

CORE LESSON 19:

SETTING DIFFERENT TYPES OF GOALS

What you get by achieving your goals, is not as important as... ..what you become by achieving your goals.

– Henry David Thoreau

In Core Lesson 19, you will learn how to set different types of goals to provide you with direction and strengthen or improve the necessary skills to help achieve what you WANT in golf and in life

CORE ACTIVITY 19.1:

GOAL-SETTING CONTINUUM—PART I

The three types of goals fall along a continuum, or range:

- **Outcome goals**—the end product of what you want to achieve (your dream; result of playing the game)
- **Process goals**—focus on improving skills, techniques, behaviors, healthy habits and playing strategies for more favorable outcomes
- **Performance goals**—identify personal bests and standards of improvement based on practice and achieving process goals

Basically, these three types of goals work together to help you focus your energy on what you need to do to experience success and develop as a PLAYer.

Based on the definitions provided above, identify the type of goal in the list below with O for Outcome; PR for Process; and PF for Performance:

_____ I want to shoot 55 for 9-holes by the end of the Birdie level.

_____ I want to practice making four out of five, 6-foot putts three days per week for the next month.

_____ I want to hit 5 out of 9 fairways during my round.

_____ I want to get up and down 50% of the time when off the green.

_____ I will ask my coach for help on my swing tempo for putting and chipping during the next class.

Two of these types of goals—*process* and *performance*—should abide by all four guidelines of setting reachable goals. When possible, outcome goals should be under your control; however, at times, your dreams will require *outcome* goals that you work hard to achieve but are partially out of your control.

CORE ACTIVITY 19.5:

PLAYING SMART WITH PROCESS GOALS

Process goals provide you with the knowledge to play smart and make good decisions about your shot. Playing smart involves knowing your strengths as a PLAYer and your ability to execute shots. You will set a criteria for Smart Play (SP) such as:

- Keeping the ball below the hole on some greens
- Noticing the flagstick position from the fairway on

- your approach
- Selecting your best club out of the rough

For this activity, play a 9-hole course with varying challenges. Before playing each hole, list what you consider to be SP on the scorecard or notecard. You will record SP after each shot when you have made a SP decision. You will receive one point for each SP executed on each hole.

If your decision was not a SP, briefly describe why your decision did not reflect a SP. At times, the plan was SP; however, the execution of that decision was not carried out as planned. You will deduct one point for each non-Smart Play (NSP) on each hole.

Your final score will consist of SP points and score on the hole.

TRACKING YOUR PROGRESS – AWAY FROM THE FIRST TEE

Briefly describe where you utilized each of the following away from The First Tee and how it helped you.



Life Skills	Brief Description
I reviewed my outcome goals and set process goals and performance goals to help me get closer to my desired outcome.	
I reviewed my outcome goals and set process goals and performance goals to help me get closer to my desired outcome.	
Golf Skills	Brief Description
I practiced the golf fundamental(s) of .	
I practiced the golf fundamental(s) of .	
Healthy Habits	Brief Description
I used the healthy habit of .	
I used the healthy habit of .	