

## How to create a compelling future in MMA

To identify that compelling future, I'm going to take you through a 5 step approach adapted from the original work of Robbins (1996) to suit MMA. First, brainstorm every change that you want to make in your life as it relates to your career, psychological skills, physical conditioning, and technical development in MMA over the next 1 to 20 years. Second, identify the most important goals in each category and set a timeline for their achievement (1, 3, 5, 10, or 20 yr). Third, select the top 3 one year goals in each category that you find most compelling and list what would happen if you did or did not attain them in the next year. Start with career goals

### Create compelling career goals

**Step 1: Brainstorm everything that you'd like to do/achieve in your career over the next 1 to 20 years.**

**Step 2. Go back through your list and identify the most important goals and set a timeline for their achievement (1, 3, 5, 10, or 20 yr).**

**Step 3. Select the top 3 one year goals that would really get you excited**

- 1.
- 2.
- 3.

**Step 4. Identify what would happen if you attained these goals in one year.**

- 1.
- 2.
- 3.

**Step 5. Identify what it would mean if you didn't attain these goals in one year**

- 1.
- 2.
- 3.



## Create compelling psychological goals

**Step 1: Brainstorm everything that you'd like to do/achieve in your career over the next 1 to 20 years.**

**Step 2. Go back through your list and identify the most important goal and set a timeline for their achievement (1, 3, 5, 10, or 20 yr).**

**Step 3. Select the top 3 one year goals that would really get you excited**

- 1.
- 2.
- 3.

**Step 4. Identify what would happen if you attained these goals in one year.**

- 1.
- 2.
- 3.

**Step 5. Identify what it would mean if you didn't attain these goals in one year**

- 1.
- 2.
- 3.

## Create compelling physical conditioning goals

**Step 1: Brainstorm everything that you'd like to do/achieve in your career over the next 1 to 20 years.**

**Step 2. Go back through your list and identify the most important goal and set a timeline for their achievement (1, 3, 5, 10, or 20 yr).**

**Step 3. Select the top 3 one year goals that would really get you excited**

- 1.
- 2.
- 3.

**Step 4. Identify what would happen if you attained these goals in one year.**

- 1.
- 2.
- 3.

**Step 5. Identify what it would mean if you didn't attain these goals in one year**

- 1.
- 2.
- 3.

## Create compelling technical development goals

**Step 1: Brainstorm everything that you'd like to do/achieve in your career over the next 1 to 20 years.**

**Step 2. Go back through your list and identify the most important goal and set a timeline for their achievement (1, 3, 5, 10, or 20 yr).**

**Step 3. Select the top 3 one year goals that would really get you excited**

- 1.
- 2.
- 3.

**Step 4. Identify what would happen if you attained these goals in one year.**

- 1.
- 2.
- 3.

**Step 5. Identify what it would mean if you didn't attain these goals in one year**

- 1.
- 2.
- 3.

## Take action on your goals today

You should now have 12 one year goals that relate to your career, psychological skills, physical conditioning, and technical development in MMA. Take a moment to consider how you would feel if you accomplished all 12 of these goals in 1 year. Consider where it would put you in your career or how it would change your fight performance and what it would mean to your team mates and training partners, or your coach.

Before moving on, come up with a thing that you can do right now to progress each goal today. What is a small decision that you can make right now that will change your MMA Training immediately and start you moving towards these goals? What is a tough decision that you can make right now that will make a sizable improvement in your MMA training? What will you do to act on these goals right now and how will that change your training?

Some of you will not take any action because you don't think you can. But you've got to do the things we talk about; you cannot just sit there passively and listen, you must act on it. Action is what separates the winners from the losers; winners act.

### REFERENCES AND FURTHER READING

Butler & Hardy Sport Psychologist 6:253-264 (1992)

Robbins AR. (1996). The Goal Setting Workshop. On *Personal Power II* [CD]. Robbins Institute.

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