

Player: **the mindful golfer** \_\_\_\_\_

Competition: 'achieving my full potential on and off the course' Date: \_\_\_\_\_



**Golfing Stress Test Score** - before: \_\_\_\_\_ after: \_\_\_\_\_ **Handicap** - before: \_\_\_\_\_ after: \_\_\_\_\_

	Hole	The PRACTICE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	W L H	
The BASICS	1	Start with a P.A.R.																				
	2	Get a GRIP																				
	3	Contents of CONSCIOUSNESS																				
Moving ON	4	Coming to your SENSES																				
	5	Mind the GAP																				
Getting AHEAD	6	Nip it in the BRAIN																				
	7	Protecting the SELF																				
	8	Passion for the PROCESS																				
The TURN	9	Focus, focus, FOCUS																				
	10	Stepping into FLOW																				
	11	Mind your LANGUAGE																				
Bringing it BACK	12	Remember the RULES																				
	13	A Hero's JOURNEY																				
	14	Integrate, interesting INFORMATION																				
Coming HOME	15	Let it BE, Let it GO																				
	16	Adjust your THERMOSTAT																				
	17	Accentuate the POSITIVE																				
	18	Finish in the S.P.A.																				
	19	REFLECTIONS																				

Notes to SELF: \_\_\_\_\_

Player's Signature: \_\_\_\_\_