



# Goal Setting Guidelines

1. **Make your Goal Specific:** For example, in swimming, choose an event, choose the time you want to achieve. Don't say something like "I want to win the 25-meter freestyle". A specific goal has a much greater chance of being accomplished than a general goal.
2. **Assign a Deadline:** When do you want to achieve the goal? Create a sense of urgency to the goal.
3. **Write it Down:** Writing something down always makes it feel more important. Put it somewhere you will constantly see it. People become 42% more likely to achieve a goal by simply writing it down on a regular basis.
4. **Develop a Plan:** How will you achieve your goal? Explore all options, particularly in reference to physical achievements. Land based skills benefit greatly by training them in the water. Water's multidirectional resistance provides a whole new form and function to training.
5. **Accept the Sacrifice:** How much are you willing to sacrifice to achieve your goals? Giving up favorite foods? Getting up a little earlier or going to bed a little earlier? Missing a movie or favorite TV show? Set this sacrifice as something you are willing to give up to achieve your goal.
6. **Focus Daily:** An effective method for staying focused is to put your goals in the present tense versus future, so you can actually feel them happening and witness it.

