



Goal Setting Examples

Goal Type	Golf Example	Soccer Example	Baseball Example	Academic Example
Outcome Goal	Earn Top-5 spot on team	Earn Division-1 college scholarship	Earn All-Conference honors	Make Dean's List
Performance Goals	Lower stroke average to 74.0	Score 10 goals during ECNL season	Maintain On-Base Percentage (OBP) of >.400	Earn at least a 3.5 GPA
	Improve Greens in Regulation to .680	Run 6:30 1 mile	Maintain Fielding Percentage of >.975	Earn at least a 90% on all tests
Process Goals	Meet with swing coach 1x/month	Practicing finishing drills for 10 minutes following every practice	Take 50 swings from tee 3x/week	Attend office hours at least 1x/week
	Engage in full pre-shot routine prior to every shot on the range	Write in performance journal following every practice & game	Spend 10 extra minutes in batting cages 2x/week	Study at least 2 hours/night, 5x/week
	Spend at least 30 minutes of practice on putting per day	At least 30 minutes of extra conditioning on off days	Field 100 ground balls/day 3x/week	Take notes during every class
	Play at least 3 rounds/week during off-season	Extra stretch/roll out 5x/week	Do 10 minutes of mental imagery 4x/week	Create a study guide at least 3 days prior to every exam

For more information on why setting goals is important, the fundamentals of goal setting, and how to set effective goals for growth, contact us at 864.239.4110.