



GOAL SETTING

By Will Wayland
www.willwayland.blogspot.com

When you hear people talking about Goal setting people tend to give broad ideas of what they would like they to do. You often hear people about how they want to lose weight, give up smoking or exercise more, these broad goals are the type the average person sets when the new year rolls around. But you are reading jump magazine you probably are not the average person. When I speak to athletes particularly people involved in freerunning I hear "I want to increase my vert", "get stronger" or learn a particular technique. Freerunners out of a lot of the athletes I meet tend to be the least decisive when it comes to goal setting, this maybe because of the free flowing creative nature of the sport. But for beginners and intermediates more decisiveness is needed.

Goal setting is an activity not nearly enough of us sit down and actually think about. Goal setting can be a powerful process that makes us consider our ideal future and then motivate you to make this a reality. Don't be one of those people, that work hard but ultimately gets nowhere. Freerunners inspire me because they put such great effort into what they do, but if that effort isn't focused in the right places we will only end up with frustration. To quote the great coach Vernon Gambetta, "If you want to get better then you need take a large dose of different. If you do what always have done, you get what have always got".

Why Goal Setting

Goal setting has been used by elite athletes for some time. Setting long term goals allows you to get a big picture of where you are trying to go and then break this down into more manageable steps. If I get an athlete tell me I want to Deadlift two times my bodyweight, the next question I ask is "how much do you lift now". We then work together to put a time frame on this. By putting a time frame on achievement we can make what seems like a long slog, easier by breaking it into steps. This will help boost your confidence towards further achievement.

Long Term Goal Setting

A long-term goal is an objective statement about a specific achievement that can be measured. The last part of that statement

being the most important. Again most people will give general ideas of what they want to achieve, such as "jump higher", "improve my grip" or "be the best". These kinds of statements tell you little about how you are going to go about achieving them. It is therefore essential you set up short term goals to achieve your long term ones. You need to realistically assess where you are now and take into consideration what your current capabilities are. Then, decide what your long-term goal is.

Short Term Goals

These can be monthly, weekly or even daily. Simple things like "practice 3 times a week", "Make sure I do strength training at least twice a week". Once you set your goal you need to sit down and plan out how you are going to achieve it, mentally and physically. A higher vert will mean, strength training and a lot of jump practice, figure out how you can acquire this. Recovering from injury will also require a plan of attack. And lastly makes sure that your goals both long and short are written down! Clearly define what results you desire....

SMART Goals

A useful way of making goals more powerful is to use the SMART mnemonic, most sports folk have mnemonics for everything. SMART usually stands for:

- S - Specific (or Significant),
- M - Measurable (or Meaningful),
- A - Attainable (or Action-Oriented),
- R - Relevant (or Rewarding),
- T - Time-bound (or Trackable).

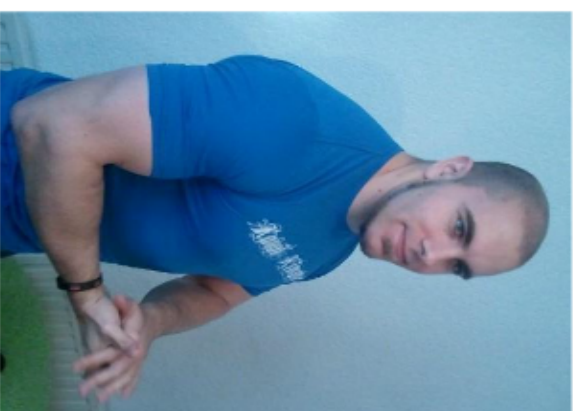
For example, instead of having "I want to be able to do a Double gainer" you would rephrase that "I want to be able to do a Double gainer within 6 months".

I Like have my athletes split their goals over next year, next 6 months and next 3 months, how many of you have thought that far ahead in terms of what you want to achieve? Don't forget to be realistic.

Mastering Yourself

You can control your effort and the task you are working on; you can't control other people or the situation around you. So if your friends don't turn up to train, don't pack up and go home. Keep a positive attitude to Freerunning

and strength and conditioning. Remember no one is perfect, those videos you seen online are product of hundreds of hours of practice and lots of falls and mistakes that get cut out of the final edit, you are seeing an idealised final version, so do not sweat if you makes mistakes. Keep in mind the ancient divide and conquer rule divide bigger tasks into more manageable ones. And lastly do not try to do too much at once. Remember its quality not quantity when it comes to goal achievement.



