

PLAYER NAME _____ DATE _____

INSTRUCTIONS

- **Outcome Goals** Where do you want to be in each time span?
- **Result Oriented** this is where you get to dream...dream big, it might become reality. (and also realistic)
- **Place Sheet** in a place you will see every day as a reminder and motivation
- **Process Goals** will be the key to achieving these goals. Use performance goals and process goals worksheet with this sheet.

List 3 things that could hold you back from your goals

1. _____
2. _____
3. _____

6-Month Goals**1-Year Goals****4-Year Goals**

❖ _____	❖ _____	❖ _____
❖ _____	❖ _____	❖ _____
❖ _____	❖ _____	❖ _____

WHAT IS YOUR WHY?

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"Winning means you're willing to go longer, work harder, and give more than anyone else"- Vince Lombardi