

HOW TO SET POWERFUL GOALS TO CHANGE YOUR LIFE



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POWERFUL GOAL SETTING

Set some powerful targets and goals that help achieve what's most important to you and really change your life

If you have felt that your career goals were out of reach, or your 2023 weight loss plan already seems too tough a nut to crack - then I'm delighted that you've downloaded my step-by-step Goal Setting workbook.

I created this workbook to not only help me develop my golf and business targets, but to keep myself accountable for driving through them. And as I have eluded, this system will work for any kind of goal setting.

So take some time to work through each section. Think about what you really want to achieve at each step and be honest with yourself. Remember to get enthused about chasing down those goals, enjoy it because it's important to have dreams and targets that constantly evolve with us.

Smile, get excited and enjoy your journey.



SUMMARY OF THE GOAL SETTING PROCESS

Powerful, achievable goals and targets for you

01

INTRINSIC MOTIVATION

Step 1, why do you do, what you do? What keeps you coming back for more no matter what? This is your intrinsic motivation.

02

OUTCOME GOAL

Step 2, what do you want to achieve and by when? What do you desire in-line with your motivation? This is your Outcome Goal.

03

PERFORMANCE TARGETS

Step 3, what do you need to work on in order to help you achieve your Outcome Goal? Be honest and real. These are your performance targets.

04

PROCESS GOALS

Step 4, what SMART processes are you going to put in place to achieve your performance targets? What will you do, when and where will you do it? These are your process goals.

How this all comes together...

Process Goals are SMART and enable Performance Targets to be achieved. Performance Targets will build towards achieving your Outcome Goal. Your Outcome Goal will feed your Intrinsic Motivation, which is the deep-rooted reason for doing what you do.



STEP 1

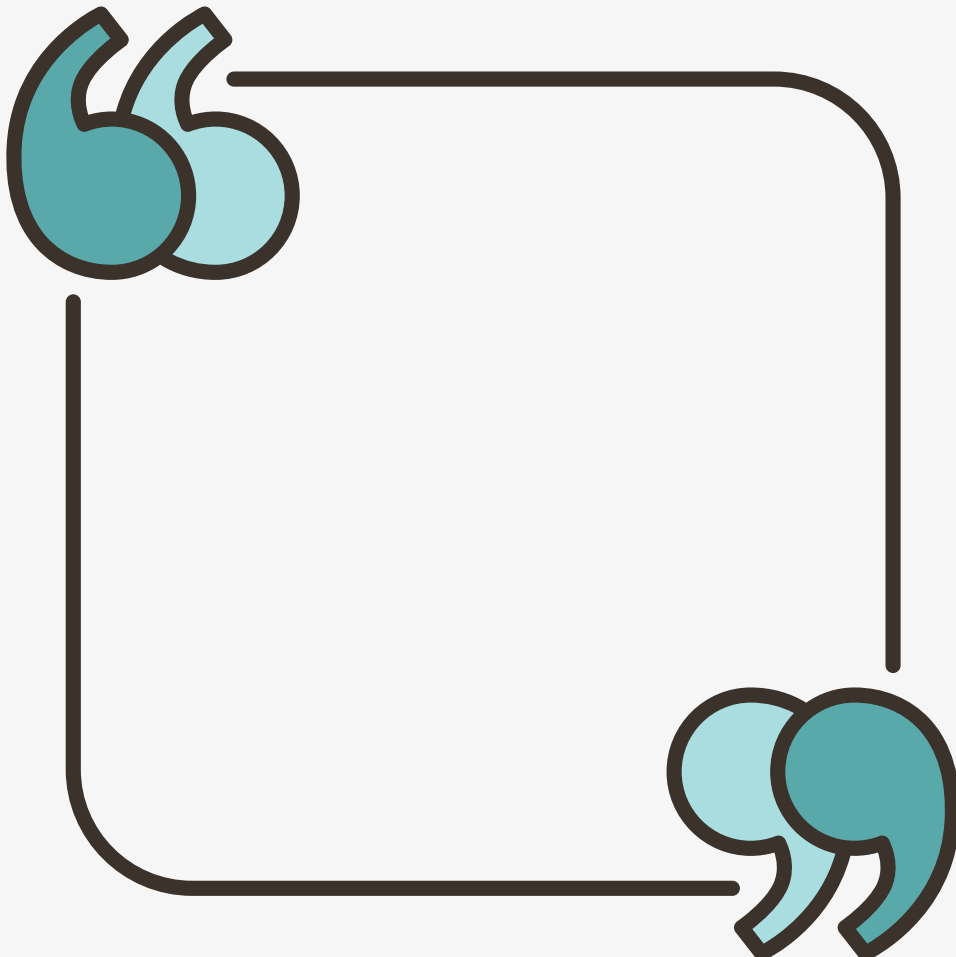
MY INTRINSIC MOTIVATION

Why do I do what I do? Why do I play the game of golf? You may want to get your handicap as low as possible, or to keep improving, it may be to see friends or for exercise. Whatever it is, it lives in your heart and it will keep you coming back no matter how well or how badly you play.

Example** - My Intrinsic Motivation might be to **constantly improve my game

Now have a go at writing what your intrinsic motivation is

My Intrinsic Motivation is...



STEP 2

MY OUTCOME GOAL

What do you want to achieve and by when? This is your overarching goal that feeds the desire that sits at the heart of your intrinsic motivation.

*Example - My Outcome Goal might be to get to **a handicap of 7 by the end of the year***

Now think about what your Outcome Goal is and when you want to achieve it by

My Outcome Goal is...

A large, empty rectangular box with a dark brown border, intended for writing the outcome goal. The box is defined by a thick dark brown line that starts from the top right of the opening quotation mark, goes right, then down, then left, and finally up to the bottom right of the closing quotation mark.

To achieve by (date):

.....

STEP 3

MY PERFORMANCE TARGETS

What do you need to work on to help you achieve your Outcome goal? This is where we take a good, honest look at your situation (life, career, golf game, whatever you're working on) to determine what areas will provide the biggest positive impact to you

Example - My Performance Targets might be:

- ***To hit 75% of Greens in Regulation (GIR)***
- ***To increase my % of made putts***
- ***To work on my mindset to stay in the moment***

Now think about what your Performance Targets could be:

My Performance Targets are...

1)

2)

3)

4)

5)

STEP 4

MY PROCESS GOALS

What SMART processes are you going to put in place to help you achieve your Performance Targets?

Example - My Process Goals might be:

- **Arrive 1 hour early for every round to practice putting**
- **Spend 50% of my time at the range, on my chipping**
- **Improve my game by working with a Mindset Coach**

Now think about what your Process Goals are and be specific. What will you do, where and how often will you do it. Make a commitment to yourself, now.

My Process Goals are...

1)

2)

3)

4)

5)

My Intrinsic Motivation is....

My Outcome Goal is.....

My Performance Targets are.....

- 1
- 2
- 3
- 4
- 5

My Process Goals are.....

- 1
- 2
- 3
- 4
- 5

GET IN TOUCH WITH MATT.



REACH OUT TO ME ANY TIME TO TALK ABOUT HOW I CAN HELP YOU CREATE A POSITIVE MINDSET BOTH ON AND OFF THE GOLF COURSE THROUGH MY ENGAGING 121 COACHING PROGRAMMES

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