

### • DREAMS & GOALS

- Do you have big dreams? Are there things you wish you could achieve? What would you do if you knew you couldn't fail? No matter what age you are, it is never too early to begin to dream about what you want to accomplish in life. Unfortunately, there is no magic wand or secret formula to help you achieve your dreams. Dreams become reality through hard work and many little steps called goals that lead you to where you want to be.
- Goals are a strategy that you can use in life to help you work toward achieving your dreams. There are short-term goals – goals that do not take a long time to accomplish, but help you take small steps and build your confidence. And there are long-term goals – goals that are not accomplished right away and require many short-term goals and steps to reach them.
- The important thing to remember about dreams and goals is that they take time. With motivation and hard work, as well as patience and persistence, you will grow and learn along the way from Pursuing Goals from both the things you accomplish and achieve as well as from your setbacks and failures. First Tee is excited to support you as you learn and grow, and as you set and pursue your dreams and goals.
- Dream: A story we tell ourselves about the things we wish for. It might be a wish that we could do or be something, or a wish that things could be different than they are today.
- Wish: Something you hope for.
- Goal: A dream that you work hard to make come true
  - Short-term goals: Goals that do not take a long time to accomplish, but help you take small steps and build your confidence.
  - Long-term goals: Goals that are not accomplished right away and require many short-term goals and steps to reach them.

### 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?

- Today we assessed participants in putting, chipping, and full swing! Ask how they did in each of these areas.

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

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