

Finding Your Personal Par

Key Commitment:

- **Building Positive Self-Identity**

Key Terms:

- **Red penalty area**
- **Yellow penalty area**

Game Changing Behaviors:

- **Understand that par is a personal measure that varies from one player to another, and each player will work to find their own “personal par” as they discover what they are capable of.**
- **Recognize that par is a standard measure of performance for players on the course and one’s “personal par” can be applied to non-golf tasks and situations to acquire and develop self-confidence on and off the course**
- **Recognize the value of self-confidence and how it contributes to Building positive self-identity**

Guiding Questions:

- 1. How will you use personal par while playing golf?**
- 2. What does it mean to be confident?**
- 3. Why is it important to clean your golf ball?**