

## **Dealing with Challenges on and off The Course**

- **Key Commitments**
  - **Growing Through Challenge**
- **Key Terms**
  - **Player**
  - **Caddie**
  - **Opponent**
  - **Outside Agency**
- **Game Changing Behaviors**
  - **State the four guidelines for setting reachable goals and understand their importance when setting them.**
  - **Can write goals that adhere to the four guidelines**
  - **Understand that setting goals can help them improve their skills and achieve things on and off the course**
- **Guiding Questions**
  - **Why are goals important?**
  - **What are the four guidelines for setting a reachable goal?**
  - **What can you learn from the process of setting and working towards your goals?**