

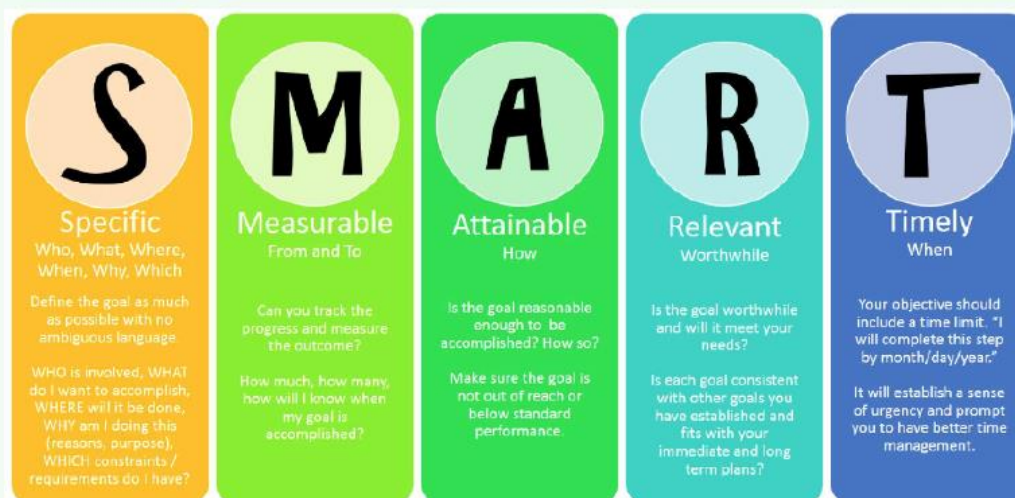
Resilience

Optimise Motivation

Mastering Motivation is all about ...

A desire to be in control of your own performance, internal motives, and achieving all you can.

Goals are very closely linked to motivation, and what can drive us towards why we do what we do. Specific and challenging goals along with appropriate feedback contribute to higher and better task performance.



Types of Goals

Outcome Goals

The end goal, that isn't directly under your control. e.g. making a particular squad

Performance Goals

The building blocks that help you reach your outcome goal, are e.g. Number of points or PB.

Process Goals

Measurable and objective and help assess progress e.g. Maintain cadence, nailing a line.

Optimise Motivation Activities

In the space below have a think about things you would like to achieve...

Now outline clear goals below

Outcome Goals

Performance Goals

Process Goals

Write these down somewhere you can see them e.g.

- **OUTCOME** as the background on your phone.
- **PERFORMANCE** on a label connected to your training bag
- **PROCESS** key words as a mantra

Over the next 2 week review the goals at the end of each week, thinking about how these may change depending on new 'goals' or challenges...

WEEK 1

Outcome Goals

Performance Goals

Process Goals

WEEK 2

Outcome Goals

Performance Goals

Process Goals