

Goal Setting Worksheet

Goal Setting Overview

Goal setting is the basis for improvement in sailing, and allows coaches and sailors to evaluate progress over time. Good goal setting practices create functional goals; benchmarks and waypoints that can be used to track progress, evaluate success, and map out a pathway to achieving more complex goals.

Ultimate Goals, Project Goals, and Process Goals

In order to create functional goals, it is useful to categorize them into one of three types: ultimate goals, project goals, and process goals.

Ultimate goals: Your ultimate goal can be explored by asking the question, “What would you like to get out of sailing?”

Here are a few examples:

- Medal at the Olympics
- Be able to sail a certain type of boat
- Use sailing to get into college
- Be able to hang out with the sailing team through high school and college
- Make sailing a life long experience

Project goals: These goals begin to form the roadmap towards achieving the ultimate goal. What steps are necessary in order to reach the ultimate goal? What benchmarks and metrics will you use along the way to evaluate your progress towards the goal?

Some examples of this are:

- Top <x> at a benchmark regatta
- Top <x>% at a benchmark regatta
- Qualify for a certain team
- Master a certain skill

Process goals: These goals should be 100% within the control of the sailor. These are things that are not subject to luck, other people’s performance, or any other factors. Sailors should set process goals that they can achieve during every practice, for example, “I will do 25 tacks and 25 gybes today,” would be an achievable process goal.

Some good examples are:

- Completing a drill (such as doing <x> tacks, or sailing blindfolded for <x> minutes)
- Number of hours on the water in a month

Name: _____

Ultimate Goal: _____

Sub goal: Win the SCYYRA Ullman Series

Project Goal:

Project #1: _____

Project #2: _____

Project #3: _____

Project #4: _____

Project #5: _____

Process Goal:

Process #1: _____

Process #2: 10+ days of laser practice per month

Process #3: 10 Rounds of AMWOT at the beginning of each practice in August