

CORE ACTIVITY 21 INTRODUCTION:
DEALING WITH CHALLENGES

A challenge is something that makes it harder for you to reach your goal. You are likely to face challenges as you work on the steps in your goal ladder.

What type of challenges do you face on the golf course?

List those challenges below:

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What type of challenges do you create on the golf course?

List those challenges below:

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USE **STAR** WHEN FACING A CHALLENGE

STAR is a way to make good decisions when you are faced with challenges.

STAR stands for:

S stands for **STOP** and take a deep breath.

T stands for **THINK** of all your choices.

A stands for **ANTICIPATE** what could happen (good or bad) as a result of each choice.

R stands for **RESPOND** by selecting the best choice of what to do.

Use **STAR** to tackle any challenges that come up while you are working on achieving your goals for golf, home or school.

CORE ACTIVITY 21.2:
PRACTICE USING STAR

Using STAR, describe how you would manage each situation below:

Once you have finished your notes for each situation, share your responses with a partner. What was similar and what was different about your responses?

Situations How would you use STAR?

Risk/reward shot from the fairway over water.

A shot out of a bunker with a high lip.

Club selection from various distance and conditions.

Playing with a partner who is continually cheating.

Faced with a situation that requires you to call a penalty on yourself, even when no one else is around.