

## SECTION A – Build Your Foundation For Success

### Module 4: A Real Goal Setting System To Increase Motivation & Success Rate

You are not likely to improve,  
if you don't have a strong reason to do so.

The idea of goal setting is overstressed. However, when done properly -  
Goal setting is extremely powerful because it will:

- Boost self-motivation and discipline.
- Improve your work ethic and consistency.
- Encourage you to always be in top form.
- Increase your confidence with every goal accomplished.

#### **What does real goal setting look like?**

Personally, my only requirement when setting a goal is:  
*“does it require you to grow?”*

If you can achieve the goal, remaining the same player you are today –  
it's not a real goal. Goals must challenge you to become better than you  
are today, otherwise those goals will be unobtainable.

There are three components to goal setting we will use to our advantage  
while using the Train 2 Dominate program:

#### **1) Long Term Goals**

Most players set long-term goals. These are important but it's difficult to  
find daily motivation when the actual opportunity to achieve your goal  
is usually years away.

We will create a long-term goal (ex. Becoming a pro, playing college,  
being an inspiration to young players in your city) but we must use...

## **2) Short Term Goals**

The secret to self-motivation, consistency, and discipline is having clearly defined short-term goals. When the opportunity to achieve a goal is a month, week, or only days away – you are more likely to take positive action towards that goal.

By always have current short-term goals, it will force you to find and keep your top form. Your training, nutrition, and lifestyle will all be influenced by the fact that your opportunity (ex. Big game, try-out, tournament, etc.) is coming quickly.

Accomplishing short-term goals will give you confidence and the positive momentum you need to stay on track towards accomplishing your long-term goals.

However, we often fail to accomplish our goals without...

## **3) Emotional Connection**

To increase your likeliness of preparing properly for your opportunities, you need a strong connection to each goal:

*Why must you achieve this?*

*What will you gain?*

*How will it make you feel?*

*Who are you doing this for?*

*What will happen if you don't achieve this goal?*

Think about the positive emotions associated with achieving that goal and the negative emotions associated with failing to achieve that goal.

When accomplishing your goal will make you scream with joy and failing to accomplishing it will make you cry, then you have developed true emotional connection.

## **How are we going to use goal setting to our advantage?**

### **1) Set 1 Long Term Goal (Vision)**

*What do you want to achieve in soccer long-term?*

This idea of where you want to be and who you want to be in the future, should always be in the back of your mind because, if you don't improve daily and accomplish your short-term goals, this dream will never turn into a reality.

### **2) Set as many Short Term Goals as Possible**

Make a list of all the opportunities available to you:

*What can you win?*

*Tournaments? Leagues? Games?*

*What can you achieve?*

*Personal awards? Or praise from others?*

*How many goals can you score this season?*

*How many clean sheets can you keep?*

*How many assists?*

*Are there any try-outs for higher-level teams?*

*Are there any big opportunities to impress? Or prove people wrong?*

### **3) Practice Daily Goal Review**

We will usually set goals in a motivated state. But shortly after we lose our motivation and focus towards that goal.

To maintain motivation and discipline, we need to review our goals daily. When we are constantly reminded of the opportunities that are quickly approaching, we will be more likely to complete our training, stay disciplined with our nutrition, and live a positively lifestyle.

# GOAL SETTING

