

PRE-PERFORMANCE ASSESSMENT

This assessment is designed to be filled out/thought about prior to competition. Completing this assessment prepares the brain to take on the psychological challenges ahead. View this assessment as your "Mental Warmup."

What is my mental goal today?

To swing freely and commit to my target. Not try to protect a good score or be distracted by what can go wrong. If I can be clear and pursue what I want to happen knowing failure is also possible and accepting it, then I have met my goal.

What distractions (external & internal) keep you from attaining this goal?

Examples: External-competition, playing surfaces, weather & Internal-fear, anger, dwelling, overthinking

External:

Course conditions, playing competitors, distracting noises

Internal:

Worry about my score and results, Becoming angry and criticizing myself over every little and big mistake, Trying to control outcomes with will power instead of letting things happen, Worry about what others think of me as a golfer and trying to protect my ego/identity

How do these distractions impact my ability to perform with stable confidence?





When I am distracted my brain is in the past or future. When this happens my brain and body go into avoidance mode where I play safe, scared, angry and overall worse. My decisions get worse, my feel and touch get worse, my ability to be resilient decreases, and I try to guide shots and force outcomes instead of committing to my plan and going for it.

What will I do today to manage these distractions and return to the present moment?

Be mindful how these distractions are a result of my brain trying to help me get what I want even though they take me farther away from my performance goals. My first step is to recognize when they are happening in real time (AWARENESS). Next I have to remind myself how and why I can accept the things my brain is trying to avoid (ACCEPTANCE). Lastly I place my intention in the present moment and give my brain clear direction on what I want to do and how I want to do it. For example: I want to hit a low ball on the

right side of the green. I want to execute this with full freedom and commitment.



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