

Four Guidelines for Setting

Reachable Goals

The way you state a goal has a lot to do with whether you reach it



Emotional HEALTHY HABIT

Vision

An individual needs to learn from the past, value the present, create their vision and future. Vision reflects the ability to think about and plan for the future.

Activity: Draw or create a collage or artwork that shares your vision/dreams/goals for golf.

Past/Present/Future

- What experiences have you had that has impacted who you are today?
- What experiences are you having now that are impacting you today?
- What do you see in your future that will impact you for the rest of your life?

GOLF SKILL

PRE-SHOT ROUTINE

From behind the ball:

- Line up your ball
- Draw an imaginary line to your target
- Check posture
- Check feet so they

Are parallel to imaginary line

LIFE SKILL

- Set Goals that are **Positive**
- Set Goals that are **Important to You**
- Set Goals that are **Specific**
- Set goals that are **Under Your Control**

GOLF RULE

Play the Course as you find it

- ✓ Upload USGA Rules of Golf 2019 App
- ✓ Click on Rules of Golf Explained Videos
- ✓ Rules of Golf Explained: Playing the Course As You Find It

Has this rule changed since 2018? How?

Activity

In a grassy area, walk off and mark 6 spots three yards further from than the last. They do not need to be directly behind each other. Stack 3 plastic cups or cans of soup at each spot. These are your targets. Use your imagination on what works best for your space.

- Choose 3 clubs. Short, Mid and Long
- Before you begin, set "Reachable" Goals using our four guidelines
 - Positive: no negative words/No, Can't, Won't, etc
 - Important to you: You are more likely to do it
 - Specific: contains a number (I will hit three out of the six targets...)
 - Under your control: rely on skill, not luck
- Using each of your chosen clubs attempt to hit the ball to or near your targets
- You choose how many shots with each club as well as the range to hit
- Adjust your goals and try again. Try this many times this week and note any improvement or adjustments you have made. Have Fun!

How has your past changed from the present time and how do you see the present affecting your future

How did setting goals help you focus and recognize your accomplishments?