

Core to Score

The Ultimate **Golf Fitness** Key
to **Unlocking** Lower Scores

- 
- Hit the Ball Further
 - Eliminate Low Back Pain
 - Gain More Control
 - Increase Endurance

Christian Henning,
NASM-CPT

“Goals are just dreams until you develop a plan and take action.”

- Christian Henning

What would you say if I gave you a strategy you can use to beat your buddies during league matches, gambling games, and even outdrive your playing partners?

This is the same strategy that the top players use to compete...

...one your competition is too lazy to do...

...one your competition refuses to do...

...one that is simple, effective, easy to execute.

Heck, this strategy is a secret the MOST SUCCESSFUL people use. I'm betting you already used this process at some point in your life (done-for-you by someone else).

I'll reveal the concept below and the full method in this Goal Setting Guide... but first, here's a real life example of this process in action.

[-----PROOF FOLLOWING A PLAN BRINGS SUCCESS-----]

You may have seen on our Facebook page, our good friend and client Donnie Parker used this same exact method to qualify for the Re/Max Long Drivers World Championships.

Back in May, Donnie bought the 30 Yards or More in 30 Days or Less System. Donnie did his due diligence though and took his time in deciding if the program was right for him. Deep down, he knew he needed an edge.

He had emailed me in early February asking me the following question:

Donnie Parker February 12, 2013 7:33 AM
To: cs@getgolffit.com
Question [Inbox - Getgolffit 1](#)

I am a Long drive professional looking for more power. How can this program do that for me being that I am already around 140mph club head speed?

Thanks,
Donnie Parker

I answered his question with a question (sneaky Jedi mind trick I use):

Christian Henning <cs@getgolffit.com> February 12, 2013 8:53 AM
To: Donnie Parker
Re: Question [Sent - Getgolffit 2](#)

Donnie,

Let me answer your question with a question.

Do you think you are at your full athletic potential? Meaning, are you in the best possible shape you can be in?

If so, then my program is probably not for you as it wouldn't help you. But if you aren't in the best shape you can be in, then it could certainly help you.

The best players in the game all have strength and conditioning coaches and are religious with their exercise programs.

Chris

Donnie admitted he wasn't in the best shape possible. Then, just the other day. Donnie emailed again and mentioned he had just qualified for the Re/Max World Long Drive Championships. He even made it on his local news!

 **Golf Fitness**
about a minute ago

Jul 31, 2013 10:34pm
I wanted to give a very PROUD shout out to Donnie Parker. He just qualified for remax long drive championships!! Let's get behind him and throw him some support.



Like · Comment · Share

 Write a comment... 

 **Golf Fitness** PS – The "30 yards in 30 days" workout has gotten my body ready for competition. Just over 2 months of use and I am headed to the world long drive championship.

Thanks,
Donnie Parker
Like · Reply · a few seconds ago

Boost Post ▼

This brought a huge smile to my face.

I can't and won't take all the credit. Donnie has an AMAZING wife. She showed him the encouragement and belief that he could do this.

With her support and a plan... Donnie went to work.

Donnie worked for two months using the 30 Yards system... He did the stuff his competition refuses to do.

I'll be honest and admit that the guys at the TOP are willing to do these things. Donnie is going to compete against the best of the best soon. These guys will all have their A-Game rolling.

However, my money is on Donnie... I plan on attending the championships on Vegas to cheer him on.

[-----/PROOF FOLLOWING A PLAN BRINGS SUCCESS-----]

Now...

The method?

Advanced Goal Setting. *Let me explain.*

Most golfers already know what they want to achieve with their golf game...

- Outdrive buddies on the weekend
- Win head-to-head league matches
- Get fit to be more competitive

- Lower their handicap

The good news is, you can achieve all of these goals, **fairly easy**.

I've found that most people live in the dream world. They talk about doing great things, but never develop a map of how to get there. Worse, they never take action.

Maybe they are just overwhelmed?

-To outdrive your buddies, you need to know how you are going to get there.

-To beat your buddies head-to-head, that's going to require some planning.

-To become more fit so you are more competitive, again, a road map is needed.

Action must be taken.

