

Objective: to create an Action Plan to focus on process goals

Goal Setting weeks 1 & 2 cover Outcome Goals. Outcome Goals are excellent for beginners to focus much of their energy on. With experienced/advanced athletes, excessive focus on Outcome Goals often adds much unneeded pressure. Experienced athletes have usually already internalized the desire to win.

For an experienced athlete, we recommend focusing 90% of the time on your Process Goals: Your Action Plan. Process Goals (Action Plan) are directly under your control. Even beginner athletes do well to focus a majority of their energy on their Action Plan. You cannot control outcomes (winning and losing) directly. You control outcomes only indirectly by shifting your focus to your Action Plan. This Action Plan includes all areas of wrestling- Technique, Strength, Conditioning, Nutrition, Mindset, Rest/Recovery, etc. Remember to focus on your strengths (make them freaky) and your areas of improvement (we don't call them weaknesses). What will be the exact actions you will take on a regular basis? The Action Plan will be your primary focus.

One important caveat- the only times we want to shift our focus to our Outcome Goals (winning/losing) is when we need the extra kick of motivation i.e. When you are feeling Tired, Bored, Lazy, Tempted to do the wrong things, or feeling Peer Pressured. At these times, thinking about your Outcome Goals will be helpful. Outside of these times, keep focused on your Process Goals/Action Plan.

NOTE: ANYTIME YOUR SCHEDULE CHANGES, SO TOO MUST YOUR ACTION PLAN
(i.e. The Season, when the season ends, summer break, school begins)

Exercise: Create an Action Plan that contains daily/weekly steps you'll take toward your goal.

Technique

Mindset

Strength

Tendons

Plyometrics

Flexibility

Conditioning

Nutrition

Sleep

Rest/Recovery