



Goal Setting

The Power of Formal Goal Setting

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Goal Setting

WHY SHOULD YOU SET GOALS?

- Establish your ultimate destination
- Identify the roads you can take to get there
- Know when you have arrived at your goal

“The person who starts out going nowhere, generally gets there.”

- Dale Carnegie





Goal Setting

WHY IS FORMAL GOAL SETTING SO IMPORTANT?

- Goals have been found to increase levels of performance an average of 16%
- Goals can help monitor and improve your performance
- Goals can improve the quality of your practice and play by replacing boredom with challenge
- Goals can help you replace fear / tension with focus
- Goals can help sustain motivation during slumps, injuries or a long career
- Goals assist in the development of confidence



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SMARTER GOALS

- Specific – Is the goal clear?
- Measurable – Can you objectively prove that you have met the goal?
- Adjustable – If you achieve the goal sooner than anticipated, can you increase the intensity or conversely, does it need to be scaled down?
- Realistic – Do you really believe that you can do it?
- Time-based – Have you set a realistic date to meet the goal?
- Exciting – Will it be fun?
- Rewarding – Can you see the reward for achieving this goal?

Example of a SMARTER goal – “To lower my handicap factor from 3.5 on June 1 to 1.0 by September 15 and qualify for the club championship



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TYPES OF GOALS

- Outcome goals
- Physical performance goals
- Mental performance goals
- Balance goals

“All good performance starts with clear goals.”

- Ken Blanchard





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OUTCOME GOALS

- Focus on end results or outcomes
- Serve as a guide towards your overall objectives
- Examples of outcome goals:
 - Number of wins
 - Stroke average
 - Order of Merit ranking
 - Team selection





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OUTCOME GOALS

- Need to be kept in their rightful place – “away from the course”
- Focusing on these goals during play or practice can have an adverse affect on your performance
- The mind needs to be quiet and clear of outcome thoughts in order to peak perform on the course
- Remember, you do not always have control over outcome goals. You could have your best tournament ever and someone else, out of your control, could still beat you
- Establish one or two “dream” goals – these are what motivate individuals to do impossible things





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PHYSICAL PERFORMANCE GOALS

- Physical performance goals define the physical / technical skills that you want to improve to successfully accomplish your outcome goals
- Help you practice and train with a purpose
- Examples of physical performance goals:
 - Develop a better short game – lower s.g. handicap to 0 by July 31
 - Improve accuracy off the tee – hit an average of 10 fairways in 2007
 - Hit more greens in regulation – 10.5 greens per round in 2007
 - Learn the knock down shot
 - Improve club face position at the top of the swing
 - Improve my cardio for better endurance on the back nine – improve beep test score from 8 to 10





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PHYSICAL PERFORMANCE GOALS

- Consult your coach and outline your strategy for achieving each stated physical performance goal
- For example, the strategy to improve your bunker play may be to have a coaching session to ensure that your fundamentals, equipment and technique is sound. Then practice three times per week until you hole five sand shots each time.





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MENTAL PERFORMANCE GOALS

- Your mental performance goals describe the mental skills you will be committed to strengthening in order to achieve your outcome goals
- Mental performance goals should be your primary focus during competition
- They allow you to “stay in the present” and play each shot as an island unto itself
- Be specific – have mental performance goals for each round





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MENTAL PERFORMANCE GOALS

- Examples of mental performance goals for each round:
 - To establish a written game plan complete with targets for every competitive round and stick to it regardless of the outcome
 - To use deep breathing and other relaxation techniques to manage my tension when under pressure
 - To not react to bad shots
 - To consistently use my mental pre-shot routine
 - To clearly see the target 80% of the time
 - To be calm and emotionally in control on the 1st tee





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MENTAL PERFORMANCE GOALS

- Consult your coach and outline your strategy for achieving the mental performance goals
- For example, the strategy to improve your tension control might be to have a session with a sport psychologist to learn a new relaxation technique and then practice weekly during training sessions.





