



Seven Point Goal Setting.

Clear goals give you the sense of direction, purpose and priority that's needed to persevere and achieve success.

The **Seven Point Goal Setting** tool is designed to avoid the pitfalls of poor goal setting such as vague or unrealistic targets, and to guide you to create a specific plan with action steps and clear measures.

Use this tool to refine the actions in your 90 Day Performance Road Map (see the Mindful Cricket book and Workbook for further details), to act on priorities identified in the Game Mindset Self-Assessment, or for any task where a clear goal and action plan is needed.

'Everyone knows goals are important, but few things lift and sustain performance more than the combination of a bold vision and clear performance goals.'

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Step 1.	Write down your goal.
	<i>Example. Average at least three wickets per game.</i>
Step 2.	Give it a time frame.
	<i>Example. The whole season.</i>
Step 3.	Confirm why it is important.
	<i>Example. Need this level of performance and consistency to get selected in the State Team.</i>
Step 4.	Identify potential blocks or barriers to achieving the goal.
	<i>Example. Flat pitches, loss of form or inconsistency.</i>
Step 5.	Define your current position in relation to the goal.
	<i>Example. Last season average was 2.5 wickets per game but inconsistent.</i>

Step 6.	<p>Construct your plan with key activities and timelines.</p> <p><i>Example. Technique – (a) Focus on boosting accuracy across spells (b) Develop variations for flatter wickets (c) Test using PDCA process (practice, matches and weekly review).</i></p>
Step 7.	<p>Identify the key resources needed to achieve your goal.</p> <p><i>Example. Work with coaches and trainers on the fitness, technique and mindset. Use Mindful Cricket Journal to track progress. Use weekly sprint goals and then debrief with coaches.</i></p>