	Dream Goals (2-10 years)

**II) Process Goals:** Those which must be strengthened to contribute to attaining the performance goals (strength, speed, skill, knowledge, mental skills, weight, health, flexibility, endurance, diet, sleeping habits, mental focus, etc.).

1)

2)

3)

4)



5)

6)

7)

Example 1:

1) Improve my arm position on my second to last left step.

I will perform 100 repetitions of walking/jogging pole drop simulations per week until I can perform the action correctly in practice from my 3-left step(6-total step approach). I will perform these repetitions whenever I get a chance, ie., either in my study breaks, in the backyard, before I go to bed, or when I wake up. I need to do this so the pole will drop properly and I will be in better position to jump off the ground.

Example 2:

) Improve my strength

I will improve my strength by doing my weight workouts 2-3 times per week. I need to do this to improve my coordination, strength, speed. I will also prevent injury. Ultimately it will enable me to jump higher.