

## Rule 2 - Personal Goals - Your Personal Blueprint

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Before you start to think about practise, let's find out **why** you want to practise. What goals do you have? Goals drive and **design** your practise?

***'Put a system around any goal or habit you want, then just work the system'.***

I ..... want and will achieve the following'

If failure wasn't possible what are my **Top 3 Ultimate Goals**

- 1.
- 2.
- 3.

**My Top 3 Outcome Goals** (12 Months) – Not 100% under your control, but you heavily influence them. Competition/tournament wins, handicap reductions, personal bests? These desires help drive motivation. Make sure you think of the why? State why each goal is this important to you?

- 1.
- 2.
- 3.

**My Top 3 Performance Goals** (12 Months) – This links to Rule 1 - What's the strategy to achieve your outcomes? More GIR's? Better stroked gained putting? If you improved each performance goal by 10%, could you have your best year? So, what do you need to do to achieve each goal? More distance, improved technique, more gym work? What's essential for your improvement?

- 1.
- 2.
- 3.

**My Top 3 Process/Self-mastery Goals** (12 Months) – What habits and behaviors need to be in place to achieve your outcome goals? Better practise habits, more coaching, better reflection and analysis? What do you need to do on a daily basis to help your performance and outcome goals?

- 1.
- 2.
- 3.

**'High achievers write goals; wishful thinkers don't get that far.'**