



Fencer's Name _____ Today's Date _____

The key to effective goal setting is to utilize **SMART** goals. A **SMART** goal is one that is **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**imely. **Visualize** what your fencing career will look like in 5 years. What would you dare if you knew that you could not fail? Goals can exist as both **process** based goals and **results** based goals. Results goals are great, but they don't offer the level of detail needed to actually achieve them. That's why most of your goal setting work should focus on **process** goals. A process goal uses the **SMART** process to identify in as much detail as possible **HOW** you plan to achieve your goals.

Short Term Goals (0-6 Months)

Target Date:

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Intermediate Term Goals (6 months to 1 year)

Target Date:

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Long Term Goals (1-3 years)

Target Date:

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Smart Goals

- **S=Specific:** If you had to choose the biggest or most important goals what would they be? What exactly will you achieve? Writing out goals should entail as much detail as possible. Identify the who, what, when, where, why, & how.
- **M=Measurable:** Ultimately it is up to you to determine how to measure your success! Measuring your progress is a critical step in achieving goals, be sure to quantify as much as possible how you plan to measure your goals in a meaningful way.
- **A=Achievable:** The truth is that goals must be realistic and they must be attainable on some level. Setting goals that are unrealistic may fuel early effort but ultimately the person will lose focus and fizzle out. Setting and achieving goals that are attainable allows you to use the power of visualization to invent the methods you need to achieve them. As you get better at setting and achieving goals, you should continue to strive forward and set higher goals.
- **R=Relevant:** Champions choose goals that really matter. Strive to ask yourself the following three questions. 1.) How does achieving this make me better? 2.) How does achieving this make my team-mates better? 3.) How does achieving this make my community better?
- **T=Timely & Time Target:** Time is a fixed commodity, there are only 24 hours in every day. Setting specific time targets is valuable in managing efforts to achieve your goal, and commitment to a deadline can provide the needed motivation to work through difficult times.

The **SMART** goal system is a tool that I hope can get you started on the path to constructive goal setting and goal attainment. Think of it like a outline designed to help you fill in the pieces of the puzzle. As you get better at the process of goal setting, you will invent your own approach that is customized specifically for **YOU**.

The final and most difficult part of the process is the **declaration**. When you have the courage to tell your coach, your team-mates, your parents, or hang a piece of paper on the wall of the fencing club declaring your endeavor, then you will be well on the way to achieving your goal!