

## **How To Set Goals**

Hi Lachlan:

We have spoken and met a few times and I struggle to write my goals. I know I want to be better but you then challenge me to ask what the hell that is?

Can you guide me a bit more on the setting of goals.  
Sheila

Sheila:

Not easy for everyone to set goals.  
I think many of you have unrealistic goals and expectations. I said you ought to look at your life and see how to plan the hours you can give over to bowls and keep the other aspects functioning, work, home, etc.

I would like to pose a series of questions for you to think about and respond, to yourself.

What will you do to set and state your goals for bowls?

Will you make yourself accountable to the goals?

What will you do?

When will you do it?

How will this act of setting goals serve your goals?

What are the obstacles?

How will I know (you the player)?

How would I know (if I was the coach)?

Who needs to know?

What support do you need?

How are you going to get that support?

When are you going to get that support?

What other personal considerations do you need account for?

*Website menu: Q & A*  
*Topic- what to do to set goals*

How would you rate your commitment level out of 10 presently?

A 10 already, really?

If not 10 what prevents it being a 10?

Do you intend recording and writing this stuff?

That final question is there because I can read and see commitment and accountability whenever I can read it as written by a player.

These responses may help to no end in setting realistic goals within your capability.

Hope that helps.

**Lachlan Tighe, 2018**