



Goal-Setting

“Far better to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take rank with those poor spirits who neither enjoy much nor suffer much, because they live in the grey twilight that knows not victory, nor defeat.”

-Theodore Roosevelt

Although usually considered to be a ritual of spring, goal-setting is good anytime of year. Personally, I realized this spring that I wasn't getting very good mileage out of my goal-setting technique (or lack thereof.) It's easy enough to articulate something like “make World Junior Team” and later “make World Champs Team,” but I was missing the steps that make it all happen. This involves making meaningful progress goals that target weaknesses, and breaking them down into measurable baby steps.

“Rather than simply be the measuring stick for your achievement, each goal will serve as a vehicle that gets you there.” – Jaime L. Mintun

The most important thing I've discovered in researching ideas to help me with goal setting is how important it is to “own your goals.” Once you have taken the time to spell out your ultimate goal for the season and the check points along the way (time trials, smaller level races), you can then break it down into manageable process goals that will help you get there. Consult your coach for advice on your strategies, and seek out your weaknesses, but do this for yourself. Here are some tips I found on the ‘net:

The 10 Commandments of Goal Setting

1. Thou Shall Be Decisive

Success is a choice. You must decide what you want, why you want it, and how you plan to achieve it. No one else can, will, or should do that for you.

2. Thou Shall Stay Focused

A close relative to being decisive, but your ability to sustain your focus from beginning to end determines the timing and condition of your outcomes.

3. Thou Shall Welcome Failure

The fundamental question is not whether you should accept failure. You have no choice but to expect it as a temporary condition on the path way of progress. Rather, the question is how to anticipate failure and redirect resources to grow from the experience.



4. Thou Shall Write Down Thy Goals

Your mind while blessed with permanent memory is cursed with lousy recall. People forget things. Avoid the temptation of being cute; Write down your goals.

5. Thou Shall Plan Thoroughly

Planning saves 10 to 1 in execution. Proper planning prevents poor performance.

6. Thou Shall Involve Others

Nobody goes through life alone. Establish your own "Personal Board of Directors", people whose wisdom, knowledge and character you respect to help you achieve your goals.

7. Thou Shall Take Purposeful Action

Success is not a spectator sport - achievement demands action. You cannot expect to arrive at success without having made the trip.

8. Thou Shall Reward Thyself

Rewards work! Think of what you will give yourself as a result of your hard work, focus and persistence - you deserve it!

9. Thou Shall Inspect What Thy Expect

The Shelf life of all plans is limited. No plan holds up against opposition. Everything changes. Therefore inspect frequently and closely, it's an insurance policy on your success.

10. Thou Shall Maintain Personal Integrity

Maintain your commitment to your commitment. Set your goals, promise yourself that you will achieve them. Eliminate wiggle room and excuses. That's personal integrity!

Good luck!

Chandra