

SCAMP – Goal Setting

Completing change requires a person to move from where they are to where they need or want to be. Goal setting can be motivating and help them make that journey (Kremer, Moran & Kearney, 2019).

One popular method of defining and capturing goals uses the acronym SMART (specific, measurable, attainable, realistic, and timely). The [SMART+R worksheet](#) is helpful for capturing goals, along with measures and rewards.

Another valuable approach is known as SCAMP. To maximize their effectiveness and maintain motivation, each goal should be:

- Specific
- Challenging and Controllable
- Attainable
- Measurable and multiple
- Personal

Complete the below table with the client to capture their goals (modified from Kremer et al., 2019).

Heading	Details
Specific	Detail exactly how you wish to improve (i.e., not just <i>get better</i>) and how it can be measured.
Challenging and controllable	Goals should be challenging but possible based on your own performance (i.e., not reliant on others).
Attainable	Goals should relate to where you are now but push you forward step by step.

Heading	Details
Measurable and multiple	Make sure that progress will be visible and can be measured. Break down into multiple goals to see more progress.
Personal	Ensure the goals relate to you as an individual. Choose goals that are important to you.

References

- Kremer, J., Moran, A. P., & Kearney, C. J. (2019). *Pure sport: Practical sport psychology*. London: Routledge.

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