

Goal Achievement

Set Your Wrestlers Up for Success This Season

by Clay Frost

There is a huge problem with the way we typically approach goal-setting. We all look at goals incorrectly. Many people see goals like they see a shooting range - I'm here and my target is there. This mindset is based on what everyone calls goal-setting. We are told to look at what we want and



imagine what it looks like, we are told to be SMART (Specific, Measurable, Achievable, Relevant, Time-bound) when we set our goals, and we are even told to write them down and put them all over the house. In reality, if you want to help set up your athletes to achieve their goals, this is only the first step, there is still a lot more work to do!

Here's how to help athletes get to the next level as they strive to achieve their goals.

This process is something I like to call G-POP. It stands for Goal, Purpose, Obstacle, Plan.

To start, your athlete will have to identify what the target is. Set the goal, just like they have been taught. But, before moving on beyond the goal setting stage, they need to make sure they are making process-oriented goals. Many of us will set a goal with a clearly defined outcome. This isn't necessarily bad, we just need to make sure that we are focused on the process that it will take to achieve our desired outcomes. Outcome-oriented goals answer the question, "What do you want to achieve?" and process-oriented goals answer the question, "How are you going to achieve it?"

After they have determined their goals (in particular the process goal), it is time to move to the next step.

Determine the purpose for attempting to reach this goal. Purpose is the "why" behind the goal. Why does your athlete want to achieve it? What would it mean to them if they did achieve this goal? How will achieving this goal effect their life? What is their purpose for achieving this goal? Once they are clear on these questions, they can move on to the next step.

The third step is to anticipate the obstacles of this goal. Have your athlete think about all the different obstacles that could possibly be in their way. Ask them to think about all the distractions that they will face and that might push them off their path. You could ask them questions like, "What might be in your way? What personality qualities will hold you back? What are the things that might throw you off? What things do you need to start doing in order to reach your goals? Who is in your way? What did others struggle with on their journey to get where you want to be?"

Too often, the place where goals fail is the moment when we hit a wall or come across something that we didn't expect. When this happens we lose motivation, stop working, or lose sight of our path. This step is where your athlete takes inventory of their skills and abilities, does research about what it is going to take to reach this goal and then identify their specific major obstacles.



After they have identified their potential obstacles, it is time to make a plan to overcome them. The more they stick to the plans they make, the more

their self-confidence will grow, and the easier it will get to stick to these plans. The plan has to be just as specific as the goal. There should be ZERO doubt about what they are going to do when they face one of these obstacles. There should be such a deliberate action plan that they have total confidence in their ability to execute and to grow.

G-POP can be done as many times as needed in order to get an athlete to where they are trying to be. They can do it yearly, monthly, weekly, or even daily. The more they follow this blueprint and remain dedicated, committed, and deliberate in following their plans, the more they will see themselves achieving goals quicker and more consistently.

Nothing works unless you do.

About the author:

Clay Frost is a mental training expert. His mission is to help elite athletes that are looking to level up to make their minds into their greatest weapon so that they can perform at their best. He grew up wrestling in Utah but unfortunately spent 14 of his 16-year wrestling career dealing with one injury after another. He thought that his injuries derailed a promising career. Instead, they helped him find the path to an extremely rewarding career in mental training. He is excited to give back to the USA Wrestling community through the newsletter. If you'd like to contact Clay or have any questions, his email is clay@frostdcg.com or you can text him at 801-860-2267.

