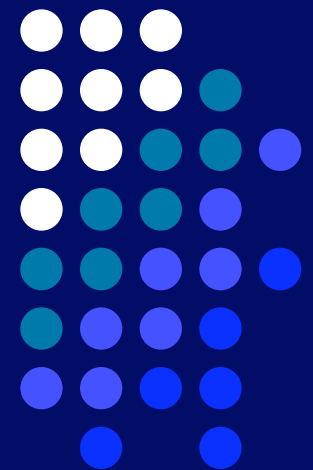
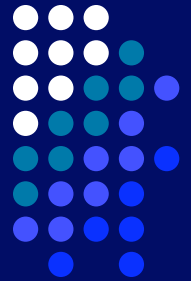


# Goal Setting & Focus for Life Success!

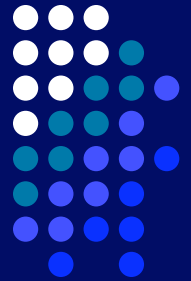
Presented to Grandview Heights  
Christopher Stankovich, Ph.D.  
[www.drstankovich.com](http://www.drstankovich.com)





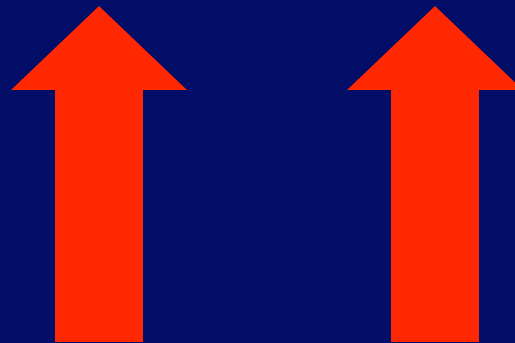
# Tonight's Agenda

- Discuss goal setting and the relationship to confidence and peak performance
- Examine the key elements of effective goal setting
- Learn about the importance of focus and concentration and the relationship toward goal efficacy
- Apply this knowledge to your academic, athletic, social, and life endeavors!



# Confidence & Performance

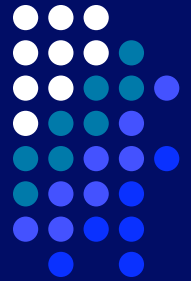
- Studies consistently show that people who have a high degree of self-efficacy (or confidence) almost always perform to their highest levels
- Self-efficacy is something YOU have control over and can always improve!
- Your perception of situation will dramatically impact your self-efficacy
- Fortunately, regardless of past experiences, the only important consideration about self-efficacy is how you believe about the future – not what you have (or have not) accomplished in the past!



**Confidence**

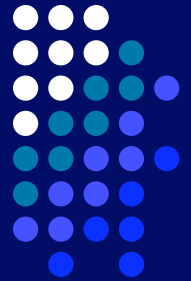
**Performance**

# By Increasing Self Confidence...



- You will continue to perceive your efforts as worthwhile and likely to lead to future success
- Your confidence will continue to grow dramatically
- You will become more resilient when stressful situations occur (as well as failures)
- Your attitude and mood state will improve
- You will continue to make healthy decisions and inspire others to do the same!

