

Goal Setting

Write down six aims or objectives that you have as a golfer. Bear in mind that they should be specific and not easily affected by other people. It should also be possible to measure them, or at least it should be possible to accurately assess whether or not they have been achieved.

- I 1) Do not have less than 8 green per round for the spring semester
 I 2) Do not hit less than 10 Fairway 5 per round ↓
 I 3) Shoot five consecutive rounds in the 70's in tournament play.
 S 4) Practice 50% of time on putting for the next month.
 L 5) Play college golf for an I School.
 L 6) Shoot all scores in ranges from low 70's to low 80's at most.

Now for each of these aims or objectives, decide whether it is a long term (L), an intermediate/medium term goal (I), or a short term goal (S), and mark it with the appropriate letter.

Take each goal or aim in turn and ask yourself the following questions about it. Try to answer each question as objectively as you can by circling one number.

Question	Defiantly Not		Not Sure	Defiantly Yes	
	1	2		4	5
1 Does it set a specific target?	1	2	3	4	5
2 Is it independent of other people?	1	2	3	4	5
3 Is it measurable?	1	2	3	4	5
4 Can you realistically expect to achieve it in the time available?	1	2	3	4	5
5 Will you be excited and satisfied when you achieve it?	1	2	3	4	5

If you score more than 15, the aim or goal is a good one; less than 10 means you ought to rephrase your goal or choose another one.