

I'm not robot!

1. CHOOSE A GOAL

My Good Excuse Goal is to: _____
 My 30 Day Do It is to: _____
 It will require approx. _____ hours of me over the next 30 days.

2. CLARIFY YOUR WHY with the 8 Cylinders of Successful Goal Setting

- | | |
|--|---|
| <p>1. This aligns with my beliefs/principles that: _____

 _____ that I can be.</p> <p>2. I'm integrating my passions into this by: _____

 _____</p> <p>3. I'm addressing the/my problem of/with: _____

 _____ as I achieve this goal.</p> <p>4. My success affects the following people: _____

 _____</p> | <p>5. My goal positions me to be the best: _____

 _____</p> <p>6. Pioneers who I've seen do this before include: _____

 _____</p> <p>7. I picture myself _____

 _____</p> <p>8. Success makes it possible for me to: _____

 _____</p> |
|--|---|

3. SET IT IN MOTION

<p>PLAN TO CELEBRATE My celebration is on: ____/____/____ at ____am/pm at _____</p> <p>SET IN MOTION I will set it in motion by: _____ _____ _____</p> <p><input type="checkbox"/> I have "set the goal in motion" with 3+ people.</p>	<p>TIP THE BALANCE If I don't complete my 30 Day Do It, I commit to: _____ _____ _____</p> <p>for the group.</p> <p>DO WHATEVER IT TAKES I will do whatever it take to uphold my word. My signature: _____</p>
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U.S. Figure Skating Bridge Program

Self-Confidence

Maximizing the belief in your own abilities

What is self-confidence?

Essentially, self-confidence is the belief in one's abilities to succeed. Furthermore, a psychological characteristic elite athletes have in common is a high level of self-confidence as well as the ability to maintain that high level over time. Self-confidence is expressed in a number of ways. Confident athletes often behave, think, feel and talk differently than athletes who suffer from low self-confidence. But underneath these behaviors, thoughts, feelings or words is the underlying belief that they can be successful.

Characteristics of Confident Athletes

- Confident athletes perform the way they want to perform.
- Confident athletes spend more time thinking about what's important.
- Confident athletes try harder in practice and competition.
- Confident athletes try even harder when they don't reach their goals.
- Confident athletes use better mental strategies.
- Confident athletes control competition "momentum."

Tips for Improving Self-Confidence

Confidence should be based on reality. When athletes find themselves doubting their ability, have them think about their best performance in practice and competition—the real world proof that demonstrates that they do have the ability.

Act confidently. Thoughts, feelings and behaviors are all related—if athletes act confidently, the more likely they are to feel confident.

Think confidently. Confidence means thinking that they can and will achieve their goals. "If I think I can win, I'm awfully hard to beat" is an example of the type of thinking in which confident athletes engage. Discard negative thoughts and replace them with the positives.

Identify a positive every day. Encourage the athlete to get in the habit of identifying one good or positive thing they do each day. Keep a log of successes.

Set measurable, challenging yet achievable goals. By setting goals, achieving them, setting new goals, achieving them, and so on, the athletes prove their ability to themselves.

Activity: Have your skaters fill out the following page of exercises.

Figure 2.2 GOAL-SETTING

Think of an achievable goal, and give yourself an expiration date. Write it in your diary or address envelope from that date on the back. Do not make goals unless you have given yourself the "going forward" and "action" and "action" time.

S _____
M _____
A _____
R _____
T _____

Think of a sport you enjoy or other target you are proud to work on. How often do you practice? _____
 How often do you practice? _____
 How often do you practice? _____
 How often do you practice? _____
 How often do you practice? _____

inspire you and transform the world around you. Use goals to become the best possible you. So, go ahead, take the resources from this article that excite you, define them, and turn them into something realistic and achievable. By crafting them into something tangible and working through the individual actions, you will grow into the person you need to be to complete them. Goal setting provides you with a means to navigate through a complex world and will encourage your long-term persistence. Don't let your goals remain a list of wishes. We hope you enjoyed reading this article. Don't forget to download our three Goal Achievement Exercises for free. Clough, P., & Strycharczyk, D. (2015). Developing mental toughness: Coaching strategies to improve performance, resilience, and wellbeing. Kogan Page. Ericsson, K. A. (2007). Deliberate practice and the modifiability of body and mind: Toward a science of the structure and acquisition of expert and elite performance. *International Journal of Sport Psychology*, 38(1), 4-34. Ericsson, K. A. (2012). Training history, deliberate practice, and elite sports performance: An analysis in response to Tucker and Collins review—What makes champions? *British Journal of Sports Medicine*, 47(9), 533-535. Hyatt, M (2019). Your best year ever. Embassy Books. Ivztan, I., Chan, C. P. L., Gardner, H. E., & Prashar, K. (2011). Linking religion and spirituality with psychological well-being: Examining self-actualisation, meaning in life, and personal growth initiative. *Journal of Religion and Health*, 52(3), 915-929. Ivztan, I. (2016). Second wave positive psychology: Embracing the dark side of life. Routledge. Koufoudakis, R., Erwin, H., Beighle, A., & Thornton, M. L. (2016). How feedback and goal-setting impact children's recess physical activity. *International Journal of Exercise Science*, 9(4), 497-506. Neenan, M., & Palmer, S. (2001). Cognitive behavioural coaching. *Stress News*, 13, 15-18. Ogbeiw, O. (2017). Why written objectives need to be really SMART. *British Journal of Healthcare Management*, 23(7), 324-336. Ryan, R. M., & Deci, E. L. (2018). Self-determination theory: Basic psychological needs in motivation, development, and wellness. Guilford Press. Sheard, M. (2013). Mental toughness: The mindset behind sporting achievement. Routledge. Soler, J., Valdepérez, A., Feliu-Soler, A., Pascual, J. C., Portella, M. J., Martín-Blanco, A., ... Pérez, V. (2012). Effects of the dialectical behavioral therapy-mindfulness module on attention in patients with borderline personality disorder. *Behaviour Research and Therapy*, 50(2), 150-157. Whitmore, J. (2014). Coaching for performance: growing human potential and purpose: The principles and practice of coaching and leadership. Nicholas Brealey Publishing. Whyte, G. P. (2015). Achieve the impossible: How to overcome challenges and gain success in life, work, and sport. Bantam Press. Wilding, C. (2015). Cognitive behavioural therapy: Techniques to improve your life. Hodder.

