

Goal Setting Lesson #1

MLK Videos

1st Period: <https://www.youtube.com/watch?v=4GFgV32GcUY>

2nd Period: <https://www.youtube.com/watch?v=BHWSeJzMX0>

7th Period-<https://www.youtube.com/watch?v=EPoxnW8-EJ0>

It's nothing new but often overlooked. Setting a goal will drastically improve your chance of reaching a desired outcome. It sounds really obvious. However, it might surprise you to hear that many people go to the gym or partake in fitness activities with no real goal in mind, without any real objective.

Fitness goals are perhaps the best form of maintaining motivation for exercise. Short term goals give you an immediate target to focus on while long term goals keep your overall objective in mind, striving for higher achievements. When you reach your goals, tick them off against your list and make new ones. In my experience, being able to do that provides a great sense of satisfaction and extra motivation to start on the next goal.

1. They keep you on the right track
2. They make working out efficient
3. They help you progress more quickly
4. They help you see your progress
5. They keep you motivated

Coach K Goal Setting Quote-I've never set goals in terms of wins and losses. I've always talked to my players about the possibility of winning a championship. The reason I don't do the wins and losses is that I want the mental approach that every game is winnable. If you set a goal for say 20 wins and making the NCAA tournament, I think the danger is that certain sense of satisfaction creeps in that can prevent you from going farther. Then you'd be stopping yourself. On the other hand, what if you have a few key injuries on a team capable of winning more than 20. That same team may win 17, but that was still a solid achievement based on what they were dealing with. I would rather define success for my team rather than have specific wins and losses define us.

Show Coach K goal setting video- ask for 3 things that stuck out to them <https://www.youtube.com/watch?v=uWoIYqNMJ9s>

The Complete Guide to Goal Setting-**Goal setting helps us create the markers and milestones along the way toward seeing our dreams come true. Goals give us momentum to push through the adversity we experience while chasing our dreams**
<https://www.youtube.com/watch?v=XpKvs-apvOs&t=2s>

Introduce Rob Mendez Video- The Ultimate Goal Setting Example. Who Says I Can't?
https://www.youtube.com/watch?v=kXEruspkD_Q

Exit Question for a Grade: **1 .Use 3-4 sentences to tell me about a goal that you have already achieved in our life. Did You make a plan to get there and how did you achieve that goal? 2. In addition, please tell me your fitness goals for this semester. Use the model and discussion points that we learned in class today to come up with your goal. Keep that goal in a safe place and use our time together to reach that fitness goal.**

My goal was to make the sophomore basketball team. I planned to stay training. I also planned to workout and condition. My fitness goals for this semester is to turn fat into muscle. I really need to lose body fat and turn it into muscle.