



# Become a “Goal-Getter”: A Goal-Setting Blueprint for Athletes & Artists

A personalizable mental skills digital  
workbook created by  
Beyond Horizons Performance



Hi, I'm Demi Agaiby - a Mental Performance Consultant & founding director of Beyond Horizons Performance. With 20+ years of commercial and concert dance training and an M.S. in Sport and Exercise Psychology, I believe that psychological skills training and mental wellness have a place in all performance spaces. That vision starts here with you! Let's dive in!



If you've ever rolled your eyes after hearing the word "goal setting", this workbook is for you. I created a more effective and approachable method to set goals. In this workbook, you'll learn how to embrace your dream goals and create a plan to achieve them without sacrificing your mental or physical wellness.



There are 3 different types of goals:

**Performance Goals** How you want to perform/show up while working towards your goals.

**Process Goals** Clearly defined steps that are necessary to reach your outcome goal.

**Outcome Goals** Your large, overarching "dream" goals that you want to achieve.

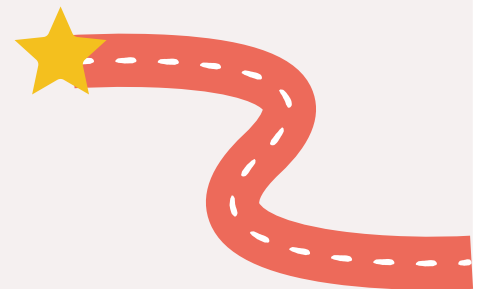


You're probably most familiar with outcome goals. These tend to be where to focus stays and remains for goal setting, but we're going to go a step deeper.

What are your big, shiny outcome goals that you're hoping to achieve this year? You can include goals related to gymnastics, school, etc.



The road to achieving these goals isn't going to be easy. It's important to anticipate challenges and obstacles and even more important to know how you're mentally going to respond to them so that they don't take you off course of achieving your goals.



List 4-5 values that align best with your personality.  
Need some help? [Here's a website](#) to help get the juices flowing.



Your values can act as your performance standards.



This helps you answer the question: Who do you want to be and how do you want to act even when there are unexpected challenges?

So, how do I know if I've been “successful”?

Social media is good at telling us where we should be in our lives. It's important to re-gain control over our narrative and create our personal definition of success.

Your personal definition of success:

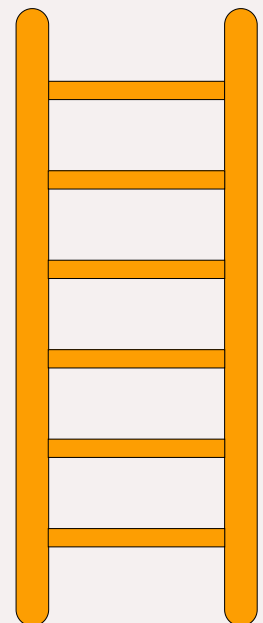
- Can (and should) change over time.
- Should be inspiring, yet achievable.
- Focuses on your transformation as a whole person.

Finish the sentence: To me, success is...

Empty rounded rectangular box for writing the sentence completion.

Follow the instructions below for the next activity.

1. On the next page, you'll find a picture of a step ladder.
2. Write your outcome goals (listed on the previous page) in the empty space surrounding the ladder.
3. Choose 1-2 outcome goals and write out your process goals in the steps of the ladder. How can you reach your outcome goal?



**EXAMPLE**

Outcome Goal: Win a Game

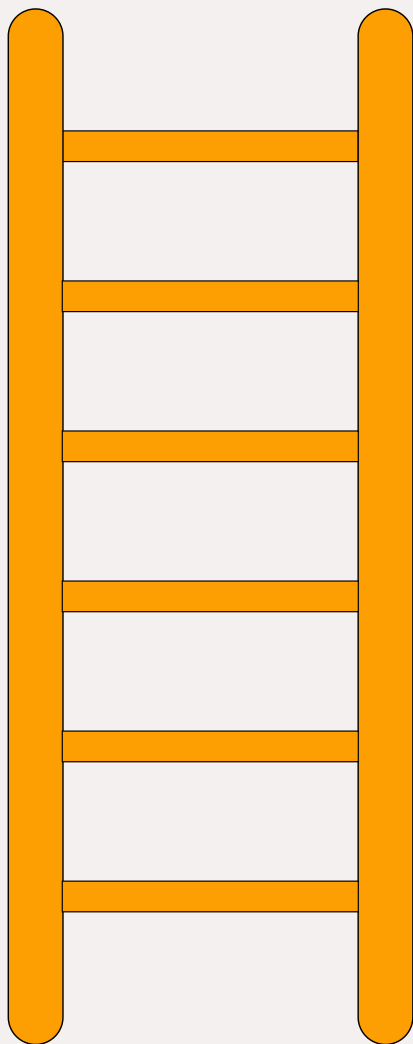
Process Goals

- Drill skills 1x a day
- Strength training x3/week
- 20m of practice time a day
- Review film and take notes that are behaviorally based.

Achieving your goals is similar to climbing a ladder: the higher you get, the more intimidating and difficult it gets.

However, every step is essential for you to get to your dream or outcome goal.

No matter how hard it is, you'll learn more about yourself and the process in each step you take. ✨



## Did you find this helpful?

Schedule your free discovery call [HERE](#) to dive more into how you can manage your performance anxiety & rise to any occasion that comes your way!

Performers on the Rise Podcast



@beyondhorizonsperformance

