

• **Setting realistic goals: Why? Guidelines. Types.**

- Why We Set Goals:
 - •Goals help you measure your growth.
 - •Goals allow you to take ownership of your learning and growth.
 - •Goals help you stay focused and motivated.
 - •Goals challenge and teach you.
- Four Guidelines for Setting a Reachable Goal:
 - •The goal is Positive
 - •The goal is Important to You
 - •The goal is Specific
 - •The goal is Under your control
- Setting Different Types of Goals: The three types of goals fall within a range:
 - 1. Outcome goals: the end-product of what you want to achieve (your ultimate goal)
 - a. Short/Medium-Term: Shoot a certain score on 18 holes (relative to your Personal Par).
 - b. Long-Term: Qualify for the U.S. Open.
 - 2. Performance goals: something you can improve, physically or mentally, to reach your ultimate goal.
 - a. Physical: I want to have 28 putts or less on 18 holes.
 - b. Mental: I want to identify something I did well on every hole.
 - 3. 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.
 - a. Physical: Make 10 3-ft. putts in a row every time I practice.
 - b. Mental: Use the 4Rs to store good memories and delete bad ones on every shot.

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 response: Goals for swing rhythm and body balance

• **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 Process/Performance/Outcome Goals?**
- **What are the 4 guidelines for setting a reachable goal?**
- **How are distance response and target awareness connected to each other?**

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