

## **Goal Setting**

*To move forward we should always learn from what has passed. Let's address that first before we look at the season ahead. Use this sheet or write out your answers separately if you require more space.*

## **Looking Back**

What part of your golf journey stands out for you from last year?

What did you take on and get past last year (challenges, etc)?

What did you falter on last year and what did you take from it that you can use to help you moving forward?

Name three things/goals you achieved last year?

1.

2.

3.

What are three things you got better at last year that helped you achieve your goals?

1.

2.

3.

How do you feel you have developed as a person/athlete/golfer in the last year?

What are your final impressions of your last year when it comes to golf?

If you could give advice to yourself, what would you say to the golfer you were at the start of last season?

### **Looking Ahead**

What do you plan to do differently this year?

What makes you excited/intrigued about the golf year ahead?

What worries you about the golf season ahead?

What are five very specific golf-related goals that you have for yourself for this coming year?

1.

2.

3.

4.

5.

What are objectives related to the above goals that will help you achieve them?

1.

2.

3.

4.

5.

How do you picture yourself as a golfer at the end of the coming year?

What are some other ways that you plan to educate yourself more as a golfer in the year ahead?

What are the challenges you may face in reaching your goals this year and how do you plan to get past them?