



Working hard for no clear reason is a quick way to lose interest in playing a sport you once loved. But don't feel lost!

Instead, use different types of goals to improve your skills and make sports more fun by creating a game within the game for yourself.

Taking the time to think about and write down your goals might not sound that easy (or interesting), but creating them is simple and fun when you remember what makes a SMART goal:



**S**  
Specific  
What specifically do you want to do?

**M**  
Measurable  
How will you know when you've reached it?

**A**  
Achievable  
Is it in your power to accomplish it?

**R**  
Realistic  
Can you reasonably achieve it?

**T**  
Timely  
When exactly do you want to accomplish it?

## RECOGNIZING SMART GOALS FROM SILLY ONES

Keeping SMART in mind, look at the following list of examples of the three types of goals: Daily (everyday), Short-Term (a few months or one sport season), and Long-Term (one year or longer). Check the goals that follow the five rules of SMART and cross out the ones that are poor examples of how to set good goals.

### Daily Goals

- Shoot 25 extra free throws after every practice
- Spend 10 minutes stretching before bed
- Win every game by 1,000 points
- Arrive 10 minutes early to soccer practice and spend time juggling the ball

### Short-Term Goals

- Break my team's season scoring record in three games
- Never get injured during a game or practice
- Make 80% or more of my free throws for the season
- Increase the weight in all my lifts 15-30lbs before the end of summer

### Long-Term Goals

- Earn a starting spot on varsity next year
- Win a bunch of trophies as a high school athlete
- Work hard every practice
- Be named to the conference's all-academic team