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*Goal Setting Principles*

For goals to be effective they need to follow certain guidelines. These are outlined in point form below.

1. Set realistic goals.
2. Set realistic but challenging goals.
3. Set both short and long term goals.
4. Set goal for practice and competition.
5. "Ink it, don't think it."
6. Set process, performance and outcome goals.
7. Set specific goals in measurable and behavioral terms.
8. Set positive goals as against negative goals.
9. Identify target dates for goals.
10. Identify goal achievement strategies.
11. Provide support for goals.
12. Provide for good evaluation.

Use the points above to attempt to write some goals for yourself and your golf. We will use these goals as a starting point to develop your goals and your long term golf development.