

Summer 2025, Week 6- Ages 14+

• **Planning for the future: A Game Changer's Game Plan**

- Do you think about your future? What might it look like? What do you envision yourself doing? As you have already learned through the game of golf, visualization can be valuable in a variety of situations to help you to achieve success on and off the course. Before swinging, you might visualize how you will swing and focus on your target, seeing what will happen to the ball after it is hit. While the outcome might not always look exactly like what you visualized, utilizing that strategy can lead to better results. Visualization is a tool that can help you see where you are going and be used as motivation to help you believe in yourself and do your best.
- Not only is it important to envision where you are going in life, it's also important to begin planning for your future. It's perfectly fine not to have a particular end in mind (like knowing exactly what you want to be, what you want to do, or where you want to go to school). As you move through your high school years and beyond, your future vision will likely take shape and become clearer, and may even change, as you grow and learn more about yourself.
- Exploring, planning, and reflecting will help you to uncover more about yourself, your hopes, dreams, and goals. This lesson will help you begin to uncover more about who you are and help you think about your academic and career possibilities. The game of golf is made up of a series of swings, each one guiding you closer to your goal. Golfers need to know where they're going and take steps to get there, and these same principles apply outside of the game of golf. As you plan for your future and pursue your goals, we hope you will take the lessons you have learned on and off the course, apply First Tee's Key Commitments, and allow them to guide you as you grow!

GOLF SKILL QUESTIONS

- **What are the three golf skills you focused on today?**
 - Putting, Chipping, Pitching, Full Swing
- **What area did you focus on with the three golf skills?**
 - Preshot Routine
- **What is one skill you learned that you did not know before? How does this skill help your golf game?**
- **Follow Up Questions:**
 - **How can visualization be used as an effective tool both on and off the course?**
 - **How can a Game Plan help you to work toward your individual goals?**
 - **What are some ways you can adapt if unexpected changes or shifts to your plan occur?**
 - **What can you begin doing now to actively work toward your future plan?**

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