

## **BALANCED GOALS – Jeffrey Hodges**

Health and Fitness / Sport: What weight do you want to be? What level do you want to attain in your sport? Are there any unhealthy habits you want to let go? What regular exercise program can you put into practice?

Relationships and Family: How could you improve your relationships with family friends and colleagues? Is there someone in your life you want to patch things up with?

Career: Where are you going in your career? What would give you a great amount of pleasure and satisfaction to achieve in your work?

Wealth: How much money do you want to earn this year? How much in savings and investments?

Personal Development: What do you want to learn? Is there a course you could enrol in to advance your knowledge and skills?

Service and Contribution: What contribution are you making to the wider community? Is there some charitable organisation that inspires you that you could assist? How would you like to be remembered?

Pure Pleasure: Is there something you've longed to try, but never allowed yourself? Go for it – reward yourself, and enjoy life to the fullest.

*Invariably top sports people are persistent goal setters with strong personal motivation, and a desire and a desire for personal achievement and success.*

Why don't most people set goals?

Setting and writing goals really works to help bring their fruition, so why do so many people not set and write goals for themselves?

Firstly, a general lack of knowledge about how to set goals and a lack of understanding of their importance. It's a sad fact that a young person can receive twelve years of primary and secondary education and not receive one hour's instruction on the importance of setting goals, and how to do it! It certainly wasn't mentioned in any of my subjects at school, nor at university, and so I didn't learn about how to set and achieve goals until I was well into my twenties.

Another reason for people's lack of setting goals is fear of failure. They are afraid that if they set a goal and don't reach it, they will have failed, and will feel bad. *Yet failure is an important part of building success – you will never achieve anything of worth without failing a few times!* Unfortunately, there is a ubiquitous attitude in society that equates a failure, or a mistake, with self worth. Failures and mistakes don't deserve criticism, punishment, or guilt – they only call for *correction*.

*Competitive Victory is a consequence of attaining victory over the self – of mastering concentration, patience, self motivation, perseverance, setting and achieving target goals, and so on – it should not necessarily be the primary goal itself.*

On the day of competition, it's been identified that the most effective strategy for success is to *focus on what is within your immediate control – your stroke, your movements, your performance - rather than the overall outcome*. Focus on the *means* by which you will win the competition, rather than the outcome: to warm-up well; to maintain concentration consistently; to stay motivated and relaxed; and so on.

You cannot control the outcome of the game, only how *you* perform – so train hard enough and well enough to be good enough to win, and then during actual competition focus solely on the individual 'doing' aspects of your performance.