

2 minute drill *for parents*

monthly tips from Positive Coaching Alliance

S.M.A.R.T. Goals

Most of us recognize the value of goal setting, but we fall into the trap of setting outcome goals. Placing in the top three at a competition is a great example of an outcome goal. There is another category of goals, “effort” goals. Examples of effort goals are sprinting after ground balls or boxing out after a shot. Generally speaking, your child will feel a greater sense of confidence and control when striving for effort goals.

Effective goal-setting isn’t always easy. It’s helpful to remember the commonly used acronym, S.M.A.R.T., as a reliable guide.

Specific – Is the goal tangible and specific? Will I know if I’ve done it?

Measurable – Is the goal easily measured?

Attainable – With hard work, is the goal in the realm of possibility?

Relevant – Is the goal relevant to where I am right now?

Timely – Is there a definitive completion date?

Encourage your child to set S.M.A.R.T. effort goals that will help them achieve the outcome goals they are striving for.

adapted from the PCA *Double-Goal Coach: Coaching the Mental Game* workshop



to purchase books by PCA Executive Director Jim Thompson, please visit:
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