



ATHLETE MENTAL TRAINING PROGRAM

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Setting Right Targets

When you set a goal, it needs to have specific factors called **S-M-A-R-T** Goals. In this lesson we will break down the factors of our goal to set right targets.

Write Down a Future Goal

Example - Performing well in the competition, getting selected for the National Team

My Goal: _____

S – SPECIFIC

Your target has to be very specific. Define the target. Write down what achieving the target will look like. Example: Shooting 10 baskets, Playing for a Big Club - Which club, in what position do you want to play, where do you want to shoot 10 baskets – make it very specific.

Answer: _____

M – MEASURABLE

Can this goal be measured in numbers? This is important to keep track of goals.

Example: Number of baskets scored, number of push-ups, number on a weighing scale.

Answer: _____

A – ATTAINABLE

Has this goal been achieved before by someone else? Is it humanly possible?

Example: Losing 20 kilograms of weight in two weeks is not attainable or healthy.

Answer: _____

R – REALISTIC

Do **you** personally have the resources, time, and fitness level, realistically to achieve this goal you have set? If not you have to modify your goal.

Answer: _____

T – TIMEBOUND

What deadline do you give yourself for achieving this goal? Timelines are important to ensure commitment. Break down the goal into small parts and keep a timeline for each day, each week, and each month. Set small targets for each step to finally reach the big goal.

Answer: _____

All these five S-M-A-R-T factors will help you set right targets.