

Published based on [Set Challenging But Reachable Golf Training Goals](#)

Set Challenging But Reachable Golf Training Goals

My career has been built around the targets I have set for myself. I have managed to achieve them sometimes and have had to face failures too?sometimes by just a wee little bit. Maybe that has kept the fire burning in me and helped me move from one echelon to another.

This article is about setting goals. The following method designed by Leslie Cameron Bandler is the best method I've seen on goal setting. To begin, ask your self IS MY GOAL ACHIEVABLE? In determining this, consider if anyone else has achieved this goal before? If not, does it feel achievable for you? WHAT WILL I ACCEPT AS EVIDENCE THAT I HAVE ACHIEVED MY GOAL? What will you see, hear and feel when you have achieved your goal. Get a clear sensory based description of your goal.

Now try to diagnose if the whole process of achieving the goal is in your hands or not and what costs would you have to incur for the same. For example your golf practice sessions with your coach and how regularly you attend them are in your control. Also, for the extra practice you may have to sacrifice some personal gatherings too. So ask yourself if you are mentally prepared for these sacrifices.

DO YOU HAVE ALL THE RESOURCES YOU NEED TO ACHIEVE YOUR GOAL? Is your golf swing good enough? If not, can you find an instructor to refine it? Are you physically in the right shape? Do you need to improve your flexibility, stability and strength? Take the time to make sure you have everything you need to achieve your goal.

Lastly make a rough time limit in which you think you shall fulfill your goal. Are you going to fulfill it immediately? If not, is the delay acceptable to you? If it is not acceptable to you then you are back to square one as this goal is not for you. Set goals to take your life forward and not to frustrate you further.

1. What am I seeking from my life, where do I see myself?
2. Do I have it in me to fulfill my goals?
3. What indicators would tell me that I have fulfilled my goal?
4. Do I have it in me to fulfill the target?
5. Am I ready to bear the compromises and costs for this?
6. Are the resources to achieve the target under my control?
7. In case my goal takes time to be fulfilled would I be fine with it?

And you are all set to achieve your goals.

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