
Goalsetting and motivation



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Goals

- Provide direction of focus
- Enhance motivation
- Increase Self-esteem
- Leading us to better results



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Welcome in the first module of the online course riderpsychology. We are going to learn about our mindset. Our mindset is very important in equestrian sports because our mindset, focus and levels of tension are affecting our horses. Therefore it's very important that we can control our nerves, emotions and our behavior. An important part of becoming great in your sport is about reaching your goals, doing the things you should do and also NOT doing the things you shouldn't do. Thereby motivation and goalsetting are very important aspects in performance psychology. Goals provide us direction, helps us stay motivated, and allow us to accomplish feats that we may never believed were possible. Almost everyone sets goals, but very few people will reach their goals. Goalsetting in a

wrong way can distract us, decrease motivation and self-esteem and can lead to worse results. So it's very important to set the right kind of goals in the right kind of way.

3 ways of goal setting

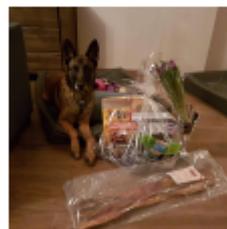
1. Outcome goals
2. Performance goals
3. Process goals



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We can distinguish 3 types of goals: Outcome goals, Performance goals and process goals.

Outcome goals



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Outcome goals typically focus on a competitive result of a competition. This can be winning a match, being the best, winning a price, scoring more points than your great opponent. This type of goal is a very strong motivator. But: achieving these goals depends not only on your own efforts, but also on the ability and the riding of your opponent. You can ride your best test ever, when your opponent is better, you are not going to reach your goal. You will fail reaching your goal and then you lose. Its

therefore a dangerous type of goal when they are not supported by goals you have more control of. And: in a strong field the change you may not win is a real change. You can fight for your right, but when your opponents are strong, there is always a good chance you will not win. That's something we have to accept. The only thing we CAN control is how good we become in our riding and make our winning chances as great as possible.

Performance goals



Performance goals focus on achieving goals independently of other competitors. Usually you compare your performance with your own previous performances. Therefore performance goals tend to be more flexible and within your control. Reaching these goals is about your own effort, about how serious and how well you train, about your own performance. Reaching this kind of goals leads to self-esteem and improves motivation.

Process goals



Process goals focus on the actions you have to take during performance to perform well. What do you have to do to ride your horse well and to get a good result?

3 ways of goal setting

1. Outcome goals
2. Performance goals
3. Process goals



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We should set outcome, performance AND process goals because all of them play important roles in directing behavioral change. Outcome goals can facilitate a strong motivation. But: focusing on outcome goals just before or during competition will distract you from your task and often increases anxiety, and distracting, irrelevant thoughts. Achieving a process or performance goal is more beyond your control and depends much less on your opponent's behavior. And most off all: you have to be very good in your sport to earn the winning. So you can better focus on how to become very good at what you are doing! All three types of goals have a purpose. It is important to know when to focus on each type off goals and not focusing on the outcome goals alone.

**'If your dreams don't scare
you, they are not big enough!'**

~Unkown



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More complex goals will require immediate structuring of what is required to achieve that goal. Difficult goals are generally beyond an individual's current capabilities, so they will encourage persistence and effort. Goals encourage persistence only if performance indicates progression towards a task.

Ego versus Taskgoals

'My goal is not to be better than anyone else, my goal is to be better than I used to be'

~Dr. W. W. Dyer



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Short term versus long term goals

- Set long term-goals first
- A series of short-term goals leading to the ultimate long term goal



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Major behavior-change and major performance does not occur overnight. Therefore, both short term goals and long term goals should be set. Long term goals provide direction while short term goals serve as intermediate steps that lead to your long-term goals. Focusing only on long term goals does not improve performance. You have to walk step by step to reach the end of the staircase. Sometimes you can take multiple steps at the time and sometimes you fall a step back, but you have

to take all the steps to reach the end of the staircase. Otherwise you might skip some essential steps into your end goal. Long-term goals should be linked to a series of more immediate, short term physical and psychological goals. This should create a progression of goals.



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Goals should indicate precisely what it is to be accomplished or achieved. Goals should be measurable, they should be 'quantifiable'. They should be attainable and action oriented. They should indicate something that needs to be done, specific actions. They have to be challenging but also reachable, achievable realistic. And they have to be relevant. Measurable: How long, how much, how many - are you able to tell when you've achieved your goal? Achievable: Is your goal realistic? Will you actually be able to get there at some point, or is there something that definitely, absolutely stops you from ever achieving it? Relevant: This one's really simple. Does your goal matter to you? If it doesn't, you won't care enough to make it happen. This is why the dream always has to come first. **T = Timebound.** Set yourself a deadline - by when do you want to have achieved your goal?

Write down:

What do you want to achieve this semester?

-In sport

-In study

-In....

- What do you have to learn?
- What do you have to know?
- What do you have to do?
- What do you need?
- Who do you need?



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Performance profiling

Topic	Idol	Your score	Difference	Action?
Technique - How to ride an exercise				
Physical - Condition - Suppleness - Coordination				
Mental skills - Focus - Arousalregulation				
Management				
Health of your horse				
....				

Thinking carefully about what you need to do, know, have etc. to reach your goals. This is called performance profiling. Think about the different aspects of the goal you want to achieve. What are technical aspects you need to develop? What are physical aspects? For your horse? But also for yourself? What are mental aspects? Or management aspects? And so on, and so on. Decide where you are standing at this moment and what is a necessary improvement into reaching your goals. Do you need to take action? What kind of action?

Motivation

- What is motivation for you?
- What causes motivation for you?
- What leads to a lack of motivation for you?



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- Can you get motivation from other people?
 - Is fame and fortune enough for long term motivation?
 - Is motivation enough for succes?

Motivation:

- Internal motivation
- External motivation
- Amotivation

Which kind is better?



Potential causes for lack of motivation:

Physical fatigue: your muscles and body are tired

Lack of sleep

Diet

Overall health

Confidence

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What demotivates you?

- What do you do and don't have control over?
- Focus on what you can control
- Set aside what you can't



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What motivates you?

- Being completely honest with yourself
 - Think about why you ride
 - Focussing on tasks, nog ego
 - Concentrate on aspects you can control: your attitude, how much and well you practice, lifestyle decisions, preparation,
 - Find ways to experience succes
 - Surround yourself with highly motivated people
 - Become disciplined
 - Seek support
 - Move on from mistakes
 - Think positive
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Are there any questions?

Post them in the Facebookgroup or email me:

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In this first online presentation we have discussed goalsetting and motivation. Now it's your turn. Do the exercises, set your goals and find your why, your motivation. You can also think about how you can use the aspects we have discussed in your daily life. If there are any questions, you can post them in the Facebook-group or you can email me. Thanks for listening and until next week. Then we are going to talk about how to handle pressure and about arousal-regulation.