

2.3 Goal Setting

Key question: How can I make and reach appropriate goals?

A goal is simply a dream with a deadline. Goal setting is an important skill that can apply to many different aspects of cadet life. During this activity cadets will learn the basics of SMART goals and how to apply them to their physical fitness.

Suggested Instructor

A cadet officer or NCO should lead this activity

Duration

15 minutes

Objectives

1. Recognize the characteristics of a SMART goal.
2. Demonstrate creating an appropriate fitness goal.

Equipment Needed

CPFT results for each cadet

Fitness Goal Setting handouts for each cadet

LESSON OUTLINE

INTRODUCTION

Has anyone here completed a goal in life? Tell me about it. What was the goal and how did you reach it?

Anticipated response

Making a sports team, saving money for something special, studying for an exam, etc...

So you identified something you wanted to do, made a plan as to how you could accomplish it, worked through the plan and were successful.

Has anyone had a different experience, maybe there was a goal you had that you didn't complete or succeed at. Would anyone like to share something along those lines?

Anticipated response

Bombing a test you weren't able to study for, missing a deadline for something because it wasn't written down, losing to another team.

TRANSITION

We don't always succeed. Sometimes our planning is inadequate, sometimes there are things outside our control, and sometimes we do everything we can to reach a goal, but maybe it wasn't realistic. There are some techniques we can use to stack the deck in our favor and help us succeed in setting and

reaching goals. We're going to use the fitness assessment we just took to practice this goal setting, but you'll see that the techniques can be applied to many other areas of your life.

LONG AND SHORT TERM GOALS

What differentiates a dream and a goal? I dream of being in the NBA. I have a goal to make the varsity basketball team this year. To meet that goal I'm running and practicing drills for an hour every day until tryouts.

Goals are dreams with deadlines. How do you set goals? What process should you follow? One approach is called "S.M.A.R.T. Goals." (adapted from CAPP 60-31, Cadet Staff Handbook)

Specific

A specific goal has a much greater chance of being accomplished than a general goal. To set a specific goal you must answer the six "W" questions:

Who: Who is involved?

What: What do I want to accomplish?

Where: Identify a location.

When: Establish a time frame.

Which: Identify requirements and constraints.

Why: Specific reasons or benefits of accomplishing the goal.

Example: A general goal would be, "Get in shape." But a specific goal would say, "Join the Willow Street Gym and workout 3 days a week."

Measurable

Establish concrete criteria for measuring progress toward the attainment of each goal you set. When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goal. To determine if your goal is measurable, ask questions such as How much? How many? How will I know when it is accomplished?

Attainable

When you identify goals that are most important to you, you begin to figure out ways you can make them come true. You develop the attitudes, abilities, skills, and financial capacity to reach them. You begin seeing previously overlooked opportunities to bring yourself closer to the achievement of your goals. You can attain most any goal you set when you plan your steps wisely and establish a time frame that allows you to carry out those steps.

Realistic

To be realistic, a goal must represent an objective toward which you are both willing and able to work. A goal can be both high and realistic; you are the only one who can decide just how high your goal should be. But be sure that every goal represents substantial progress. A high goal is frequently easier to reach than a low one because a low goal exerts low motivational force. Some of the hardest jobs you ever

accomplished seemed easy simply because they were a labor of love. Your goal is probably realistic if you truly believe that it can be accomplished. Additional ways to know if your goal is realistic is to determine if you have accomplished anything similar in the past, or ask yourself what conditions would have to exist to accomplish this goal.

Tangible

A goal is tangible when you can experience it with one of the senses: taste, touch, smell, sight or hearing. When your goal is tangible, or when you tie a tangible goal to an intangible goal, you have a better chance of making it specific and measurable, and thus attainable. Intangible goals are your goals for the internal changes required to reach more tangible goals. They are the personality characteristics and the behavior patterns you must develop to pave the way to success in your career or for reaching some other long-term goal. Since intangible goals are vital for improving your effectiveness, give close attention to tangible ways for measuring them.

TRANSITION

Now we're going to take these principles of SMART goals and practice applying them to our fitness. If you're not yet in the HFZ, attaining it might be your goal. If you already meet that, you'll want to find another stretch goal.

Let's all write down our CPFT results, our current fitness baselines, into the top part of the fitness goal setting handout. Take a moment to individually identify just one or two areas where you'd like to improve. Now create a SMART goal for that area and write down the desired outcome.

Pair up with the person next to you and talk about your goals. Are they specific, measurable, attainable, realistic and tangible? Use your partner's feedback to tweak the goal if needed.

Now, what are the steps we can take to achieve this goal? Write down what activities you'll perform to reach this outcome and when you'll do them.

Once you're happy with your goals and the steps you'll be reaching, commit yourself to the achievement of the goal and sign your sheet. Your wingman will commit to helping support you. Take these home and hang it up somewhere you'll see it to help remind you of your goal and your plan. Later you can apply these SMART principles to your goals in school, with your hobbies, CAP, and more.

Fitness Goal Setting

Setting goals is the first step in reaching your dreams. Use this worksheet to help you look at where you are with your fitness currently, think about where you want to be, create an action plan to get you there and commit to working hard to bring it about. Setting, working towards, and reevaluating your goals is an continual practice. The more you familiarize yourself with the process, and the better you know yourself, the more effective your goal setting will be.

1. Determine a baseline.

Aerobic Fitness
PACER
Mile Run
Muscular Strength & Endurance
Curl-up
Push-up

Flexibility
Sit & Reach
Other

SMART Goals

- Specific
- Measurable
- Attainable
- Realistic
- Tangible

2. Clearly define the desired outcome.

Goals
Write down at least one long-term goal. Focus on where you want to be in the next 6 months to a year.
1
2
3

3. List activities to be performed.

Action	Due Date

4. Identify a timeline.

Keep in mind:
Frequency,
Intensity,
Time, Type

5. Commit to the achievement of the goal.

I pledge to work towards my fitness goals. I commit myself to health and I will push myself to be better each day. I will not be discouraged. If I need help I will reach out to my fitness partner and, in turn, I will support those around me.

I pledge to support my fitness partner in reaching their goals. I will motivate, provide encouragement and accountability.

6. Reinforce by working towards your goals daily. Put this sheet somewhere you'll see it everyday. Reassess at your due dates. Exceed the challenge!