



Car Talk for Birdie Week #3.

Today's Core Lesson: Setting Goals that are Specific and that are Under Your Control. A goal that is specific says exactly what you want to accomplish so you will be able to measure it and know when you have reached it. Reaching a goal depends on what you can and will do, not on luck or on what someone else may or may not do.

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): Play – A variety of energizing play can help the body to stay strong, lean, fit, and be fun in the process. Sleep, diet, and other forms of re-charging allow one to engage in play on a daily basis. Play also helps to develop imagination and motor skills.

Mind: The mind is a powerful tool for health. One's mind influences his/her emotions and behaviors and can be utilized for self-improvement, building confidence, and maintaining perspective.

Today's Golf Skills Fundamental: Clubface and Ball Contact / Centeredness of Hit – Consistently strike ball with sweet spot of clubface. Strike the ball first and the ground second.

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 ball contact and centeredness of hit help you play better golf?**
- **How does striking the ball first and the ground second help you to improve ball contact?**
- **Why is it important to set goals that are specific?**
- **Why is it important to set goals that are under your control?**