



## **Car Talk for Birdie Week #2.**

**Today's Core Lesson: Setting goals that are positive and important to you. Goals that are stated positively are easier to measure and to reach. Goals must be important to you so that you will work hard to reach them and so that you will feel proud when you do reach the goal.**

**There are four guidelines for setting reachable goals.**

- **Set Goals that are stated in a positive manner.**
- **Set Goals that are important to you.**
- **Set Goals that are specific.**
- **Set Goals that are under your control.**

**Today's Healthy Habit (s): School – Success in School – learning, building relationships, and contributing to the school environment – leads to success in other areas of life.**

**Community – Like the health of one's body, it is important to also explore the health of one's community and discover how one can give back and care for its environment and safety.**

**Today's Golf Skills Fundamental: Body Balance – Balanced start and finish and hold the finish. Putting: 50/50 weight distribution and hold the finish. Chipping: 60/40 weight distribution for start and weight slightly more on target side foot for balanced finish and hold the finish. Full Swing: 50/50 weight distribution and feeling weight on inside of feet for balanced start and weight almost entirely on target side foot for balanced finish and hold the finish.**

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

- **What was fun/challenging/interesting today at The First Tee?**
- **What kinds of things did you learn today? About golf? About a core value/core lesson? About a healthy habit?**
- **How does good body balance help you play better golf?**
- **How does holding your finish help to improve overall balance?**
- **Why is it important to set goals in a positive manner?**
- **Why is it important to set goals that are important to you?**