

THE EXTRA POINT

BY JERRY ROBERTS



513 Is There a Healthier Way to Approach Goals?

Ours is a goal-setting, goal-seeking, goal-stretching, and goal-satisfying culture. We look to goals to help drive our progress and achievements. I'm Jerry Roberts and today we talk about our approach to goals. Could we actually be hurting ourselves? That's up next on The Extra Point.

A few days ago an anonymous runner and talkshow host sent me a story about another runner who set lofty goals, failed to achieve them, yet learned a valuable lesson. Maybe we can learn something from this story, too.

The runner, a young woman named Jess Movald, had broken three hours and fifteen minutes for the marathon, a 26.2-mile gut check of a race. She then decided she could come in better than three minutes and set that as her goal for her next marathon.

Movald planned and trained extensively to shave 15 minutes off her personal best time. Each workout had targets for pace and for time, and she said she envisioned one thing as she ran — two hours, fifty-nine minutes and fifty-nine seconds. She saw it, she could taste it — 2:59:59. On race day, however, when Movald crossed the finish line she hadn't even gotten close to her personal best. Yet, she was okay with it. She was happy.

She also decided a mindset change was in order. She focused away from bettering her personal bests, and instead to look for personal victories.

First, Movald spent time thinking what she wanted her personal victories to be. That took time to be clear on her objectives. Then, she added flexibility. This didn't mean that she would accept failure and lowered expectations, but that progress could come in different forms and all could be valuable.

Movald wanted time to reflect on her running,

to try to understand the subtle, yet important factors that brought her progress.

She also wanted joy. She loves running and it wasn't always a joyful experience. She said when things became complicated, frustrating and overwhelming, she knew the joy was gone.

As I read Jess Movald's article and her search for not only faster times, but overall greater enjoyment in running, I began thinking about how I approach goals. Most of the time it's about hitting a target number. Overall sales, number of employers I work with, number of coaching clients, reading speed, number of pounds lost, and you get the idea. Set the bar high and go after it.

We're halfway through 2020's first quarter and there are numbers I'll be looking to reach by the end of this three-month period. In Quarter two, however, I'm going to look for different ways to express goals. I still hope to hit numbers but I'd also like to enjoy the pursuit more.

Finally, I'd like to work on fundamental skills, in addition to one highly specialized skill. I want to strengthen a strength.

Every once in a while it's a valuable exercise to look at goals, skills levels, desires, and tear the whole picture apart. Is it everything you want it to be? Is it successful and is it making you happy? If the answer is "no" to one or both of those questions, then put it back together differently, and go again.

That's The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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