

## **Goal Setting Guidelines**

Set challenging ambitious long-term goals for yourself. If you only set easily obtainable goals, you will never reach your highest levels of achievement. Do not be scared to strive to live your dreams.

To increase the likelihood that you will achieve your highest goals, you must set a variety of smaller goals. Setting numerous short-term goals will provide you with continuous challenges. These challenges will increase your level of motivation and enhance your performance.

It does not matter if you are a beginner or an experienced wrestler/coach, goal setting allows you to focus on the areas you need to improve on and objectives that you want to achieve.

To do full justice to the topic of goal setting or any other important topic would require more than just one page. However, here are some important goal setting guidelines that will help you identify and achieve your highest goals during the upcoming season and the years to come.

1. Be Specific, setting technique and training goals, as well as performance goals.
2. Set a variety of goals, including a combination of short, medium and long-range goals.
3. Make your goals personal. Personal goals are more meaningful because they are what you want for yourself, not what others expect of you.