

# WEEK SEVEN:

## GOALS: YES OR NO?



Welcome to week **SEVEN** of cbPT weekly learning modules. Lots of people have this preconceived idea that you must have 'goal(s)' for your exercise journey and/or other aspects of your life in order to be successful. Goals have their place for certain people and desired outcomes however, goal(s) are not needed for everyone. There is one important thing to remember, having a goal verbally or written does NOT instantaneously mean you will succeed. So before you decide whether or not you need goal(s), one of the first things that may be of importance to look at is if you are intrinsically or extrinsically motivated. If you are someone that is **intrinsically motivated** you're driven by an interest or enjoyment in the actions required to achieve a goal, without relying on external rewards or pressures.

If you are someone that is **extrinsically motivated** you require external rewards such as money or external consequences such as being demoted to achieve a goal. If you are simply setting goal(s) because you think 1) it will = success or 2) you think you should, then you are setting goal(s) for the wrong reasons. Please read over the diagram below before completing the task on the following page.

### Intrinsic Motivation

- Driven from within, deeper purpose and fulfillment.
- Loving the process.
- Having vision for the future.

Exercise examples:

- I know this is good for me, I need to get fit.
- I love the feeling of a good workout.
- Play sport to have fun and to exercise

- **Both create desired outcomes in end results, may not be desired outcomes on performance or ability.**
- **Both are forms of motivation.**
- **Intrinsic - long term/ better performance. Extrinsic- short term/ not true performance.**

### Extrinsic Motivation

- Driven externally, at surface level.
- Focused on the end result.
- Only seeing this how effects your present.

Exercise examples:

- I want to look thinner in my jeans.
- If i don't go to bootcamp, the group will be mad.
- Play sport to purely win games.



**THINK:** Are you more intrinsically or extrinsically motivated?

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## GOALS: YES OR NO?



**MONDAY TASK:** Work through the worksheet below to help outline if you are someone that would benefit from setting goal(s)/ if you need to to re-look at current goal(s).

write goals out:

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Do you have goal(s) currently?

YES

NO

Based on the information above, do you think you need goal(s)?

NO

MOVE TO NEXT PAGE!

YES

write goals out:

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**Are your goals [SMART] goals?**

- Specific:** Goal is direct, detailed + meaningful.
- Measurable:** Is quantifiable to track progress.
- Achievable:** Have tools/ resources to attain it.
- Realistic:** Be honest with yourself, what are you capabilities?
- Time-bound:** Set a realistic deadline.

**Re-write goals so they are:** Eg. Instead of I want to loose weight... I want to loose 0.5 kg per week, for 2 months.

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Choose a date when you will check back in with these goals to measure your progress.

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## GOALS: YES OR NO?



Tracking your progress in different ways, and monitoring your journey, without the direct use of goals to direct you, is still a very successful and useful measure for many people. Monitoring measures that are important to your progression, help keep your attention directed to your training WHY, and also act as an external motivator for when motivation isn't at its highest.

So what assessment tools could you use?

1. **Workout journal:** A notebook that you write your workout down in, stats such as weights, reps, sets, or distance, speed, elevation.
2. **Testing protocols** every (X) weeks: specific exercises that test your ability against your training style Eg. basket ball fitness: vertical jump test, yo-yo test for cardiovascular fitness and 1-RM squat for lower limb power.
3. **Graphing physiological/ psycho social measures** for each workout (heart rate resting/max, rating of perceived exertion, sleep quantity etc.
4. **Food + fluid diary:** old school in work book or using a food diary app such as my fitness pal.
5. **Physical check** in with coach or trainer: Booking an appointment to catch up with your coach or trainer every (X) weeks to reflect on your training and re-directing attention going forward. This is more important if you have a periodised training plan for an event or race that quite a few months out.

**MONDAY TASK:** Identify an assesement method or two, that resonates with you and outline specific measures you will assess, as well as check in points (eg daily, weekly, 6-weekly).

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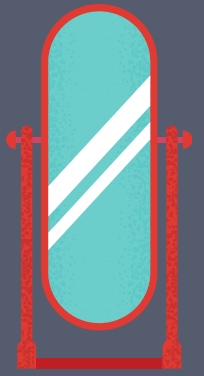
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# WEEK SEVEN:

## SELF-REFLECTION

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**SUNDAY TASK:** It's time to reflect back on Week 7!

**ARE YOU SOMEONE THAT IS MORE INTRINSICALLY OR EXTRINSICALLY MOTIVATED? LIST A FEW WAYS YOU ARE BELOW:**

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**WHAT DID YOU FIND MOST INTERESTING/LEARN ABOUT THE GOALS MODULE?**

**CASEY BROWN PERSONAL TRAINER.**