

# Off Target



**Focus**


Automatic:

Intentional:



Coach Carnes  
(317) 557-3022



  
**Emotions**

Automatic:

Intentional:


**EVENT:**

**Self Talk**

Automatic:

Intentional:



  
**Body**

Automatic:

Intentional:



## My Game Plan

**WHEN THIS HAPPENS**

**I WILL DO THIS**

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# Off Target



Coach Carnes  
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**Focus**

Automatic: United State Am Qualifier

Intentional: Pre-shot routine

**Emotions**

Automatic: Nervous, tight, tense

Intentional: Calm, confident, in-control

**EVENT:**  
Mid Iron  
185-220 yd  
w/ penalty ar.  
left of green

**Self Talk**

Automatic: "Not this again..."

Intentional: "I put in the work, I put in the time, I'm the best golfer in the country"

**Body**

Automatic: Shaky hands, sweaty palms, tight shoulders

Intentional: 8-2-7 | FMR

## My Game Plan

WHEN THIS HAPPENS	I WILL DO THIS
On my way to a short iron shot...	Say Go-To Statement
Set my bag down and take out my club...	Breathing and FMR
Once my routine starts...	Maintain focus on next step, DO NOT GO BACKWARDS
When I get off target...	Show grace, get back on target