

Core to Score

The Ultimate **Golf Fitness** Key
to **Unlocking** Lower Scores

- Hit the Ball Further
- Eliminate Low Back Pain
- Gain More Control
- Increase Endurance

Christian Henning,
NASM-CPT

Setting Goals

I'll be upfront and honest with you right now - I've written down a lot of goals I've never achieved. The goals at the time seemed to be grand and unreachable and eventually I gave up believing I could never succeed. I felt like a failure and just moved on to the next unreachable goal. However, I eventually learned from these planning mistakes. I've learned over time that setting a seemingly unachievable goal ***is achievable*** if gone about the right way.

Research shows that people who write down goals as opposed to those that don't have a higher success rate. I'm not arguing with that at all. A goal looks great on paper – but you ***MUST BELIEVE YOU CAN ACHIEVE IT.***

How do you get to the point of believing you can achieve a seemingly impossible goal? Perhaps you've tried everything under the sun to lose fat, gain muscle, or just be consistent in your backswing. Perhaps you have failed every time? This little guide will help you find the barriers that have stopped you and get you moving.

To believe you can achieve your goals you must have a thorough plan. Perhaps before you were not completely prepared for certain situations you were placed in and didn't know how to react? Holidays are a good example... How do you handle avoiding bad foods and minimizing or eliminating weight gain? You simply make a **PLAN** on how to handle this

situation. Being prepared for any situation makes the goal *easier* to achieve.

My point is that you have to **PLAN THE LITTLE THINGS** and work toward your goal every day. Baby steps. Writing down the little tasks that add up to reaching your goal is the key here and then follow through. You must **DO** the little things every day to reach your goal. So when planning out your goals, think about all of the underlying steps that will get you there and write them down. Let me say it again - ***You must PLAN the little things to reach your goal.***

"Whoever wants to reach a distant goal must take small steps."

Helmut Schmidt

Your goals must have a distinct target or end-point. Work each day towards your goals by doing the **SMALL STEPS** that facilitate reaching the goal. These must be easy to check off each day such as Take My Vitamins, Avoid Soda, and Practice Putting for 30 Minutes. You cannot simply say lose weight or gain energy. Make the **Small Steps** very clear and specific.

Set your dream goals, roll up your sleeves, and plan the small steps that will get you there. Achieving the goal will be automatic if you check off each of your small steps on a daily basis. Follow the instructions you set for

yourself and then get on with your life. Success really is this easy; planning this success is the fun part.

I caution you to be realistic in terms of setting a time frame. If you are hitting banana slices a gorilla would be proud of, correcting your body imbalances will take time to help you achieve a nice slotted golf swing. Stay on task, check off your daily task list and keep moving toward the goal.

Goal Setting Worksheet

You must be honest with your short-term daily tasks as you plan for achieving your goal. Be realistic on what you CAN do. Don't list tasks you HOPE you can do.

Revisit your goal and daily tasks every two weeks and make adjustments. Try adding in a new task if you have succeeded performing 80% of a given daily task. If you are failing an assigned daily task, why are you failing? Can you make a slight adjustment to make achieving this task easier each day?

1. Create a long-term realistic goal, and the underlying short-term tasks that will bring daily success.
2. Create specific short-term tasks that work toward achieving your long-term goal.
3. Review your goals on a daily basis. Make your list of goals accessible, so that you can review it on a regular basis. Frequent reminders will help keep you on track.
4. Review your goals and daily tasks every two weeks and make adjustments.

Anthony Robbins, one of the greatest self-help guru's of all time suggests you make a contract with yourself. Pledge your full commitment to your goals and the process of daily short-term tasks that will help you stay on target.

List 1 long-term goal:

- 1.

List 10 short-term daily tasks that will help you reach your long-term goal:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Commit to the following steps:

- Print out your goal checklist.
- Check off each of your short-term daily tasks only **AFTER** they have been completed.

Signature: _____

Date: _____