

• What are the 4 guidelines for setting a reachable goal?

- The goal is Positive - (I want to achieve a passing score of 80% or higher vs. I don't want to fail this test.) Remind participants that positively stated goals do not have words and phrases like "don't," "avoid," "keep from doing," or "stop doing." It is a lot easier to focus on something you want to do rather than something you do not want to do. Instead, they should be phrased as "I want."
- The goal is Important to You - (The goal needs to be important to you, not to someone else. You should be able to explain why you want to achieve it and why it will make a difference to you.) Participants should set and work on goals that are important to them personally. They should be able to answer the following questions with "Yes": If the goal was not important to anyone else (family, coaches, friends), would it still be important to me? Am I working towards this goal because I want to? Is this goal important enough to me that I will work hard to reach it?
- The goal is Specific - (You want to know exactly what you're working toward.) Specific goals should indicate how and when the goal will be achieved. Specific goals do not use general comparative words like "good," "better," "more," or "less."
- The goal is Under your control - (Your efforts will allow you to achieve this goal vs. something that is out of your control like becoming famous or winning the lottery.) Participants should have control over their own success and when they achieve their goals.

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?

- Target Awareness - Distance to the Target

• 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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