



**SPORT  
IRELAND**  
INSTITUTE

# Goal Setting & Motivation

## CHANGE THE GOALPOSTS

An injured athlete has to learn to alter their goals or set new ones to suit their new situation. These goals relate to their rehabilitation, S&C and return to play, but they may be for school/college, psychological skills etc. Which areas could you look at when setting new goals?

*"Think about what I can do to make sure I'm in the best shape coming out of this".*

## SEIZE THE OPPORTUNITY

Change your mindset to start recognising the opportunities that this time is providing you. Try different types of activities or to work on things you've been procrastinating. See this time also as an opportunity to recover, physically and mentally.

*"This is an opportunity to improve things and to instil good habits".*

*"Learn some new skills and things you otherwise wouldn't have time for".*

*"Focus on the positives of what I CAN do now".*

## DO WHAT YOU ENJOY

This is a time that you can choose to do more of the activities that you enjoy. Use this opportunity to mix it up and have fun!

*"I'm training for fun and remembering why I love my sport".*

## TRACK YOUR PROGRESS

When you are training you measure everything so that you can track your improvements, so why stop now? Once you've decided on some new goals for this new "training block", make note of what you do. Seeing progression, no matter how small, will boost your confidence, give you a sense of accomplishment and help maintain your motivation.

## SELF-COMPASSION

If you feel like you can't or don't want to set goals right now that's ok! It's a difficult time we are all facing and we are all still figuring out how to cope. Don't worry about what anyone else is doing and do what feels best for you.

*"Don't be so hard on yourself for not being busy".*

*"Don't compare yourself to what others are doing, just focus on yourself".*

#BelievePerformAchieve