

## Free download #2 – PERSONAL GOALS and GOAL SETTING

Congratulations!

You have taken a very important first step. By filling out and returning your **CURRENT ASSESSMENT AND EVALUATION FORM**, we both know objectively where you stand at in **your current level** of golf efficiency.

You cannot properly determine where you want to go, what you wish to accomplish, within what **timeframe**, and what **steps of ACTION** to take without first understanding exactly where you currently are.

Goals are just wishful thinking, a dream, without a clear-cut plan on how you expect to accomplish those objectives. Very few golfers ever properly outline the road they need to travel to accomplish their goals. We will develop the process of properly outlining both your goals and the process necessary to allow the successful conclusion of those goals.

Goals should not be easily met. They must both challenge the individual and still seem reachable in your mind.

**Goals** must be broken down into **short term, intermediate term** and ultimately **long-term** goals. You don't just write down the goal of shooting under par 50% of the time without the methodology, gameplan or roadmap of how to accomplish that goal.

First, you must establish a long-term goal. **You need to establish your own goals.** The following example will be an illustration. In this example, you ultimately hope to break 85 on a regular basis. You also hope to break 80 at least once by the end of your 6-month program. Your best score up to this point in time has been 94. More than 50% of the time you don't even break 100. That is an ambitious goal. You have already invested in golf lessons, the best equipment and a practice routine of 2x a week at the driving range. You perhaps have seen modest improvement, but nothing close to what you had hoped for or believed you could accomplish.

You will not accomplish your long-range goal without developing a roadmap that is different from what you have done up to this period of time. That is why you hopefully have **DECIDED** to **INVEST** in **YOURSELF** and signed up for this "**SIMPLE MIND PHILOSOPHY**" of golf instruction program. You have already made the most important decision; a **CHANGE** from the normal.  
CONGRATULATIONS!

The roadmap consists of breaking down your long term goals into both short term and intermediate term goals.

**EXAMPLE:**

- **SHORT TERM GOAL:** Break 90, improving your lowest score by 4 strokes.

**TIMELINE:** goal accomplished before day 45 in the program. In the first two weeks under the SIMPLE MIND PHILOSOPHY of golf instruction program, you will have learned the most unique philosophy on the swing possibly ever devised. The way you practice after viewing the swing philosophy is of critical importance. You should have learned that Practice doesn't make perfect, PERFECT PRACTICE makes PERFECT! You will learn exactly what that means during the video lessons. Sufficient to state here is that there is a method of practice that you will learn during these lessons that will allow you to accomplish your first goal. The improvement in both the quality of your ball striking and consistency will result in several more greens hit in regulation. Your responsibility is in maintaining the discipline to practice on a regular basis. The growth in your ball striking capabilities will be determined in week 3 and week 4 by your commitment to implementing the skill sets you have learned.

**REQUIREMENT:** Commit to practice at least 2x per week at driving range and play at least 3 rounds of golf within the first 45 days after completion of Phase 1

**Submit evaluation form/progress report** after 45 days

## **INTERMEDIATE GOAL:**

Shoot 85 for the first time. Break 90 at least 50% of the time.

TIMELINE GOAL before conclusion of month 4 in program

This is where PHASE 2 of the Simple Mind Theory comes into play. After the first 60 days, Phase 2 is downloaded. During Phase 2, a whole new method of practice will be implemented. This is where your scoring will be reduced by as many as 4-5 shots per 9 holes.

**REQUIREMENT:** EVALUATION PROGRESS REPORTS sent at TWO MONTHS AND THREE MONTHS.

- EXPECTATION IS TO PRACTICE A WEEKLY MINIMUM OF TWO HOURS AT RANGE AND TWO HOURS ON PRACTICE GREEN
- **LONG TERM GOAL:**
- Break 85 on a regular basis. Break 80 at least once .
- Before the 6 month completion
- Learning how to play SMART on the golf course. Phase 3 of the Simple Mind Theory compliments the Phase 2 scoring program in that we learn how to save strokes on the golf course. We learn how to overcome emotions out on the golf course. We learn how to “dial in” our emotions and focus on the outcome in all situations.
- **REQUIREMENT:** watch all 9 videos on mental toughness.
- **Submit evaluation /progress reports** at 5 months and 6 months to