



Car Talk for Birdie Week #5

Today's Core Lesson: Getting to your Goal / Goal Ladders – To reach your goal, you need a plan. Think of your plan as a ladder. You put the easiest steps at the bottom of the ladder and the harder steps towards the top. You climb each step one at a time until you reach your goal. A goal ladder lets you see how far you have come and how far you still have to go. The goal at the top is your outcome goal. The steps on the ladder are your process goals. Performance goals are your achievements and successes for each step of the ladder.

Today's Healthy Habit (s): Family – When family members participate in activities together – share meals, communicate, and establish roles and responsibilities – they are more likely to be successful in achieving their goals and harmony in their daily lives as a family and as an individual.

Vision – In order to make the most of one's unique gifts – talents, characteristics, and abilities – an individual should learn from the past, value the present, and create their vision for the future to ultimately "leave a footprint".

Today's Golf Skills Fundamental: Pre-Shot and Post-Shot Routines / STAR / The 4 R's – Players learn to use STAR to increase awareness of thoughts and emotions. Players learn to use the 4 R's to stay emotionally neutral to an undesirable process or outcome and to store a desirable outcome in their memory. STAR: S = Stop and take a deep breath. T = Think of all your choices. A = Anticipate what could happen (good or bad) as a result of each choice. R = Respond by selecting the best choice of what to do. The 4 R's: Replay – Think about what you did versus what you wanted to do. If they match, then take a moment to enjoy what you did well and store it in your memory. If not, then proceed to the next steps. Relax – Take some deep breaths. Ready – Think about what you will do differently next time. Redo – Imagine yourself doing it better. You can also take a practice swing that matches what you are imagining.

Guiding questions and topics for parents to review with their child:

- What kinds of things did you learn today? About golf? About a core value/core lesson? About a healthy habit?
- Why are pre-shot and post-shot routines important in golf?
- What are the First Tee's techniques for pre-shot and post-shot routines and how do you use them?
- Can you use STAR and the 4 R's in other areas of your life besides golf?

- Have you made any goal ladders for what you want to achieve?
- How do you make a goal ladder and why is it helpful to achieve your goals?