

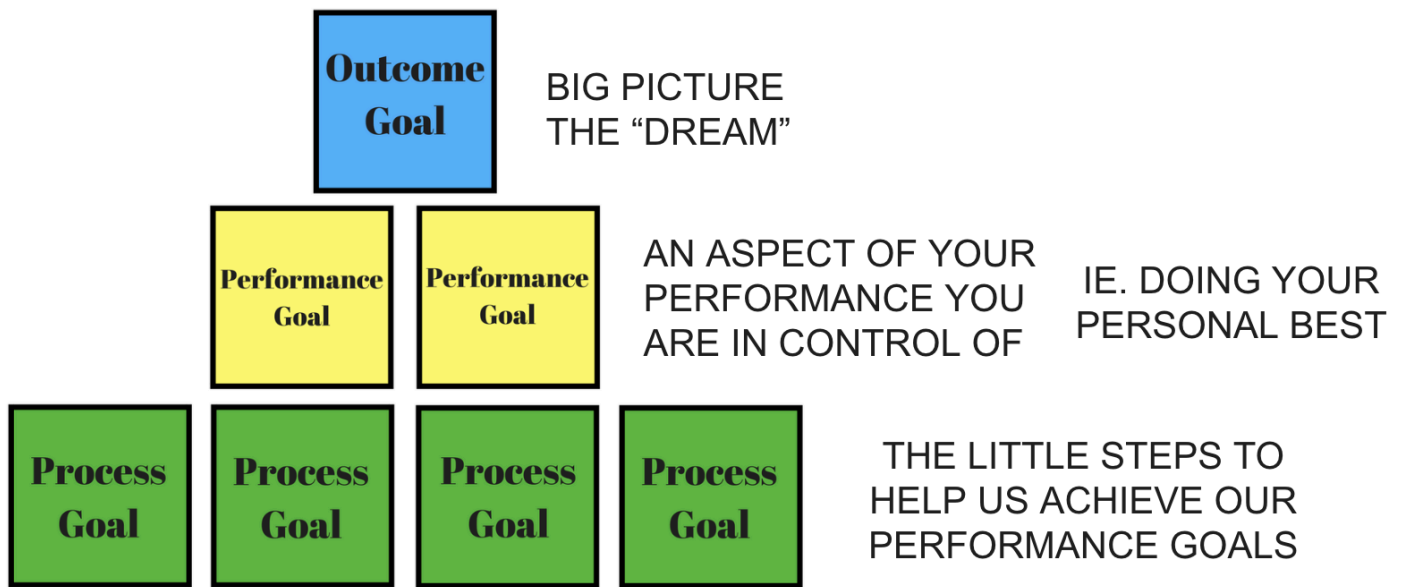
Goal Setting - Outcome, Performance & Process Goals

Goal setting is an important part of any sport. It acts as a compass to help us understand where we're trying to get to. Without goals, we might feel like we're wandering around aimlessly without any sense of direction. Goals help us measure and celebrate success, which helps us build confidence and stay motivated to progress.

How to practice:

You can use this resource to help you establish some goals in your riding. Whether you are a competitive racer or a casual rider, goals are for everyone!

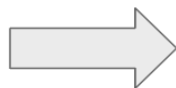
1. **Outcome Goal** → Think of an outcome goal. This might be a particular result or a “big picture” outcome like making a team, getting a sponsor, or riding a daunting feature. This should feel like a realistic goal, and that can be completed within about 12 months. Outcome goals are typically the goal that we have the least control over.
2. **Performance Goal** → Next, you are going to think of some performance goals that are related to your outcome goal. These are related to improving your personal performance like achieving a personal best, improving your endurance, improving your cornering or jumping skills
3. **Process Goals** → Lastly, come up with some process goals related to each performance goal. For each performance goal, there should be a process goal related to it. Process goals are the little steps, or the behind the scenes work we can do to help us achieve our performance goal. An example of a process goal for a performance goal of improving endurance would be doing intervals twice a week or committing to one 4 hour ride a week.



*Use process goal 1 to work towards performance goal 1 *All performance goals should work towards your big outcome goal!

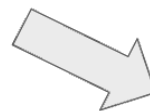
PROCESS GOALS

1



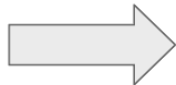
PERFORMANCE GOALS

1

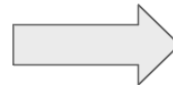


OUTCOME GOAL

2



2



3



3

