

WORKSHEET 3

GOAL SETTING

To set long-term goals, it is important to be in a relaxed and meditative state of mind. Goals should not be based on fear but come from a wise part of yourself that can recognize what belongs to you: what fits with your capacities, aptitudes and desires. When you are in this calm state of mind, close your eyes and imagine the following:

STEP 1: LONG-TERM GOALS

Imagine you have travelled four years into the future.

You are playing a concert. During the last years, you have developed your technique enormously, as well as your confidence. You are imagining your 'optimal scenario', where you are playing wonderfully. Allow your imagination to explore this scenario.

Take notice of any detail; the surroundings, how you feel and how you sound. What are you playing? Who are you playing with? Notice the reaction of the audience.

Remember – this is your optimal scenario. You are playing to your own potential. You are experiencing how it is to play from your own self – authentically and brilliantly.

Spend the next few minutes exploring this experience. If any doubts come up, put them aside until after this exercise.

Come slowly back into this room and this time. Write down what you experienced in as much detail as possible.

STEP 2: MEDIUM-TERM GOALS

1. With your long-term scenario in mind, ask yourself "What is important for me to develop in the next 6-12 months?"
2. Draw a timeline for the next six months, or year, and mark in all your deadlines and events.
3. Define and list your goals for each one (use the SMART criteria – see below).

STEP 3: SHORT-TERM GOALS

Write down your goals for your next performance or lesson (use the SMART criteria).

Design a practice strategy according to your medium and short-term goals.

SMART GOALS

SMART goals are:

- **S pecific** Clear and detailed
- **M eaningful** Relevant and important to you
- **A chievable** Based on what you can already do
- **R ealistic** Achievable given the conditions (e.g. time and resources)
- **T ime-based** Know by when you want to achieve your goal.