



Goal Setting

Goal Setting and Vision

Goal Setting is something we take very seriously. How are you going to accomplish your goal if you have not identified it yet? Below I have provided a general goal setting worksheet. It is important for you to identify all of your goals, while developing a road map to achieve them.

Date: _____

50 years from now, you will have a family to leave your legacy to. What do you want them to say about you and your accomplishments throughout your life? (Similar to Vision Statement)

Overall view of your golf career:

Present State: Where are you at now?

Desired State: Where do you want to go?

Action Steps: What are you going to do to get there?

3 Important Types of Goals for Player Performance:

- 1. Process Goals** – This type of goal setting is just like it sounds. It's all about the process! Great champions are champions because they know they're game, and they follow the process to get to their desired outcome (Outcome goals, see below)
 - a.** What are you going to do every day or consistently to get better?
 - b.** Example, I am going to complete 30 minutes of mental training before going to the golf course every day.
 - c.** I am going to follow the meal plan put together by my nutrition coach
 - d.** I will meet with my performance coach once every 14 days
- 2. Performance Goals** – These goals are related to your game performance

- a. What areas of your game do you want to improve?
 - i. Fairways. I currently average 8 fairways hit per round. My goal in 6 months from today is to average 10 fairways per round.
 - 1. Process goal for this, would be what you are going to do consistently/everyday over the next 6 months to achieve this performance goal
- 3. **Outcome Goals** – This is the most popular form of goal setting. The previous two types of goals are crucial to achieve these goals!
 - a. I want to win the State Amateur Championship next year.
 - i. **Performance goal** – I need to average 29 putts or less per round. I am currently averaging 30.5 putts per round.
 - 1. **Process** to improve that performance, which leads to the outcome – I will spend 60% of my practice everyday up to the State Amateur working on putting drills
 - b. I want to be mental tough by having relaxed composure by June 1, 2017
 - i. **Process goal** – I will complete my visualization and breathing exercises 5 times per week until June 1, 2017

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

- **Physically** – physical attributes you want to improve (outcome)
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- **Mentally** – better game preparation, attitude, relaxation, etc... (outcome)
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- **Process Goals (for physical game improvement)** – What are you going to do every day to achieve your goals?
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- **Process Goals (for mental game improvement)**
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- **Performance Keys** – What are your keys to playing well? These are game oriented keys, such as “Driving the ball in play” or “making all my putts inside 5 feet”. These are **NOT CONTROLLABLE** keys, but typically if we do them well, we will play well that day.
 - Key 1
 - Key 2

- Key 3
- **Personal Keys** – What keys you can personally control to play well? These are **CONTRALLABLE**, such as “eating a healthy breakfast and stretching before a tournament round”
 - Key 1
 - Key 2
 - Key 3

Everyday is an opportunity to get better, but you need to have a specific game plan each and every day to do so.

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