Our campaigns

[Mind home](#) > [Our campaigns](#) > [Current campaigns](#) > [Time to Change](#)

Our campaigns

▶ Current campaigns

- ▶ Acute and crisis care
- ▶ Mental health at work
- ▶ Time to Change
 - ▶ Time to challenge
 - ▶ Open Up
 - ▶ Community projects
- ▶ Benefits and welfare reform
- ▶ Feel better outside, feel better inside
- ▶ Access to talking therapies
- ▶ NHS reform

▶ Policy and issues

▶ Reports and resources

▶ Contact the campaigns team

▶ Become a Mind campaigner

A-Z of mental health

Information and advice on a huge range of topics



Become a Mind member

Help make change happen.



Mind training

Choose from over 50 training courses.



It's time to talk, it's Time to Change



Mind is a partner in [Time to Change](#), England's most ambitious campaign to end the discrimination faced by people who experience mental health problems, as well as improve the nation's wellbeing.

Stigma and discrimination ruin lives. They deny people with mental health problems the opportunity to live their lives to the full. They deny people relationships, work, education, hope and the chance to live an ordinary life that others take for granted.

This massive campaign includes local community projects and activities, a high-profile anti-stigma campaign, legal challenges, training for student doctors and teachers, and a network of grassroots activists combating discrimination.

Time to Change is shown to be having a positive impact on public attitudes and behaviour towards people with mental health problems. Since the campaign launched, there has been a 4% reduction in reported discrimination and a 2.2% improvement in public attitudes.

Find us in your area

Enter postcode

Help us by donating

Make a donation online now >

Related Pages

- ▶ [Share the Time to Change TV ad with your friends](#)
- ▶ [Have a conversation about mental health](#)
- ▶ [Send an e-card to a friend to let them know you're there](#)
- ▶ [Find events or activities happening near you](#)

Related Case Studies

Layla's story

In March I started a new job and had to complete a health questionnaire.

Beatrice's story

My friend has bipolar disorder, PTSD, social anxiety and agoraphobia had her benefits withdrawn earlier this year. When she heard about the withdrawal of benefit she was devastated and she became more ill.

[More...](#)

Related News Stories

[Sally Brampton puts mental](#)

The Western Coast

————— The western coast of India stretches from the state of Gujarat, through Maharashtra and the glittering city of Mumbai, to the white sand beaches of Goa, the thriving port of Mangalore in Karnataka and the historic Malabar region. Within this stretch of land is a great variety of foods and flavours, but the coastal people are united by their penchant for seafood. While Goa, Konkan and North Karnataka display the most interesting recipes – and naturally fish and coconut are the dominant ingredients – each area and the different communities within it have made their own interpretations of these ingredients.

————— Goa remained under Portuguese rule for many centuries, and its food includes flavours which are alien to the rest of the country. The daily diet here is more similar to Western food than elsewhere in India. Traditional Goan food is cooked in earthenware on a wood fire, lending an unique flavour which cannot easily be duplicated in a modern kitchen. Apart from fish and seafood, Goan cuisine displays a great variety of meat and vegetable dishes, such as *Carli de Galinha* (Goan Chicken Curry, page 508), or *Tamba di Bhaji* (Red Amaranthus Leaves, page 264), a delicious dish of amaranthus leaves simmered with coconut.

————— The state of Maharashtra lies to the west of the country and is currently the richest state in the whole of India (thanks in part Mumbai's 'Bollywood', the largest film production centre in the world). Maharashtrian cuisine ranges from robust rural foods to the elaborate and elegant regal menus favoured by the food-lovers of Pune, the state's second largest city after Mumbai. The subtle sweet strained yoghurt dish *Shrikhand* (page 693) would rival the lightest soufflé, while their spicy lamb curry *Mutton Kolhapuri* (Maharashtrian Hot Lamb Curry, page 431) has enough fire to put even the hottest Mexican delicacies to shame.

————— The city of Mumbai was given in dowry by the Portuguese to a British Prince. A small fishing village at the time, it grew rapidly under British rule. It has acted as a crucible to blend diverse ingredients and techniques into a unique cuisine, and the food in the city is possibly the most impressive illustration of its eclectic cosmopolitanism.

————— Mumbai is a fast-paced city, and sustains its millions of inhabitants on fast food. *Pao Bhaji* (Mini Loaves with Tangy Vegetables, page 139) is to Mumbai what hamburgers and hot dogs are to New York. *Pao* is a squarish small loaf of bread served with *bhaji*, a mixed potato and vegetable mash drenched in pureed tomato and liberally spiced with onions, green chillies and ginger. The *bhaji* is cooked in front of the customer on a large griddle, which also toasts the bread. It is served with liberal amounts of butter to create the illusion of richness for the poor man who may be surviving on one meal a day.

————— Udupi is a tranquil town in south Karnataka that has become famous for its south Indian fast food outlets. The food – *idli*, *dosa* and *vada* – is inexpensive, extremely well prepared and consistent in flavour and quality. The menu may be small, but it ensures value for money.