



Seasonal Plan

Designed For: _____

Date: _____

Within each of us lies unlimited Potential.

When you set goals for yourself, it is important that they motivate you: this means making sure that they are important to you, and that there is value in achieving them. If you have little interest in the outcome, or they are irrelevant given the larger picture, then the chances of you putting in the work to make them happen are slim. Motivation is key to achieving goals. To make sure your goal is motivating, write down why it's valuable and important to you. Ask yourself, "If I were to share my goal with others, what would I tell them to convince them it was a worthwhile goal?" You can use this motivating value statement to help you if you start to doubt yourself or lose confidence in your ability to actually make the goal happen

OK then let's get started. Find a quiet place where you can relax and clear your mind. First, write down your goals on a number of levels:

- First you create your "big picture" of what you want to do with your Season and identify the large-scale goals that you want to achieve.
- Then, break these down into the smaller and smaller targets that you must hit to reach your Seasonal goals.
- Finally, once you have your plan, you start working on it to achieve these goals.

This is why we start the process of goal setting by looking at your Seasonal goals. Then, we work down to the things that you can do in, say, the next month, next week, and today, to start moving towards them.

Seasonal Goals:

I.e. To reach my Ideal Performance State for the Canadian Qualifying Tour tournament and qualify to play on the Canadian Tour for the 2012 season.

Where I'm at now:

Physical (What kind of physical shape am I in now?)

Think; balance, strength, flexibility etc.



Where I'm at now:

Mental (How do I use psychological tools, do I understand them?)

Think; Pre Shot Routine, Visualization, Self-Talk, Confidence, Self Esteem

Where I'm at now:

Technical; (What is my skill level now?)

Think; Short game, Irons, Woods, Putting

What do I need to do?

Physical; (What kind of workout should I pursue?)

Think; Fitness Trainer, Program

Mental; (What can I do to improve my use of psychological skills?)

Think; Concentration, focus exercises, management

Technical; (Which skills need the most attention?)

Think Strengths, weaknesses, putting, driving