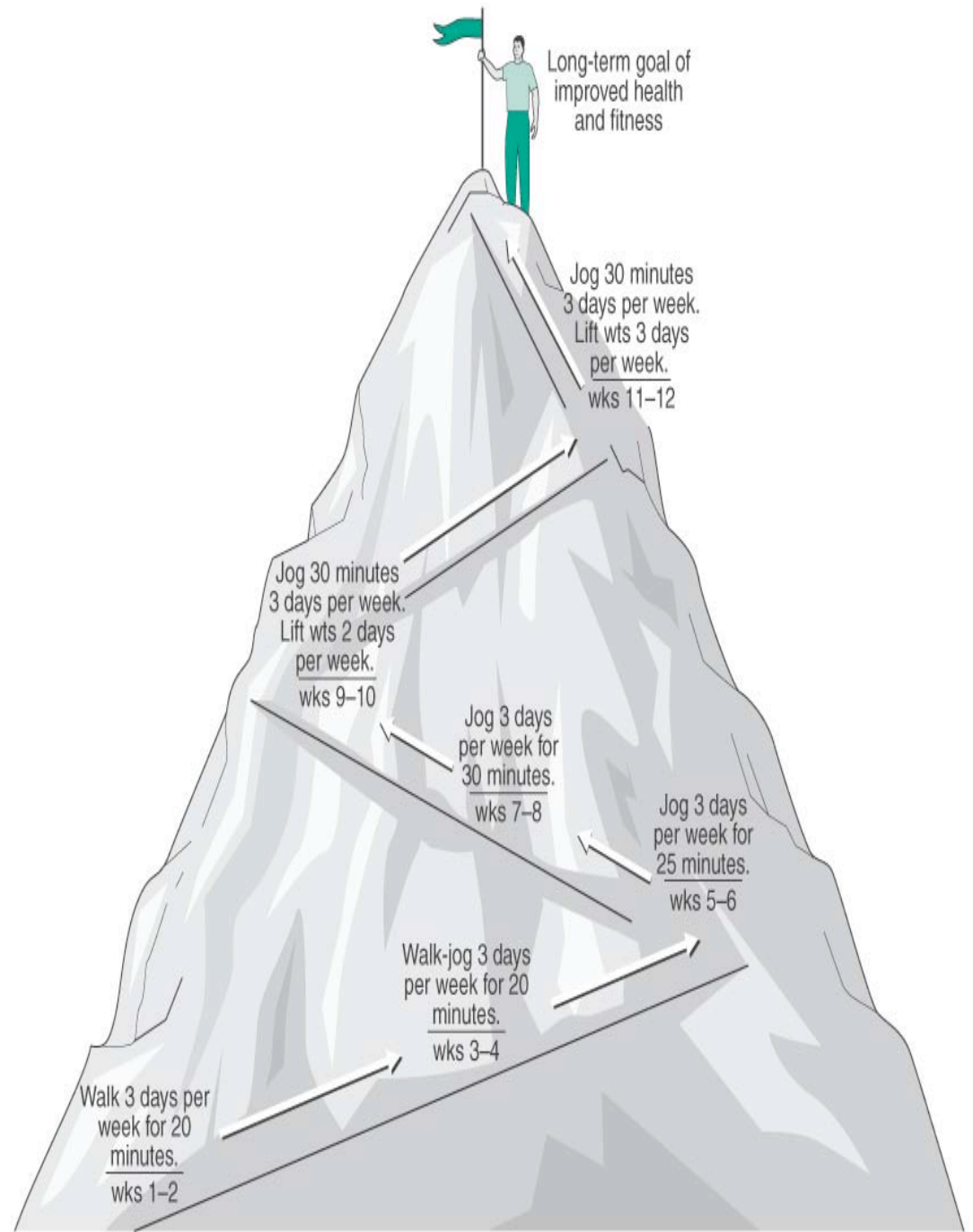
# The Importance of Goal Setting

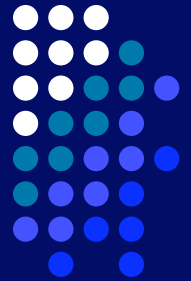


- Research has shown that **goal setting works extremely well for confidence development and enhancing performance.** Studies regularly show that people who set specific, measurable goals outperform “do your best” goal setters and those who do not set goals.
- Goals, at minimum, provide direction, increase motivation, offer feedback, and direct and mobilize intensity efforts

# Getting Started

- Brainstorm!
- Clean up and refine
- Develop Process & Outcome goals
- Draft Goal Ladders
- Journal progress

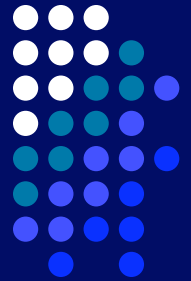




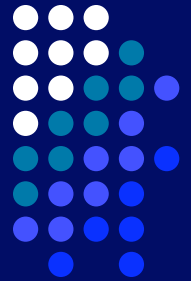
# Goal Setting Tips

- Set specific goals
- Set moderately difficult but realistic goals
- Set long-, mid-, short- and daily-goals
- Write down goals
- Set goals you can control
- Set goals that are somewhat flexible
- Set goals you can objectively measure

# Common Goal Setting Roadblocks



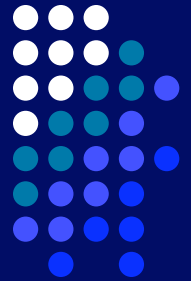
- Poor focus – too vague
- Fear of failure
- Don't know where to start, when to start, or how to do it!
- Underestimate the importance of goals



# Focus & Concentration

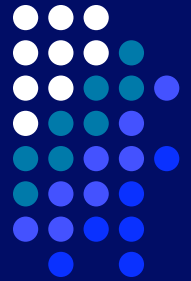
## *Four components of concentration*

- Focusing on relevant environment cues
- Maintaining appropriate attentional focus and arousal (*consequences of too wide and too narrow focus*)
- Situation awareness (*The ability to understand what is going on around oneself and to size up the situation*)
- Shifting attentional focus when necessary



# Concentration Hurdles

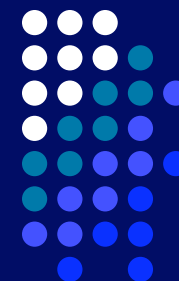
- Determining what is relevant vs. irrelevant
- Letting go of past negative performances
- Keeping emotions in check and minimizing negative self-talk
- Developing techniques to immediately improve concentration (imagery, cue words, self-talk)



# Homework

- Brainstorm goals in distinct categories (i.e. academic, athletic, career, life)
- Set up a time limit for each brainstorming (i.e. 2 minutes)
- After brainstorming, go back and develop distinct OUTCOME goals for each (these will become your long-term goals)
- Next, develop mid-, short-, and daily-goals that will be your PROCESS goals toward long-term goal attainment
- Create actual “goal ladders” and make them very specific
- Keep a journal so that you can chart your progress. Be sure to reward yourself on a consistent basis, too!

# Dr. Christopher Stankovich



*Dr. Stankovich received his Ph.D. in Clinical Counseling from The Ohio State University and is the founder of Advanced Human Performance Systems, a counseling center in Columbus, Ohio, that offers performance-enhancement assistance to athletes and coaches, as well as various non-sport groups, including physicians, attorneys, business people, and educators. In addition to his private practice, he is a former Visiting Professor of Psychology at Kenyon College where he taught Clinical and Sport Psychology. He has also taught at Otterbein, Capital, Wittenberg, and The Ohio State University.*

*Dr. Stankovich is the co-author of 2 books (“The Parents Playbook” and “Positive Transitions for Student Athletes”) and has been published in several scholarly journals. He is recognized throughout Ohio as “The Sports Doc” for his regular featured television segment on Ohio News Network (ONN), and his featured column in Columbus Parent magazine. Additionally, he has worked previously as a featured columnist for Business First newspapers. He is regularly featured in USA Today, Washington Post, The American Psychological Monitor, San Francisco Chronicle, NY Post, ESPN, ABC World News, and Fox National Sports Radio. For more information about Dr. Stankovich’s counseling and performance consulting please visit [www.drstankovich.com](http://www.drstankovich.com), or call 614-561-4482*