#Runuary

GOAL-SETTING WORKSHEET

Irish Life health

Congratulations on taking the first step to looking after your physical and mental well-being by signing up to the Irish Life Health **#Runuary** Programme. To help you stay motivated, to track your progress and to build your confidence let's set some goals for the month!

We all know that New Year's Resolutions often fall by wayside; we set unachievable goals, we don't make a plan for achieving our goals or we lose interest and motivation when we don't see progress. This goal setting worksheet will help you overcome some of these challenges and support you to commit to Irish Life Health **#Runuary** programme for the entire month.

**Jessie Barr – Sports Performance Psychologist**

TYPES OF GOALS

When it comes to goal setting, you are probably used to thinking about short-term, medium-term, and long-term goals. However, this Runuary, we are going to set **"Outcome Goals"** and **"Process Goals"**.

TYPES OF GOALS

Outcome Goals:
The desired end results

Process Goals:
The steps required to achieve the outcome

Outcome goals are the results you hope to achieve by taking part in 'Runuary'. Setting these goals will help you to maintain motivation on the days when running is feeling like a chore! We all know how to set these types of goals. However, the reason many of us don't achieve our outcome goals is because we haven't decided on how we will go about achieving it.

Process goals are arguably the most important goals to set because they are the controllable steps we take in order to achieve our desired outcome goals. The process goals are the "what?", "how?" and "when" of a task; the outcome goal is the "why?". Setting clear process goals for each outcome goal will increase your likelihood of progressing towards the achievement of your goals.

OUTCOME GOALS
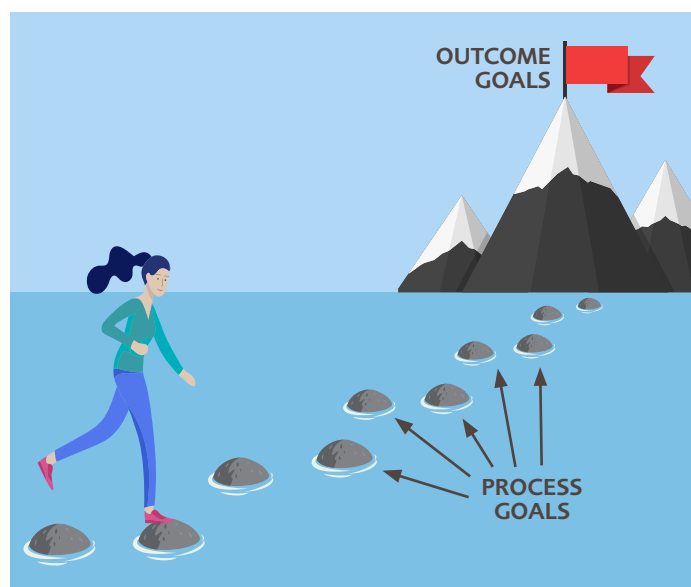
PROCESS GOALS

1   IDENTIFY YOUR "OUTCOME GOALS" FOR RUNUARY

YOU CAN DO IT!
#RUNUARY

What do you want to achieve from participating in the program?

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2   POTENTIAL CHALLENGE / BARRIER

Before you move on to setting your process goals, it is important to consider any potential challenges or barriers that may prevent you from progressing towards achieving your outcome goals this 'Runuary'. For example, bad weather, busy schedule, injury.

It might seem counterintuitive to think about all the reasons why you might not achieve your goals. However, considering the challenges in advance will encourage you to develop some contingency plans. That way these challenges cannot become excuses. As opposed to becoming roadblocks to progress, they merely become speedbumps, slowing your progress rather than stopping it altogether.

Potential Challenge / Barrier	Contingency Plan
Examples: a) I pick up a running injury b) Bad weather c) Busy day, no time to go for my run	Examples: a) I will work on strength / mobility b) Do an indoor cardio session c) Don't worry or feel guilty, just commit to doing it another day!

③ PROCESS GOALS

Now that you have identified your outcome goals for 'Runuary,' it is time to set some process goals. These are the specific steps and actions that you will execute during 'Runuary' to achieve your outcome goals.

Imagine the Process Goals as all of the stepping stones to help you reach your Outcome Goal. The more Process Goals you can have; the more areas of progression you will have. And with progression comes confidence and motivation!
To help you to set and to structure your Process Goals, we are going to use the concept of **"S.M.A.R.T."** goal-setting.

S	**SPECIFIC:**	**Keep your goal clear and specific to what you want to achieve.** E.g. Instead of "run more ofter", say "run at least twice a week".
M	**MEASURABLE:**	**Set goals that you will be able to track your progress in.** E.g. Instead of "get fitter", say 'run an extra 3 minutes on each run".
A	**ACHIEVABLE:**	**Set goals that are challenging but not impossible.** E.g. Instead of aiming to run a marathon if you're only starting out on your running journey, set a goal of running a 5 or 10k.
R	**RELEVANT:**	**Make sure your process goal is contributing to your overall goal** Consider all the areas that could improve your running; running, strength training, nutrition, recovery, mobility etc.
T	**TIME-BOUND:**	**Set a time limit / deadline for each goal to keep you focused.** E.g. Decide what you want to achieve this week, this month etc.

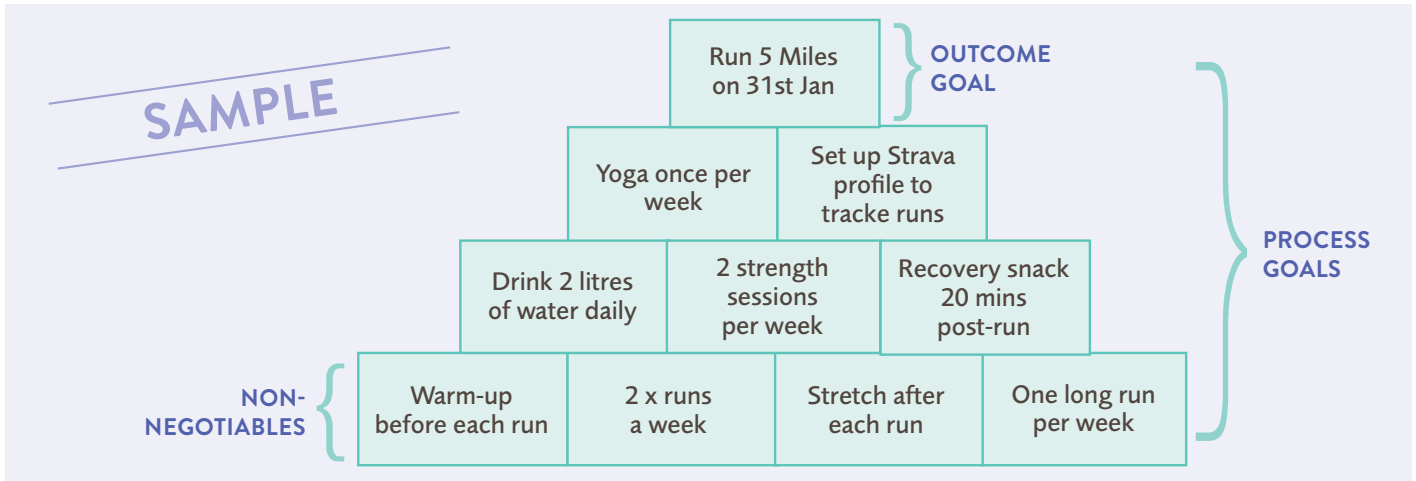## IDENTIFY YOUR PROCESS GOALS

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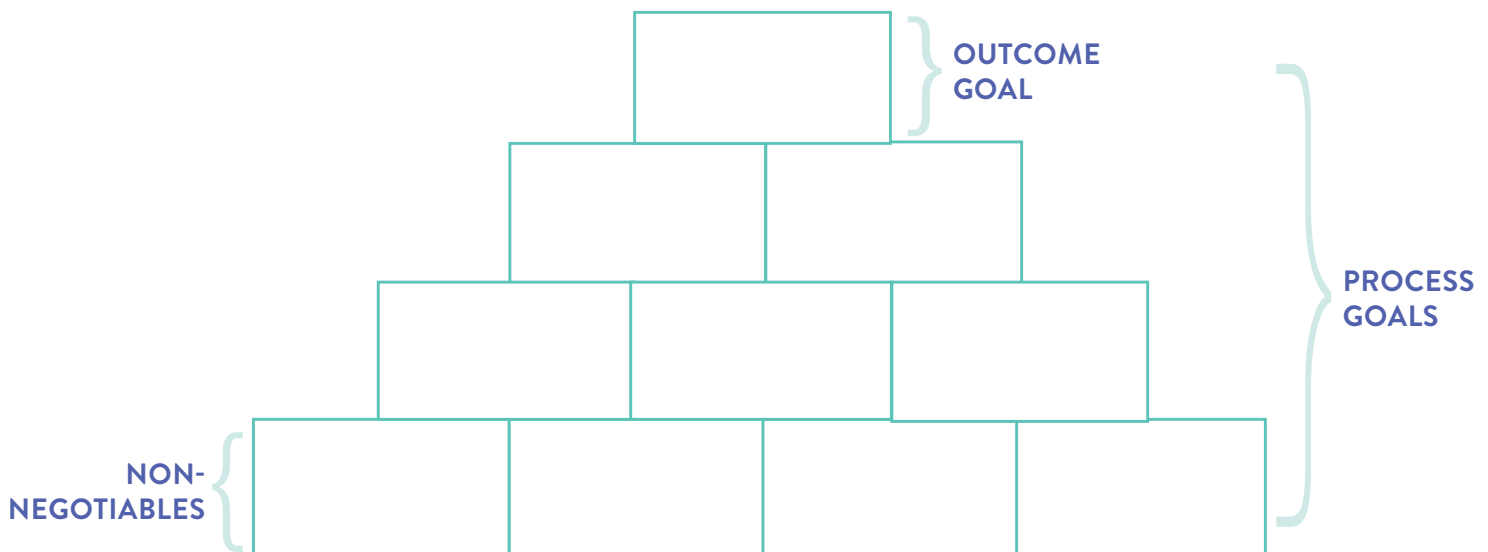-
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4   GOAL-SETTING PYRAMID

Once you have decided on some relevant process goals, you could put them into the below Goal-Setting Pyramid. This pyramid is a handy visual for structuring your Process Goals

- Put an outcome goal in the top block of the pyramid.
- In the bottom line put your "non-negotiables" – the processes that are the most important process goals for you.
- The other blocks are also important, but they are not the most important processes.
- See the sample below for ideas.

