

• **Building your personal goal ladder**

- In the previous week, you learned how to set and formulate goals that are Positive, Important to You, Specific, and Under your Control. But how do you actually get to your goal? To reach your goals, you will need a plan of action. A plan is simply a series of steps that will lead you to your goal.
- Picture a ladder: Your goal is at the very top of that ladder, and you have to climb each rung one step at a time until you reach your goal. Some ladders may be short; others may be long with many steps to climb. When you set your goal, you will want to begin at the bottom of your ladder with the easiest, most basic, or logical step and progress to more difficult steps as you move up your ladder. The idea of a goal ladder lets you look back to see what progress you have made and look ahead to see how far you need to go to reach your goal.
- Will you always reach your goal? Unfortunately, no. But as you climb your ladder, you'll learn new skills and new things about yourself and your capabilities. You will have the opportunity to reflect on everything you have learned and all the ways you have grown. Then you can try again or set new goals. Goal setting and pursuing goals is a lifelong process that you can master over time with lots of practice! Celebrate your accomplishments and learn from the setbacks; both are valuable and meaningful lessons on and off the course.

• **Follow Up Questions:**

- Why do you need a plan to reach your goals?
- What do we learn from taking small steps on our ladder instead of trying to jump?
- Why is a ladder a great visual to help us understand how to improve?
- How does our swing tempo relate to the tempo of our goals?

GOLF SKILL QUESTIONS

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

- Putting, Chipping, Full Swing

• **What area did you focus on with these golf skills?**

- Distance Response - Club Selection (Get to know your club distances)
- Swing speed/tempo: How does the speed of your swing effect your ball - positive/negative?

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

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