**KING’S** Sport PsychologyGoal Setting

1. What are outcome goals?
2. What are performance goals?
3. What are process goals?
4. What is the process goal paradox?
5. List the 5 reasons goal setting is effective
6. What does ‘SMART” stand for?
7. List 3 things which typically cause goal failure
8. What is goal perspective theory?
9. What is the connection between goal setting and moral functioning?
10. Why do some people not set goals?
11. What are the common goal setting pitfalls?
12. Which type of goal striving leads to wellbeing?
13. Explain the Moderator model
14. What does research reveal about the differences between elite athletes and non-athletes?
15. Review information on Steps in Goal Setting. Set SMART goals below which align with your values

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| Life Goal Category | Describe the Specific Goal | Immediate Action  1-7 days | Medium-range Action  6-12 months | Benefit of Reaching this goal |
| Physical |  |  |  |  |
| Mental |  |  |  |  |
| Spiritual |  |  |  |  |
| Educational |  |  |  |  |
| Family |  |  |  |  |
| Personal/Relational |  |  |  |  |
| Career |  |  |  |  |