



## Birdie Yardage Book –

**Four Guidelines for stating a Goal** – Positive-Important to you-Specific-Under Your Control

Guideline 4: Set goals that are Under Your Control

Guideline 4 encourages you to set goals that are under your control as opposed to relying on others to be successful.

### **SETTING GOALS UNDER YOUR CONTROL**

Reaching a goal depends on what you can and will do—not on luck or what somebody else does.

Put a check mark by the goals that are under your control.

- I want to play better than my friends.
- I want to become Birdie-certified by the end of the summer.
- I want to remain safe when playing, so I will follow the rules of golf.
- I want to get new golf clubs for my birthday.
- I want to stay positive whenever I play.
- I hope I don't get sick before the tournament.
- I want to drink plenty of water.
- I want to stay calm after every shot by utilizing the 4Rs.
- I want to be improve my balance when playing golf.
- I want to win the upcoming golf tournament.

### **WHAT IS UNDER YOUR CONTROL IN GOLF? – PART I**

Think about playing golf or other sports. List eight items that fit into each column:

**Internal Factors**

**External Factors**

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When You Play Golf You  
Can Control...  
Example: your attitude

Things to think about: (a) what aspects of your golf skills (putt, chip, pitch, full-swing) are under your control before you make a swing? (b) How much energy is wasted in a round of golf on items that are out of your control?

External Factors  
When You Play Golf You  
Can Control...  
Example: your attitude

**RATE YOUR CONTROL – PART II**

How good are you at these skills?

Rate yourself from 1–5, with 1 being poor control and 5 being excellent control.

1. My attitude and emotions
2. How I react after a shot
3. Eating healthy
4. How I play each shot
5. How much water I drink
6. My decisions to be safe
7. How much I practice
8. Setting goals for practice or play
9. How physically active I am
10. My respect for others and the golf course

List other things that you would give yourself a high (excellent) control rating.

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List other things that you would give yourself a low control rating.

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On the paper below or using an index card, canvas or any type of blank paper, Draw a RED dot or scribble in the center.

Using your imagination, draw a picture including the red dot as part of your scene. This can be anything! Think about the golf course, look at your surroundings.

You may do this up to three times. We will compare pictures at our next online meeting!

