

Goal setting is an important psychological characteristic of excellence. When done effectively, it can provide **motivation** and **fulfillment**. Every goal we set is a 3-step process.

1. **What Goal** -Declaring the **Outcome** we desire.
2. **How Goals** - The **process** that needs to be followed to achieve the outcome.
3. **Why Goals** - Declaring what this goal will bring so we remain **motivated**.

We can only influence the **What** goal, but the **How** and **Why** goals are 100% in our control. Therefore, we should place our focus on the **How** and **Why**.

Developing the ability to focus on the **How** and **Why** goals

Goal Setting Challenge				
What	How	Why	Day	Notes
			Day 1	
			Day 2	
			Day 3	
			Day 4	
			Day 5	
			Day 6	
			Day 7	
			Day 8	
			Day 9	
			Day 10	
			Day 11	
			Day 12	
			Day 13	
			Day 14	
			Day 15	
			Day 16	
			Day 17	
			Day 18	
			Day 19	
			Day 20	
			Day 21	

Robot and robots

Commitment Contract

WHAT: School, College, Personal, Golf, Technical, Fitness, Mental, Performance, Practice, Family

HOW: Process, Effort, Drill, Mindset, Focus, Stats, Prepare, Performance, Review, Regular, Commit.

WHY: Motivation, Purpose, Pride, Giving Back, Inspire, Mastery, Passion, Fulfillment.

Coach:..... Player:.....

will help create a **growth mindset**. People who have a growth mindset tend to be **highly motivated** and feel **fulfilled** no matter the outcome. If we only focus on our **outcome** goals, we can develop a **fixed mindset** and get frustrated when we don't gain the results we desire.

See **Carol Dweck** explain the dangers of focusing on results and not effort

<https://www.youtube.com/watch?v=NWv1VdDeoRY&t=3s>

Visualization is also a vital part of the goal setting process. This is why turning your commitment contract into a **vision board** is vital to your process and growth. Your vision board should contain all 3 types of goals: what, how, and why. Taking your vision board to practice, and having it in the gym can contribute to increased motivation.

Finally, it is important to remember that excellence is a habit. Taking on the daily goal setting challenge will help you remain process focused. By controlling what you can control and feeling fulfillment via the knowledge, you are taking small steps everyday toward your vision.

What = I want to improve my putting from 3-12 feet

How = Practice with a purpose by playing PGA tour putt until I beat my best score of 18

Why = I feel pride when I put effort into improving my skills