**Goal Worksheet**

**Instructions: First, identify 1-2 outcome goals in your sport and record in Column 3. Second, identify 2-6 performance goals in your sport that are associated with your outcome goal(s) and record in Column 2. Third, identify 5-10 process goals in your sport that are associated with your performance goals and record in Column 1. *Outcome goals* typically focus on an end result or achievement (e.g., be an All American, win a championship, have a meaningful sport career). *Performance goals* are self-referenced and focus on achieving standards or performance objectives, usually on the basis of comparisons with one’s own performances (e.g., run a mile in 5 min, throw 3 td passes per game). *Process goals* focus on the actions one must engage in to execute or perform well (e.g., stay balanced and in control, consistent pre-performance routine, maintain composure during difficult conversations with coach). Outcome goals tend to be the least controllable type of goals, whereas process goals are the most controllable and increase the likelihood of achieving one’s performance goals and ultimately outcome goals.**

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|  | **Performance Goal:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |
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| **Process Goal:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |
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|  |  | **Outcome Goal:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
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| **Process Goal:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  | **Outcome Goal:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  | **Performance Goal:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |
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| **Process Goal:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |
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| **Process Goal:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **Performance Goal:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |