



**Mental Skills Training –  
Enhancing Motivation: Goal  
Setting  
NISI Workshop**

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# Where are you going in the game?

## *Sense of Direction*

*“If you don't know what is important, then everything is important.*

*When everything is important, then you have to do everything.*

*When you have to do everything you don't have time to think about what is really important.”*

Unknown

# Routes to the Top

- LHR – NY
- 95% of the journey is off course!

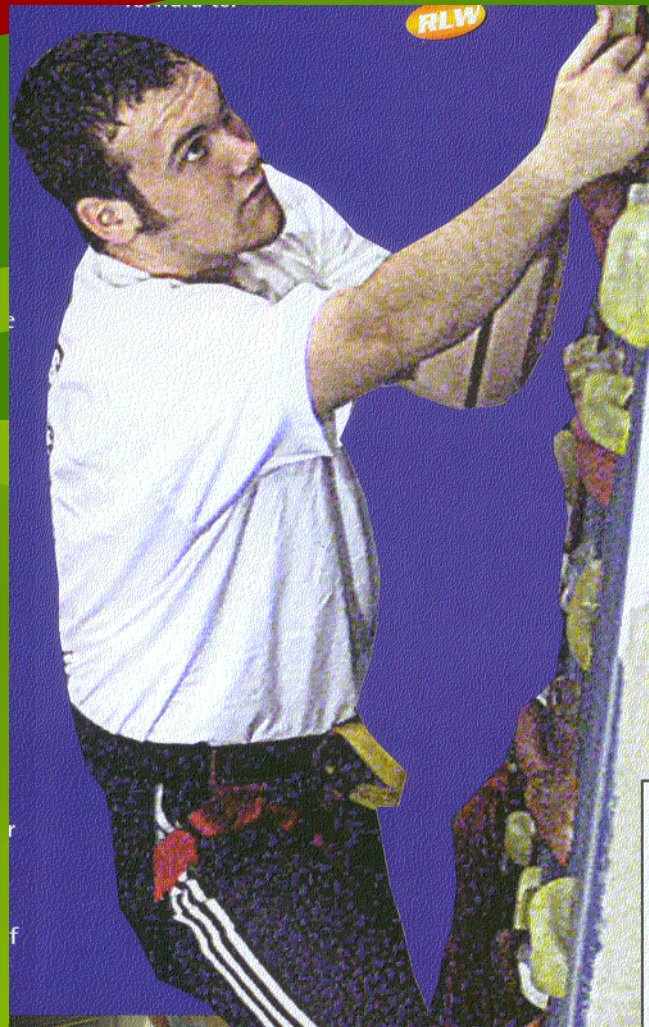


Source: McConnell 2001

Getting Started...Don't get left  
on the blocks!



# A Method





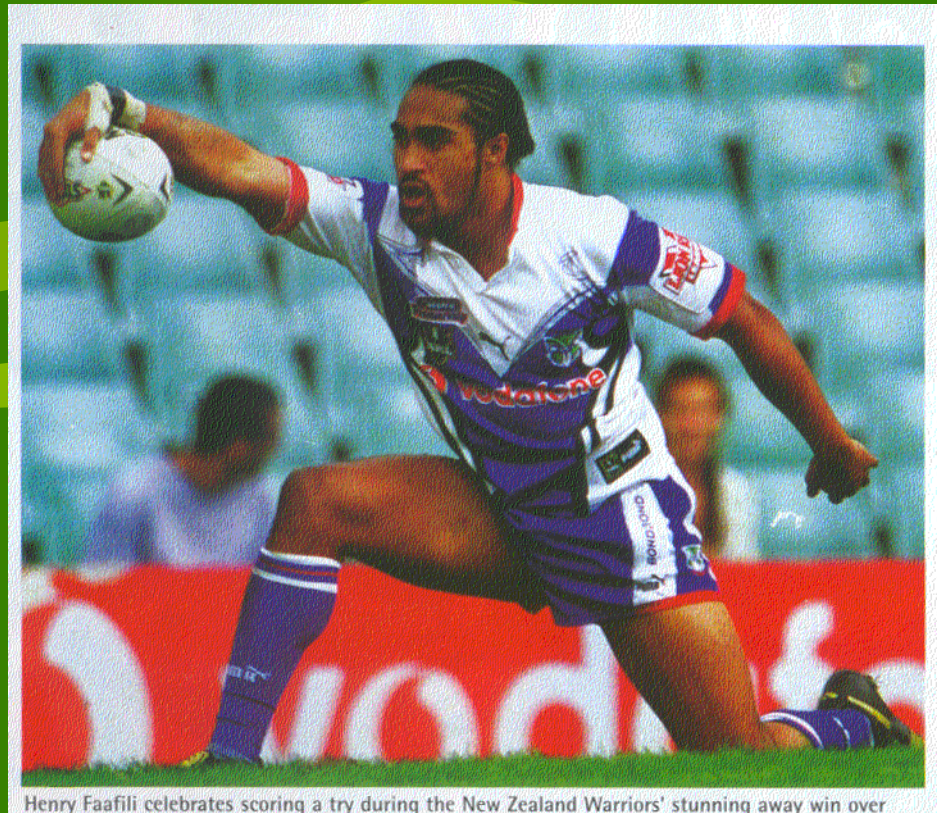
Work smarter not harder!  
(Gallwey 1998)

# SPECIFIC



The Bulls  
lift the Cup

# MEASURABLE



Henry Faafili celebrates scoring a try during the New Zealand Warriors' stunning away win over

# ACHIEVABLE



Team in: Karl Pöschel, standing far left, joins the Manchester United line-up for the official team photograph in Munich. Captain Roy Keane, far right, seems bemused

## United fan takes his place for the best shot of the night

BY TERRY HENN

Munich on Wednesday, and nobody noticed anything until it was too

late to remember — the night he stood alongside the likes of Ryan Giggs,

struggling with photographers until the stars lined up for their

think of the safety of the players. But ... it is quite funny.

# REALISTIC



**Dally M winner only an outside bet for tour**

# TIME RELATED



EXCITING



# RECORDED



*“Its not the size of the  
dog in the fight, it’s  
the size of the fight in  
the dog.”*

