



## **WHAT IS MOTIVATION?**

If you can maintain concentration and keep your goal in mind over a whole season of training, then you have the necessary motivation. When you really look forward to training, see purpose in every set and session and see every hard set as an opportunity to improve, then you have the necessary motivation.

## **UNDERSTANDING AND DEVELOPING PURPOSE**

Purpose is your goal. If you have a reason for attending training you will be able to weather the days that you find hard to attend. Everyone wants to be successful or good at what they do, but few athletes have the willpower to sustain the level of intensity or dedication and are able or willing to devote the effort, time or sacrifice of their life outside of sport for the years needed to reach their potential.

## **REASONS LEAD TO PURPOSE**

When you have purpose you will be able to train through a set even when you don't feel like it. Why do you do it? It could be that you want to reach your potential, to see how far you can go, it may be to make your parents proud of you, it could be a burning desire to succeed, to be the best you can possibly be, it could be you love the feeling of winning or you hate to lose. Whatever it is, you must have a purpose to get through the hard times and a reason for putting yourself through the commitment needed to deal with the inevitable setbacks, the injuries and maintain that intensity and desire over a long period of training. Success is long term in swimming. Reasons bring meaning to the pursuit of the purpose. Purpose gives you a feeling of usefulness something that is worthwhile, the reasons for the goal are probably more important than the goal itself, because the reasons lead to the commitment to achieve the goals. Great athletes manage their time well and will succeed both academically and in sport.

## **EXPLORING YOUR REASONS**

Exploring your reasons for achieving your goals helps to give you focus and commitment and the ability to maintain your commitment over time and overcome any setbacks. The primary source of your motivation must come from within you not the coach

## **PERSONAL DRIVE**

By establishing goals you can set your personal drive on fire. An athlete who achieves is a motivated athlete an athlete who underachieves is an unmotivated athlete, setting your goals that are just out of reach but achievable are the best type. Process goals are setting smaller goals along the way to the main outcome goals this way you are constantly achieving success and are able to stay the course. Persistence and resilience are necessary in your quest to achieve your goals. Talent is God-given but character can be learned and is built.

## THE POWER OF GOALS

Successful athletes have a burning desire to excel and a clear vision of what they want, like a road map. Goals are the motivational basis of a winning mentality. Goals keep you on course and give you purpose and direction, they commit you to whatever is necessary to succeed. You should be able to see yourself achieving your goals. Even though they are just out of reach, great achievers are ordinary people who are able to go the extra mile, who are able to give an extraordinary effort in the worst of conditions, without complaining, to accomplish their goals. People with goals achieve because they know where they are going because they have purpose. No one else can do it for you, it's up to you if you commit to a hard session or the set

## TRANSFORM YOUR DREAMS INTO GOALS

List 10 or more things you want to achieve by the end of the 2018 season next August  
Prioritize and highlight the top 4 goals, some should be PB time focused achieved on a deadline

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

How will you reach your goals, what will you have to do, are you willing to do it?

When you have prioritized and written down your goals, print them out and put them in a place you can see every day, such as on the fridge, on the inside of your locker at school, in your swimming diary

**Pete Withey**

**June 2017**