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BALANCE GOALS

- It is important to set goals for maintaining quality time for all important areas of your life
- Lifestyle / relationship management is a very important component of planning for peak performance
- A recommended guideline is as follows:
 - School and golf – 65%
 - Relationship – 5%
 - Personal – 10%
 - Family – 10%
 - Friends – 10%





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SUMMARY

- Put your goals down in writing (Worksheets are attached)
- Monitor and reflect on your goals regularly
- Outcome goals describe your end result however do not focus on them during competition and training
- Physical performance goals help you practice with a purpose
- Mental performance goals should always be your focus during competition
- Good personal balance goals enhance health, happiness and success



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Goal Setting - Vectors

Imagine your Goal as a 'vector'

- 'Now' is the starting point



• **▶ SMARTER Well Formed Outcome**

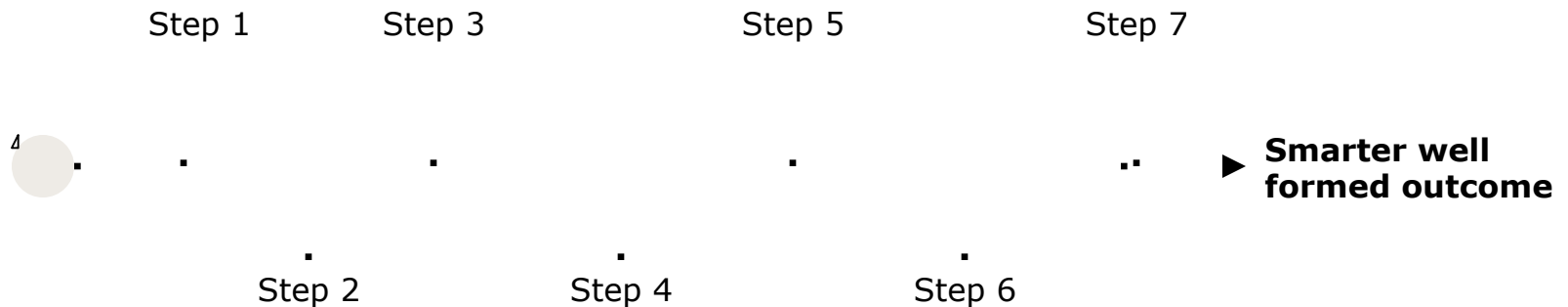
- Your Ultimate Goal is at the end of the vector
- What steps do you have to take?





Goal Setting - Example

Break up the steps on the vector:



- Turn each step into a SMARTER goal
- As you reach each step, desire increases, and the ultimate goal becomes closer Provincial Level Player





Goal Setting - Example

Provincial Level Player





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- **Goal #1 – Swing Technique**
 - Correct Strong Grip, Improve Posture & reduce slice to a controlled fade shot
 - Work with coach & video for feedback
 - Correct techniques by March 30th
- **Goal #2 – Short Game**
 - Shape putting arc correctly, learn 3 distinct chip shots, and 3 pitch shots, learn 2 comfortable sand techniques
 - Use Short Game Test as benchmark – achieve h' cap of 7
 - Learn shots by April 31st
- **Goal #3 – Play OOM Events**
 - Review schedule of OOM events and enter
 - Place top 30% in each event





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- **Goal #4 – Stroke Average of 74**
 - Stroke Average of competitive rounds
 - Use stats program to record
 - Achieve Avg. by August 31st
- **Goal #5 – Win City Championship**
 - Win Championship Division
 - Tournament in July
 - Reward: Exempt status for Provincials
- **Goal #6 – Top 3 at Provincials**
 - Tournament in July
 - Reward: Provincial Team to Nationals





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- **Goal #7 – Top 5 at Nationals**
 - RCGA National AM Championships
 - Tournament in August
 - Top OOM points available
- **Ultimate Goal –National Team**
 - Based on 2007 OOM points
 - Selection made November 1st
 - Part of the 2008 Program
- **Next Step – Re-Evaluate Goals**





MY YEARLY OUTCOME GOALS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

DREAM GOALS

1. _____
2. _____





Goal Setting

☐:

Physical Performance Goals Worksheet

List goals here:

Explain your strategy for achieving each goal

1

1

2

2

3

3

4

4

5

5





Goal Setting

☐:

Mental Performance Goals Worksheet

List goals here:

Explain your strategy for achieving each goal

1

1

2

2

3

3

4

4

5

5





Goal Setting

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Balance Goals Worksheet

Activity	Hours/week	% of time
School/Work and Golf		
Relationship		
Personal Time		
Family		
Friends - Social Time		

112

(16 hours per day X 7 days)

