

Short-Term vs. Long-Term Goals

SMART Goal Setting – All goals should be written using the SMART principle (Specific Measurable Attainable Relevant Time-bound) to be effective.

The purpose of goal setting is to give you specific and measurable objectives to work toward. Depending on the outcome you are wanting, you set either short-term goals, long-term goals or a combination of both.

Short-Term Goals

Short-term goals should be developed with a limited amount of time in mind because they take the least amount of time to achieve. An example of a short-term goal would be to improve your running time for the mile by five seconds. Setting this goal during track season can be worked on each week and achieved within the short time frame of the track season.

Long-Term Goals

Long-term goals can be excellent motivators. They help you see beyond what you are currently working on and remind you that there is a greater purpose for the time you are spending today. You should be able to use your short-term goals as stepping stones for your long-term goals. Using the short-term example above, a long-term goal could be to run a marathon by the end of the year. By working on your mile times throughout the season, eventually you could add distance and eventually make it to a marathon. The individual short-term goals help to make this long-term goal a reality.

If one of your long-term goals is to stay active for a lifetime, these resources can help you to stay active beyond high school:

- Active Austin Calendar: active.com/Austin-tx
- WAKA Sports: kickball.com/austin
- Austin Sports and Recreation: austinssc.com

Check for Understanding

- What is the difference between short-term and long-term goals?

- When is it appropriate to set a short-term goal?

- When is it appropriate to set a long-term goal?

- Why do your goals need to be SMART goals?

Coach's Reflection: