



Reflect and Act

I thought I would delay the timing of this email because of the old cliché 'New Year, New You'.

Now the carnage of the festive period is behind us. Why don't you have a sit down and a think? I find reflection to be a very useful, albeit a difficult task. Give it a try and see what you uncover! A great task to do for your golf and life.

So a few things I want you to consider, did you achieve what you wanted in 2018?

If so what was your strategy and formula, is it worth repeating again? Can you maybe improve it further?

If not, why not? What strategies do you need to change, what new formulas or habits might you need to consider?

So..... What happened in 2018? Try and also have a think why?

Celebrate your successes, what went well, what did you achieve?

For example from a golf standpoint;

Did you shoot a personal best, achieve a competition win, a handicap reduction, improved your G.I.R's, beat a family member, play more, and or practise better.

The list is endless and individual to you, so have a good think about it to define at least 3.

Write down at least 3 accomplishments:

- 1.
- 2.
- 3.

What were your biggest disappointments of 2018?

To move forward you have to be upfront and honest about what didn't go well? We can often learn from our greatest failures and experiences.

Write down at least 3 disappointments :

- 1.
- 2.
- 3.

What did you learn in 2018? – What discoveries did you make, what did you really learn, big or small?

Write down at least 3 things you learnt:

- 1.
- 2.
- 3.

What do you want to learn and master in 2019?

You might want to learn to shape the ball, or you want to take your range game onto the golf course. You might want to become a better putter from 10 foot or learn to control your nerves and anxiety better in competitions.

What is important to you? And what will make you better?

Write down at least 3 things you want to learn:

- 1.
- 2.
- 3.

All needed for more tools for performance players

What do you really want to achieve in 2019? What are your key goals and aspirations?

Maybe these are outcome based; improving your handicap, if so, what do you realistically think you can achieve? Could it be achieving a personal best, winning a club championship, or competition

What about some performance goals, improving distance off the tee, holing more short range putts?

And finally process goals or self mastery goals – practising better, keeping statistics on your game, regular coaching, or just more fun!?

Consider what is important for you!? It's your choice.

Jot down some thoughts;

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How did that go?

I'm more than happy to assist you further and then create some leverage and structure potentially behind each goal.

Creating and achieving goals is often about developing new or better habits. Habits and therefore achieving your goals is often more around design rather than just motivation and will power.

This whole process is so vital for your clarity, purpose, vision and motivation. I really recommend you do it.

By being clear will help you reach success in 2019, but it will also help you get through the uncomfortable bit of growing and developing. Known in the sporting world as the 'ugly zone'

"People with goals succeed because they know where they are going. It's as simple as that" Earl Nightingale

I would be really intrigued to hear your answers, so please let me know? Write down some thoughts and take action today!

"A year from now – you wish you had started today" Karen Lamb