

# The Mental Game Clinic

## WHICH GOAL DID YOU CHOOSE?



### THE OUTCOME GOAL

This type of goal focuses on comparison of yourself to another person or team. You want a specific result in competition. These are the most common goals performers come up with. The problem is they are usually not completely in your control to accomplish.

### THE PERFORMANCE GOAL

With this goal you are interested in your own performance. You are comparing this time to past performances usually with the aim of surpassing what you have done before. You have more control but outside factors can still influence the outcome.



### THE PROCESS GOAL

The process goal allows you complete control. The focus is on what you need to do to improve a skill or technique. This goal is all about the procedures that you want to utilise to improve on your performance.

### ANY QUESTIONS?

Want to know more? Visit our website or email us and book an ask us anything call and we can talk about it.

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