



## GOAL SETTING CHALLENGE

Have you ever set goals for yourself? They can be about anything. Goals are like a challenge we set ourselves to reach. Setting SMART goals is important. SMART goals are:

**S** **Specific:** The best goals are clear and well defined. It is hard to accomplish goals that are too general.

**M** **Measurable:** You need to be able to measure goals otherwise how will you know if you reach them?

**A** **Action Plan:** Set a plan with the actions you need to do to make your call happen.

**R** **Realistic:** Goals need to find the balance of not being too easy or too hard.

**T** **Time Limit:** Set a time for your goals to make sure you stay on track.

What will your goals be about? Maybe about your schoolwork? Or being respectful to others? Or about being fit and healthy?

Golfers set goals also. Sometimes they can be related to their results or to their skills. Other times it can be about their training and practice. They can also be about other things in their lives.

**For example here are some goals that PGA TOUR winner Justin Thomas has shared in the past.**

- Win a tournament
- Improve putting statistics
- Be a healthy eater and increase my exercise

**What are your goals going to be? Write some down using the SMART principles, and you are on your way to achieving them. Good luck!**