

GOAL SETTING

At the end of each year it is a good idea to review our performances, and make some plans for the coming year. Your goals may be quite high, or complex, involving a big commitment to orienteering (eg making the Australian JWOC team, or WOC team) or could be as simple as attempting the next level of difficulty in navigation at your next event. Usually, we do best if we try to make sure goals are SMART: Specific, Measurable, Achievable, Realistic, and Time bound. They should be challenging enough to be exciting, without being unrealistic. Try thinking of a simple goal for improvement each time you go training, or compete in an event. The following sheets are for you to use, if you would like to spend a little bit of time on goal setting for the season ahead.

PERSONAL PERFORMANCE AWARENESS

List your orienteering strengths and weaknesses; these will help you develop goals for improved performances.

NAVIGATION SKILLS (eg compass work, visualizing terrain from the map, route planning, simplification, distance judgement, relocation)

- Strengths

- Weakness

FITNESS (eg terrain running, hills, endurance)

- Strengths

- Weakness

PSYCHOLOGICAL SKILLS (eg concentration, arousal control, preparation for big events, relaxation, self-confidence, positive thinking, self-talk)

- Strengths

- Weakness

START WITH THE END IN MIND AND WORK BACKWARDS

(Goals must be Specific, Measurable, Achievable, Realistic, Time bound)

DREAM GOAL

LONG TERM GOAL

IMMEDIATE GOAL

COMPETITION GOALS (Today I will concentrate on)

1.

2.

3.

My specific strategies to achieve these goals are?

1.

2.

3.

ASSESSMENT (What % of the time did you achieve these goals, How? Why?)

1.

2.

3.