

## Lesson 15 | Dreams & Goals

**Pursuing Goals** is a Key Commitment at First Tee and an important aspect of being a Game Changer. Goals are a strategy that you can use in life, both on and off the course, to help you work towards achieving your dreams. Whether you are setting short-term goals or long-term goals, there is so much to be learned from the process of goal setting itself. In this lesson, we will be focusing on the process of setting goals.

To set goals, you need to begin to think about what you want to accomplish and what it will take to reach that goal.

**The Four Guidelines for Setting a Reachable Goal are:**

- **The goal is Positive**
- **The goal is Important to You**
- **The goal is Specific**
- **The goal is Under your control**

Goal setting is a strategy you will apply for the rest of your life. As you work through this lesson, you will have the opportunity to explore these Four Guidelines for Setting a Reachable Goal. And as you consider and begin to set your own personal goals, you'll learn and grow from the process of goal setting and working toward those goals.

## Lesson 16 | Getting to your Goal: Plan to Achieve

To reach your goals, you will need a plan of action. A plan is simply a series of steps that will lead you to your goal. Picture a ladder: Your goal is at the very top of that ladder, and you have to climb each rung one step at a time until you reach your goal. Some ladders may be short; others may be long with many steps to climb. When you set your goal, you will want to begin at the bottom of your ladder with the easiest, most basic, or logical step and progress to more difficult steps as you move up your ladder. The idea of a **goal ladder** lets you look back to see what progress you have made and look ahead to see how far you need to go to reach your goal.

Will you always reach your goal? Unfortunately, no. But as you climb your ladder, you'll learn new skills and new things about yourself and your capabilities. You will have the opportunity to reflect on everything you have learned and all the ways you have grown. Then you can try again or set new goals. Goal setting and pursuing goals is a lifelong process that you can master over time with lots of practice! Celebrate your accomplishments and learn from the setbacks; both are valuable and meaningful lessons on and off the course.

## Lesson 17 | Dealing with Challenges On & Off the Course

Whether it is a sport like golf or life in general, very few goals are ever achieved without encountering some challenges along the way. First Tee uses the 4Rs: Relax, Replay, Ready, Redo as a technique to stay cool and learn from your efforts.

First you **Relax**. Breathe and shake off the shot. You can count slowly to yourself while breathing to help you let go of any frustration you might be feeling in the moment.

Next, you want to **Replay** what happened in your mind. What did you want to happen? What actually happened? Do they match? If so, awesome! Take a few seconds to enjoy what you did well and store it in your memory so you can try to do it again in the future. If you did not have the outcome you hoped for, replay that shot in your mind and think about what you might do differently next time and what you can learn from your shot today.

In this lesson, you'll have the opportunity to practice and apply the 4Rs to your post-shot routine to support you growing through challenges. How you respond to challenges will dictate how well you are able to move through them. Game Changers will discover their inner-strength, continue developing resilience, and find that you are able to dig deep when things get tough.

## Lesson 18 | Embracing Your Identity & Building Confidence

First Tee is committed to Building Game Changers, but what exactly is a Game Changer? If you look at the definition of the phrase itself, a Game Changer is "a newly introduced element or factor that changes an existing situation or activity in a significant way." Who you are and what you bring to the world is valuable. You are significant and have what it takes to be a Game Changer on and off the course. Your unique talents and natural abilities play an important role in who you are and what is possible!

Regardless of your talents and abilities, life will throw challenges your way. First Tee recommends that players utilize STAR to help you build your confidence as you deal with challenges in golf and in daily life. STAR stands for Stop, Think, Anticipate, and Respond.

Here at First Tee, you belong, you matter, and you are welcomed just as you are. As you learn more about yourself through the game of golf, take the time to really think about what is important to you and how you want to respond to a situation.

## Lesson 19 | Respecting & Valuing Diversity

First Tee encourages each of you to be the best version of yourself. You are valued because you are uniquely you. That means that every participant in our program is valued for who they are. As you meet and work together with others, on and off the course, you have the opportunity to respect, value, and appreciate the diversity of who each of you are.

You can do that by:

- Inviting and appreciating other perspectives and learning from them, especially when they are different than your own.
- Celebrating your differences and what each of you can bring to the table as you learn from each other and work together.
- Respecting one another, knowing that your attitude and how you treat others makes a difference.

At First Tee, you have made a commitment to collaborate with others, a skill that you will utilize on and off the course for the rest of your life. Every person you interact with brings something new and distinct to the table. You have the opportunity to appreciate, celebrate, and respect diversity as you learn more about yourself and your fellow classmates, teammates, neighbors, and friends.

## Lesson 20 | Being a Go-To Person & Building a Go-To Team

As you pursue your goals and learn to work through challenges, you will undoubtedly need the support of other people in your life from time to time. Everyone can use some support and knowing who to turn to and who you can rely on is important. At First Tee, we call these people your **Go-To Team**.

You also have the opportunity to be a **Go-To Person**, someone that others can rely on to be supportive when they are facing a problem or feeling frustrated, unhappy, or concerned about something. While you are not an expert or a professional, you can absolutely help your friends and classmates by giving advice and support. We call this peer helping.

It's important to have people around us who will help us make good decisions and use good judgment. It's also important to be a person others can turn to for support and feedback. Find your Go-To Team and be willing to be a Go-To Person