Our goal-setting worksheet explains S.M.A.R.T goals and helps performers create their own! Imagery Imagery can be beneficial in growing a performer's confidence, lessening fear, and decreasing pre-performance anxiety. This imagery worksheet further explains what imagery means and how to create your own script! Mindfulness Effective goal setting should tick three boxes. Firstly it will provide you with direction and keep you moving forward. Secondly, you'll develop clarity on the immediate action steps you need to take to get you there. And thirdly, you'll experience an abundance of motivation, a must have if you are to be successful in your pursuit of ... Therapy Goals. worksheet. Developing treatment goals at the start of therapy can improve client retention, set a direction for future sessions, and help your clients begin to envision their desired outcomes. We've created the Therapy Goals worksheet to help your clients think about, and verbalize, their hopes for therapy. The sport psychology literature consistently distinguishes between three broad goal types: outcome goals, performance goals, and process goals. Outcome goals describe intentions relative to the performance of others involved in the activity. The key delineator of these to other goal types is the notion of social comparison. 52021/8/ · Sports goal setting worksheet. Amanda Knowles. Page last updated: 08/05/2021 . Next Review date: 08/05/2023 ... Amanda Knowled is an Applied Psychologist, with a deep interest in psychopathology and neuropsychology and how psychology impacts and permeates every aspect of our environment. She has worked in Clinical settings (as Special Ed ... Goal Breakdown Worksheet. GinaMarie Guarino, LMHC. Setting life goals is an excellent way to set a path for a client in therapy. When a client has a goal they are trying to achieve, they feel a sense of purpose. A goal can give direction and motivation in a client's day. It can also help them identify and modify their own behaviors [...]. 52021/8/ · Sports goal setting worksheet. Amanda Knowles. Page last updated: 08/05/2021 . Next Review date: 08/05/2023 ... Amanda Knowled is an Applied Psychologist, with a deep interest in psychopathology and neuropsychology and how psychology impacts and permeates every aspect of our environment. She has worked in Clinical settings (as Special Ed ... Outcome. 3. Improve win-loss record from last year. 3. Improve free throw percentage during games and decrease the number of fouls in the first half. 5. Use short-range goals to achieve long range plans - As shown in the above diagram, goal setting is much like climbing a mountain. You may need to reset the initial target before pushing forward toward the ultimate goal. Realistic - this goes hand in hand with adjustable but as you set your goal make sure you know what your current ability may be in relation to that goal. Timely - always add a due date to your goal so that you can track progress on your calendar. 202021/12/ · Based on Locke's research, it seems for goal setting exercises to work they need two key things: To be small, achievable and measurable over time Set specific and clear outcomes More recently Miner (2005) examined goal setting within organizational behavior and positive leadership strategies. Sports psychology worksheets (AUTOIMAGE) - Sports, athletes, competition, and games probably come to mind. Some of the worksheets displayed are sports psychology motivation anxiety and arousal, psychological preparation for peak performance in sports, sports psychology, goal setting work 1, sport psychology a studentss handbook, tocpreface, sport psychology self talk, ... 152021/12/ · Complete the four worksheets as follows: Goal setting Establish where you want to be. Where do you want to get to, and how will you know when you arrive? Complete the Goal Setting Worksheet with your answers. What is reality? Where are you right now with this goal? What are the issues and challenges? How far away are you from your goal? Download printable goal-setting worksheet for monthly goal setting and capture your goals, write down the habits you want to develop in the new year or simply next month. These templates help you save time and improve your accountability. Download now and start using in the format that you prefer: printed or digital. Effective goal setting should tick three boxes. Firstly it will provide you with direction and keep you moving forward. Secondly, you'll develop clarity on the immediate action steps you need to take to get you there. And thirdly, you'll experience an abundance of motivation, a must have if you are to be successful in your pursuit of excellence. Consider these things when setting goals: o A goal should identify a specific action or event that will take place. o A goal and its benefits should be quantifiable. That means you should be able to say how many hours you'll work on a goal—and what you'll get from it. o A goal should be attainable given available resources. GCSE PE OCR 9-1 Sports Psychology Teaching resource pack (**LEAVE FEEDBACK WITH YOUR EMAIL ADDRESS TO RECEIVE A FREE FITNESS TESTING RECORDING WORKSHEET**) This pack contain seven worksheets. Two of these cover classification & characteristics of skill. Two focus on feedback and guidance. Two cover goal setting and one looks at mental ... Set goals for Financial, Attitude, Career, Education, Family, Exercise, Arts, and Recreation and you will be on course for great success. Basic-F.A.C.E.F.E.A.R. Goal Setting Worksheet. The SMART goal setting worksheet will help you in defining your goals as specific, measurable, attainable, realistic, and within timelines. Sports psychology worksheets (AUTOIMAGE) - Sports, athletes, competition, and games probably come to mind. Some of the worksheets displayed are sports psychology motivation anxiety and arousal, psychological preparation for peak performance in sports, sports psychology, goal setting work 1, sport psychology a studentss handbook, tocpreface, sport psychology self talk, ...

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