


WANT TO BE A PRO?

SET SOME *PROCESS* GOALS

The path to success is not a straight line, and you don't get to the end point by focusing on winning alone.

Most of the time, our path to success does not go the way we think it will. It is highly unlikely that you planned to be spending your spring the way you currently are. This is okay. There are many ways to reach your goals in sport and life.

SUCCESS	SUCCESS
	
What people think it looks like	What it really looks like

We can spend a lot of time worrying about results and outcome, but all this does is rob us of the possibility of performing our best. At the end of the day, there is a lot we cannot control. If we focus on our *process* and the elements we can control, we allow ourselves the privilege of being at our best. And being at our best is the ultimate goal and reward.

Process goals are goals that focus on the things you must do to support or enhance your performance. Goals like this can help you dial in and keep you on the path to achieving your potential. *Process* goals are goals that tell you what you need to do in order to accomplish what you want. They tell you where you need to focus and they are 100% in your control.

So, take some time now to think about the outcomes you want to accomplish and identify a few *process* goals that will contribute to achieving them. Goals that if you take care of them, give you the best chance of accomplishing the outcome you identified. Examples can be found below:

OUTCOME GOAL	PROCESS GOAL
I want to win	I am going to stay calm; I am going to focus on my target, I am going to move to open space, etc.
I want to score a touchdown	I am going to run my route, I am going to focus on the ball coming into my hands, etc.
What outcome do YOU want to accomplish?	What do you need to focus on to make that happen?

Once you have nailed *process* goals, you also know what you want to bring your focus back to when you get anxious or stressed before or during a game. If you are worried about the outcome or how you are performing or what someone is thinking, take notice of how you are feeling and gently bring your head back to the *process* goals you have set for yourself.



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Elevate your performance.