

# GOAL SETTING

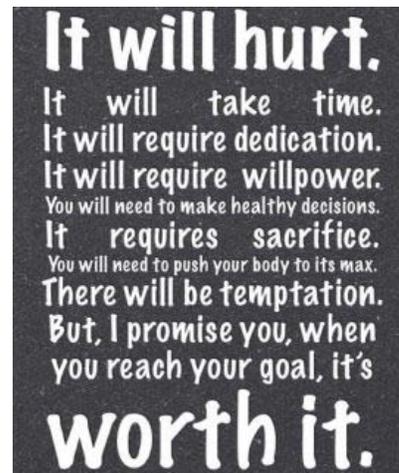
By: *Fit For Golf! Fit For Life!*



With the top of the summer heat trickling away, we are approximately 4 weeks away from the kick-off to the 2012-13 golf season. No doubt many of you are excited and are already planning your return to settling into your homes as well as your play and tournament schedules. Similar to how springtime brings newness and hurried “cleaning” of our homes and bodies preparing for the summer, Fall is a perfect time to do the same. Why not take this time to declare **new** intentions for a **new** season...a sort of “out with the summer OLD and in with the fall NEW”.

**Intentions** is a fancy way of saying goals. They are instances of determining mentally upon some action, result, or purpose. For instance, pick out a few intentions for yourself that are measurable and realistic. Which two or three of the following categories/aspects of your life need the most focus in the next 8 weeks?:

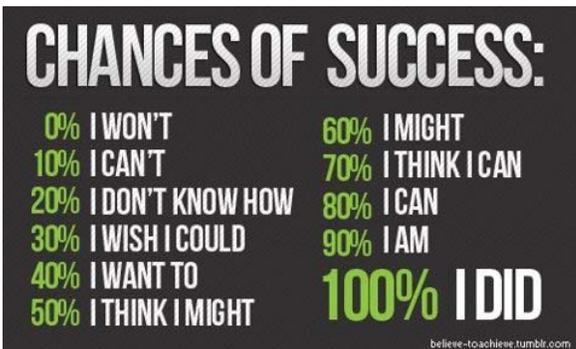
1. Fitness/Health
2. Financial
3. Friends/Family
4. Fun/Recreation
5. Career
6. Personal and Spiritual Growth
7. Romance/Significant Other
8. Physical Environment/Home



Set your intentions by writing them down, list your plan of attack and post them somewhere you can see them every day to remind you. It also helps to have a support system or team member with either the same intentions or someone to hold you accountable.

## Watch out for counter-motivators!

Counter-motivators are those excuses you find yourself saying that let you off the hook. For example, your intention may be to lose a certain amount of weight or walk outside four evenings a week, but there always seems to be a special wine party or activity you are invited to and CAN'T miss. Then your counter-motivation would be your social network and you may need to manage that a little more closely. Another intention may be that you will arrive at the golf course 30 minutes early to make sure you practice a certain drill your instructor gave you, but you are always running late due to tasks or talking with



buddies in the locker room too long. Then your counter-motivation (excuse) is how much you are weighing the worth of other things. Perhaps you could park close to the range and go straight there or set an alarm that you must leave your house earlier than usual.

Don't think of your intentions as being overwhelming. Break them down into smaller pieces, tasks, days, or weeks and check them off one by one. You will find that in four weeks you will be ready to start your 2012-13 season with a smile on your face, an extra pep in your step, and a feeling of achievement and pride inside you. It is a uniquely powerful state that we are in when we are fully committed to something.

I wish you much success on your quest to a great season. If you need assistance in any aspect of your health, wellness, and golf fitness goals, I am available to you. Please feel free to contact me.

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