

| Annual Performance Targets | |
|---|--|
| In 5 years I would like to say I achieved: | |
| In 12 months I would like to say I achieved: | |
| Specific Performance Targets for the next 12 months | |
| Example Goals | Stroke average 71, hit 65% of fairways, average 29 putts per round, par 18 practice average 21, 6-10ft putting average 80% |
| Goal One | |
| Goal Two | |
| Goal Three | |

Profiler Form

- To achieve your performance goals choose 10 areas that you need to improve on.
- Choose at least 2 key area from each category on the component sheet.

| | Key Areas | Scoring out of 10 | | | | | | | | | | |
|----|-----------|-------------------|---|---|---|---|---|---|---|---|----|--------------------|
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| 1 | | | | | | | | | | | | Where I want to be |
| | | | | | | | | | | | | Where I am today |
| 2 | | | | | | | | | | | | Where I want to be |
| | | | | | | | | | | | | Where I am today |
| 3 | | | | | | | | | | | | Where I want to be |
| | | | | | | | | | | | | Where I am today |
| 4 | | | | | | | | | | | | Where I want to be |
| | | | | | | | | | | | | Where I am today |
| 5 | | | | | | | | | | | | Where I want to be |
| | | | | | | | | | | | | Where I am today |
| 6 | | | | | | | | | | | | Where I want to be |
| | | | | | | | | | | | | Where I am today |
| 7 | | | | | | | | | | | | Where I want to be |
| | | | | | | | | | | | | Where I am today |
| 8 | | | | | | | | | | | | Where I want to be |
| | | | | | | | | | | | | Where I am today |
| 9 | | | | | | | | | | | | Where I want to be |
| | | | | | | | | | | | | Where I am today |
| 10 | | | | | | | | | | | | Where I want to be |
| | | | | | | | | | | | | Where I am today |

Profiling Components Sheet

| Technical | Tactical / Organisation | Mental / Lifestyle | Physical / Nutrition |
|--|--|--|--|
| <ul style="list-style-type: none"> • Set up • Backswing • Downswing • Putting ball in play • Fairway woods • Approach shots/irons • Holing out • Putting medium • Putting long • Pitching 20-50 • Pitching 50-80 • Pitching 80+ • Chipping • Lob • Green Recovery shots • Bunker shots | <ul style="list-style-type: none"> • Tournament Prep • Put ball in play • Know distances • Decision making • Rest & Recovery • Game Strategy • Plan B • Win Ugly • Stock shot • Practice routine • Practice planning • Par 3's • Par 4's • Par 5's | <ul style="list-style-type: none"> • Thrive in pressure • Positive response • Confidence • Self-belief • Attitude • Focus • Concentration • Emotional control • Winning Mentality • Anger / Frustration • Motivation • Body Language • Intensity control • Discipline • Despondency • Determination • Coping with tough times • Routine • Self-talk • Optimism • Enjoyment • Self-awareness • Self-evaluation | <ul style="list-style-type: none"> • Flexibility • Strength • Bleep test • Endurance circuit • Balance • Stability • Train technique • Rest • Sleep • Active recovery • Cooking skills • Pre round energy • Nutrition plan • Injury management • Rehab completion |

Short Term Process Goal Planning

- Write down your top 3 key areas which are the most urgent and you will address during the next weeks

| |
|-----------------|
| Process Goal 1: |
| Process Goal 2: |
| Process Goal 3: |

| Process Goals | Current Level (Description) | Target Level (Description) | Action Points |
|---------------|--------------------------------|-------------------------------|---------------|
| | | | |
| | | | |
| | | | |

Process Goal Reviewing and Achievement

Date of Review:

| Skill / Activity | Level Rating (1-10) | Specific Goal | Strategy | Target Date |
|------------------|------------------------|---------------|----------|-------------|
| | | | | |