



What's Your Goal for the New Year?

New Year...New Resolutions

What do you want to be different about your golf this year and how will you make it happen?

I expect that you want to play better golf – so what sort of goals have you set yourself in 2010?

There are 3 main types of goals in golf:

1. Outcome Goals
2. Performance Goals
3. Process Goals

Outcome goals are the “big picture” e.g. winning your club championships (maybe the nett winner)

Performance goals are a level of performance e.g. breaking 70 (or 80 or 100) It doesn't guarantee that you will win the Club Champs, but it focuses on your performance rather than someone else's.

Process goals are the activities or practices that you will do on a daily/weekly basis that will enable you to achieve your performance goals e.g. hole 10 out of 10 putts from 4 feet in practice 3 times each week.

So when you look back at your golfing year in December 2010 how will you measure your success? What are your goals? Write them down, break them down into achievable monthly targets, monitor your progress, and watch your game improve. Do it now and you'll be ready for the start of the competitive season.

Enjoy your goal setting and, if you need any help – email me: denis.secher@connect-coaching.com

Denis

Denis Secher – Mind Factor Coach

"The greatest danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark."

- Michelangelo

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