

GOAL-SETTING MATRIX

		PROCESS	RESULT		
SPECIFICITY Allow creativity and autonomy		Increase short-game practice	Break 80	Short	Term
		Improve mental game— work with Mental Scorecard	Lower handicap to 5 or less	Intermediate	Term
		Play as many competitive events as possible	Win club championship	Long	Term

goals in the result column and the way in which you are going to get there in the process column. Periodically review and revise your goal-setting matrix. It's a great way to keep you on task!

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		PROCESS	RESULT		
				Short	Term
				Intermediate	Term
				Long	Term