

Wellness Topic

Short Term vs. Long Term Goals

Goal setting can help give you a specific and measurable objective to strive towards.

Short Term Goals

- Short term goals should be developed with a finite amount of time in mind. These goals should be the easiest to achieve in regards to minimal time allocated to the task. For instance, this may include an individual player aiming to improve their road running time over three kilometers by five seconds each week. This goal during seasonal competition can then be aimed for each week and achieved within this time.

Long Term Goals

- Long term goals are excellent motivators. They help you see beyond today's work and remind you that there is a greater purpose for the time you are spending today. You can use your short term goal to help as a stepping stone for your long term goal. Using the short term example above, a long term goal could be aimed at wanting to run a marathon in a year. You would set individual short term goals to make this long term one a reality.

SMART Goal Setting – You can use the SMART principle (**S**pecific **M**easurable **A**ttainable **R**elevant **T**ime-bound) in order to set, measure, and conquer both short and long term goals!