

### **Rule 3 - Planning Your Time to Win**

We all have the **same** amount of **time** each and every single day. What you **do** with that time is entirely up to you? Start to understand how you spend your time. Do you know where and how you **spend your days**? This understanding is so important to make sure you fill your time in **accordance to your highest goals**. But also, vitally important to fulfil all your other commitments in life and then commit to doing them also. For example, **family time or school work**.

Remember this simple but profound statement;

***'If you don't fill your day with high priority things, your day will get consumed by low priority things'*** Dr. J Demartini

There are **168 hours** in a week: **How do you spend it?** Consider the following and find out how much time is left to dedicate to golf?

How much time do you spend **sleeping**?

How much time is spent at **school, college or work**?

How much time do you spend with **family/friends**?

How much time personal time do you spend, **eating, showering, getting ready** etc.?

How much time to you spend, **reading, TV, internet, study**?

**Anything else?**

How many **hours do you have left**?

Ask yourself **is this enough to move towards your goals?**

What do you maybe need to **give up or reduce time** too to help you achieve your golfing goals?

Once you know how much time you have available for your golf, let's start to get clear with your **objectives**.

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