GOAL SETTING AND WHY IT WORKS

Setting Goals is like setting an agenda ...an agenda for improving.

For example, you have three key focus points that you want to get through to see improvement. Setting an agenda, gives you a reason for doing each one and it allows you to go back and evaluate how well you did relative to each point. It is your self-accountability. It creates a process that you try and achieve. It is important to also rate yourself on how well you achieved these points.

EXAMPLE OF HOW TO STAY ON TRACK WITH YOUR GOALS:

Using the More Pars Practice Sheet located in the Practice Section, you'll also reiterate your three long term goals with each practice session as you create one primary focus for that particular session. After the session, you'll rate how you did with stars, list questions that you have for your Pro, and state possible reasons why one key point was better than another. Always make sure that your goals complement your long term goal to stay on track.

GOALS ARE YOUR **SELF-ACCOUNTABILITY.**

"If everything was given to you, it wouldn't feel as good when you achieve it."
-Annika Sorenstam
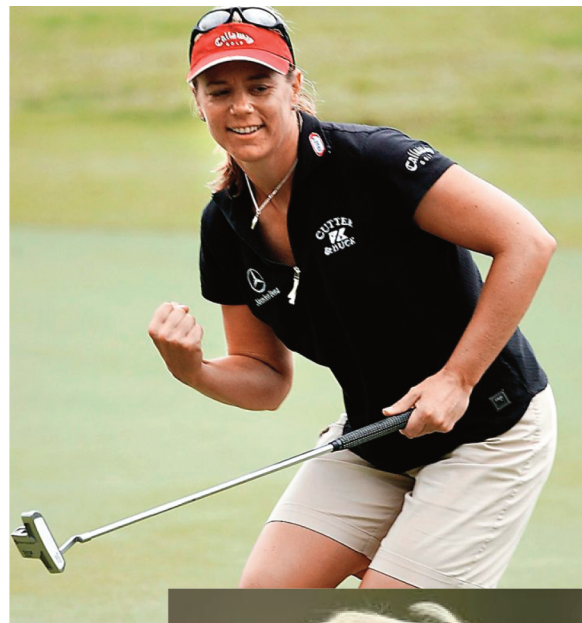
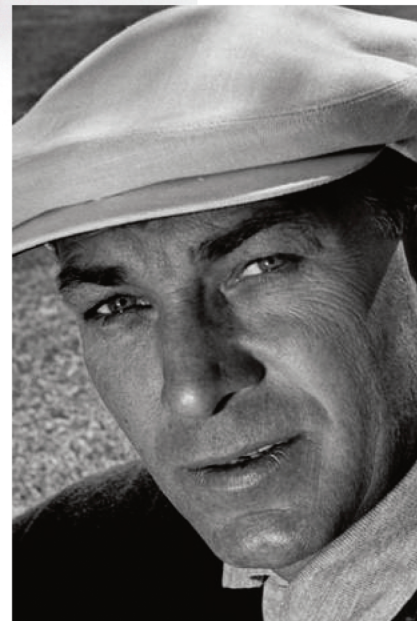*Figure out your weakness and don't make it your weakness anymore."*
-Stacy Lewis

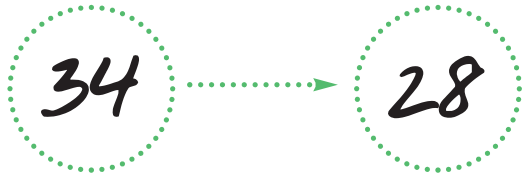*"I have a tip that can take five strokes off anyone's game: It's called an eraser."* – Arnold Palmer

"The most important shot in golf is the next one."
– Ben Hogan

GOALS FOR SUCCESS

MORE PARS More Fun!

Commence Date
May 1, 2018

Evaluation Date
October 1, 2018

34 Current Handicap → **28** Target

Long Term Goal
I would like to drop 6 strokes off my handicap this season - in 6 months!

Date to Achieve
October 30, 2018

Primary goal for this time period & why

I would like to improve contact with my driver because my balls are going low and nowhere.

How I will measure this goal

I will track stats during each practice session and on the course. I will keep practice scorecards.

Top area that needs improvement that relate to my long term goal

I am missing greens because my tee shots are short. If I can get on the green more I can get more pars and lower my scores.
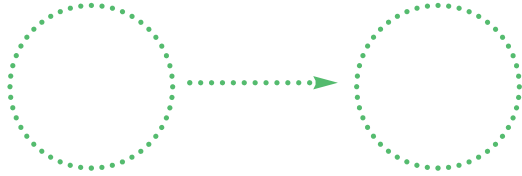
☆
My Goals Are S.M.A.R.T.E.R
S=Specific; M=Measurable; A=Attainable; R=Realistic, and Results -Focused; T=Timed and Tracked E=Evaluate R=Redo

MORE PARS More Fun!

GOALS FOR SUCCESS

Current Handicap → Target

Commence Date   **Evaluation Date**

Long Term Goal   **Date to Achieve**

Primary goal for this time period & why

How I will measure this goal

Top area that needs improvement that relate to my long term goal

☆

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