

# Mind Empowered Performance Academy©

## Goals and Decision Making

### Situation Analysis and Decision Making

- Situation Analysis – Examine the elements of the situation. Everything is considered in identifying an attack on the characteristics of the situation encountered to determine options and alternatives. Options identified need to be in relation to individual abilities.
- Decision Making – A mental or cognitive process resulting in the selection of a course of action among several alternatives identified in a situation analysis.

### Goal Setting

- Mentally organizes the mind; the brain is the boss.
- Goals are the aims or purposes of an action and the method of identifying what one is attempting to accomplish or achieve.
- Goals direct one's attention to what is important, relevant; the priority. Most helpful to be narrowed to the act at hand.

### Types of Goals

- Outcome Goals – End results of actions; external locus of control, problem; win lose-success is out of your control, relies on opponents ability.
- Performance Goals – Improvement relative to own standards; end product of won performance.
- Process Goals – Internal locus of control, intrinsically focused, specify behaviors to engage in. Complex behaviors can be unpacked into little chains of behavior

### Elements of Goals

- Specific; sufficiently detailed
- Measurable
- Realistic
- Time Frames

*\*Research suggests Process Goals are most supportive to improved performance and a combination of Process and Performance goals are most supportive to competitive peak performance.*

The positive effect of goal setting on performance is one of the strongest and most replicable findings in psychological literature and research (Burton, 1992).