



An opportunity to review and then plan for your best golf in 2021.

Make it policy to engage in an end of season review.

Reflection helps process your thoughts and feelings and assists in making sense of why you did what you did, and why you do what you do!

Subsequently it then triggers planning, motivation and action for the year ahead.

In this post we present a few useful questions to help get you on your way.

1. Did you achieve what you wanted on the golf course in 2020?

If YES, what did you achieve? *Examples might be; scoring a personal best or reducing your handicap or score average. Was it a competition win or did you manage to improve a particular statistic. Is it possible to list 3 or 4 things?*

2. What helped you achieve your accomplishments? What was your strategy or formula? Are they worth repeating again in 2021?

3. If you didn't achieve your goals in 2020, what were your biggest disappointments? What didn't you manage to attain?

4. Why do you think you didn't accomplish what you wanted? What barriers or obstacles got in the way?

5. What were your key lessons and learnings in 2020? What did you learn about yourself or from others? What discoveries did you make, big or small?

Your 2021 season

6. What is important to you in 2021? What do you want to achieve? What outcomes do you want to see? Is it improvement to your **SCORE** average. If so, what do you realistically think you can achieve? Is it a personal best or winning the club championship that is important to you. Try and write down 3 or 4 things. Try and think, why are they important to you?

Establishing some strategies and objectives

7. What areas of your game need to develop in order to achieve your desired goals in 2021? An example could be, holing more putts? If so, how can you measure this? What statistic are you trying to move towards? Is it a better 6 foot conversion percentage? Or reducing the number of 3 putts per round?

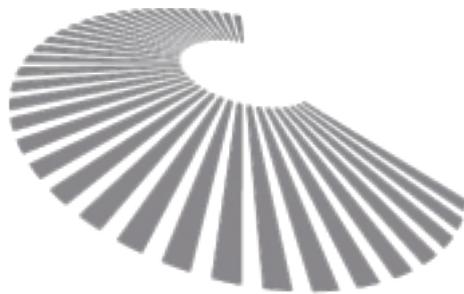
Try and highlight 3 important areas in your game and establish a measurable goal in each area. Could it be off the tee, approach play, putting, short game, course strategy/tactics or mental game.

8. And finally, what actions or process's need to be put in place. *Examples might be; practising smarter, keeping better statistics, regular coaching, or playing more?* Consider what is important for you and your game? It's your choice, what do you think you are capable of?

Jot down some thoughts and then start to make these choices commitments. Act on these to have your best year on the golf course.

Hope this helps channel some useful thinking. Any questions let us know.

All the best for 2021



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