

## On Your Mark, Get Set, Goals!

### Key Commitment- Pursuing Goals

- I am excited to grow and learn.
- I am not afraid to fail.
- I am learning from both my achievements and setbacks.

### Overview

A goal is something that you want to do, be or have, but it's not something that you can do, be or have right this moment. A **goal** is something you must work to get in the future, and you can apply that same effort to any challenge in life.

At First Tee, Game Changers pursue goals as a way to grow, and you will learn from both your achievements and your setbacks, from wins and losses.

### Transition to the Simulator/Coaching Tips

- Coaches should allow players to set their own goals/targets based on what they have learned about target awareness
- Coaches can reference the start of the class to help kids set future goals on their golf skills

### Activities/Schedule

- First 20 minutes on 1 bay- i.e driving range
- Switch to the second bay for another twenty minutes- i.e. putting
- Remaining 20 minutes should be used for life skills curriculum and transitions

### Guiding Questions

1. Why is it important to set goals and work toward achieving them?
2. What can you learn from accomplishing a goal?
3. What can you learn from failing to accomplish a goal?
4. Why is the process of pursuing your goals most important? What can you learn from that?

**Lesson Length:** 60 minutes  
**Number of Kids:** 5  
**Key Commitment:** Pursuing Goals