

April 9, 2025 – Ages 14+

• Why are goals important?

- Goals help you measure your growth. When you set goals, you can clearly identify areas where you are learning and improving.
- Goals allow you to take ownership of your learning and growth. Goals are personal, and you have the ability to determine what you want to accomplish and take the necessary steps to get there. You are in the driver's seat!
- Goals help you stay focused and motivated. Knowing where you are in the process helps you to be aware of what you are learning and focus on what you need to do. When you see your growth, you are more likely to remain motivated and engaged in the process.
- Goals challenge and teach you. As you set and work toward your goals, you learn from the process and the challenges you face. Are you making progress? Why or why not? What shifts can you make to change the trajectory and increase your likelihood of success? Goals should stretch and challenge you, teaching you along the way.

• What are some different types of goals?

- Outcome goals: the end-product of what you want to achieve (your ultimate goal)
- Performance goals: something you can improve, physically or mentally, to reach your ultimate goal.
- Process goals: Literally, what you are going to do to improve your performance. It can be a specific swing thought, skill drill, or behavior. When combined with performance goals, process goals help us achieve our desired outcome.

GOLF SKILL QUESTIONS

• What are the three golf skills you focused on today?

- Putting, Chipping, Pitching

• What area did you focus on with the three golf skills?

- Distance Response – focus on the size and length of the golf swing in relation to the club I have selected. How does ball flight vs. roll out change based on my swing?
- Target Awareness – Is where I want the ball to finish my final target, or do I need to select a target behind where I want the ball to finish rolling?

• What is one skill you learned that you did not know before? How does this skill help your golf game?

• Follow Up Questions:

- Why do we set goals?
- What is the difference between outcome/performance/process goals?
- What can we learn from our failures/setbacks?
- What are the 4 guidelines for setting a reachable goal?

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