Your homework for tonight is to day-dream about your goals...ask yourself the following questions.

Where are your currently?

Where do you want to go?

Tomorrow, come back and read the rest of this Goal Setting Guide. You can put to paper what you have determined are your goals **AND** dreams.

Chris Henning

Why Set Goals?

I'll be upfront and honest with you right now - I've written down a lot of goals I've never achieved. The goals at the time seemed to be grand and unreachable and eventually I gave up believing I could never succeed. I felt like a failure and just moved on to the next unreachable goal. However, I eventually learned from these planning mistakes. I've learned over time that setting a seemingly unachievable goal ***is achievable*** if gone about the right way.

Research shows that people who write down goals as opposed to those that don't have a higher success rate. I'm not arguing with that at all. A goal looks great on paper – but you ***MUST BELIEVE YOU CAN ACHIEVE IT.***

How do you get to the point of believing you can achieve a seemingly impossible goal? Perhaps you've tried everything under the sun to lose fat, gain muscle, or just be consistent in your backswing. Perhaps you have failed every time? This little guide will help you find the barriers that have stopped you and get you moving.

To believe you can achieve your goals you must have a thorough plan. Perhaps before you were not completely prepared for certain situations you were placed in and didn't know how to react? Holidays are a good example... How do you handle avoiding bad foods and minimizing or eliminating weight gain? You simply make a **PLAN** on how to handle this

situation. Being prepared for any situation makes the goal *easier* to achieve.

My point is that you have to **PLAN THE LITTLE THINGS** and work toward your goal every day. Baby steps. Writing down the little tasks that add up to reaching your goal is the key here and then follow through. You must **DO** the little things every day to reach your goal. So when planning out your goals, think about all of the underlying steps that will get you there and write them down. Let me say it again - ***You must PLAN the little things to reach your goal.***

"Whoever wants to reach a distant goal must take small steps."

Helmut Schmidt

Your goals must have a distinct target or end-point. Work each day towards your goals by doing the **SMALL STEPS** that facilitate reaching the goal. These must be easy to check off each day such as Take My Vitamins, Avoid Soda, and Practice Putting for 30 Minutes. You cannot simply say lose weight or gain energy. Make the **Small Steps** very clear and specific.

Set your dream goals, roll up your sleeves, and plan the small steps that will get you there. Achieving the goal will be automatic if you check off each of your small steps on a daily basis. Follow the instructions you set for

yourself and then get on with your life. Success really is this easy; planning this success is the fun part.

I caution you to be realistic in terms of setting a time frame. If you are hitting banana slices a gorilla would be proud of, correcting your body imbalances will take time to help you achieve a nice slotted golf swing. Stay on task, check off your daily task list and keep moving toward the goal.

Goal Setting Worksheets

You must be honest with your short-term daily tasks as you plan for achieving your goal. Be realistic on what you CAN do. Don't list tasks you HOPE you can do.

Revisit your goal and daily tasks every two weeks and make adjustments. Try adding in a new task if you have succeeded performing 80% of a given daily task. If you are failing an assigned daily task, why are you failing? Can you make a slight adjustment to make achieving this task easier each day?

1. Create a long-term goal realistic goal, and the underlying short-term tasks that will bring daily success.
2. Create specific short-term tasks that work toward achieving your long-term goal.
3. Review your goals on a daily basis. Make your list of goals accessible, so that you can review it on a regular basis. Frequent reminders will help keep you on track.
4. Review your goals and daily tasks every two weeks and make adjustments.

Anthony Robbins, one of the greatest self-help guru's of all time suggests you make a contract with yourself. Pledge your full commitment to your goals and the process of daily short-term tasks that will help you stay on target.

1. **Print this worksheet.**
2. **Fill it in.**

3. Sign the contract.
4. Post it on your wall.
5. Take action.

Where are you?

Where do you want to go?

How are you going to get there?

I need to do something.

What is it I need to do?

List 7 action items that you can do immediately to help you achieve your goal:

1. _____
2. _____
3. _____

4. _____

5. _____

6. _____

7. _____

Commit to the following steps:

- Print out your goal checklist.
- Check off each of your action items only AFTER they have been completed.

Signature: _____

Date: _____