SAMPLE

OUTCOME GOAL

Run 5 Miles on 31st Jan

Yoga once per week

Set up Strava profile to tracke runs

Drink 2 litres of water daily

2 strength sessions per week

Recovery snack 20 mins post-run

PROCESS GOALS

NON-NEGOTIABLES

Warm-up before each run

2 x runs a week

Stretch after each run

One long run per week

MY GOAL-SETTING PYRAMID

OUTCOME GOAL

PROCESS GOALS

NON-NEGOTIABLES

5   TRACK YOUR PROGRESS

Now that you have set your outcome goals, decided on the process Goals to get your there, it's time to get out and run, following the training programme developed by the 'Runuary' expert running coaches. You have a clear vision and structure of what you want to achieve from 'Runuary' as well how you are going to do it.

To keep you focused and motivated throughout the entire program (and hopefully beyond) an important final step is to continually track and make note of your progress. At the end of each week, reflect on how you did and answer the questions below.

Tracking your progress will encourage you to acknowledge your progression and the small wins each week. You will also learn to recognise setbacks or areas that require improvement and teach you to learn from them, rather than dwell on them.

6   REMEMBER YOUR MANTRA

I WILL RUN JANUARY, IT WON'T RUN ME!

WEEK 1 — END OF WEEK REFLECTION

1. What went well /did you do well / main positives from this week?

2. Why did it go well?

3. What will you do to continue or to improve next week?

4. What didn't go well this week?

5. Why didn't it go well?

WEEK 2 — END OF WEEK REFLECTION

1. What went well /did you do well / main positives from this week?

2. Why did it go well?

3. What will you do to continue or to improve next week?

4. What didn't go well this week?

5. Why didn't it go well?

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GO ME! #RUNUARY

YAY! I DID IT! #RUNUARY

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