

Goal Setting

Date: January 22, 2006

Present State: Average college golfer

Desired State: Top 50 individual ranking by end of spring season (June 2006)

Action Steps: work on mental game, fitness training, let NOTHING distract me

S.M.A.R.T. – Specific, Measurable, Achievable, Realistic, Timeline

- **Physically –**
 - Average less than 30 putts per round
 - Maintain ball striking... 10 fairways per round/ 13 greens per round
 - Gain strength & maintain core/flexibility
- **Mentally –**
 - Increase my visualization abilities
 - Have level state of emotions on the golf course
 - Full commitment to every shot
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- **Process Goals –**
 - Spend 3 hours at the course practicing at least 6 days per week
 - Never say a negative comment about my golf game, even if joking
 - Out work everyone on team, in the weight room and at golf practice
- **Performance Goals/ Results – by end of spring season, June 2006**
 - Have 4 top-15 finishes
 - Improve stroke average by one shot
 - Win one event



“Act the way you want to become, until you become the way you act.”