









MENTAL TOUGHNESS

Event:				 Emotions
AUTOMATIC				
INTENTIONAL				

PHYSICAL TOUGHNESS

Event:				 Emotions
AUTOMATIC				
INTENTIONAL				

BODY LANGUAGE

WHAT:

WHEN:

CHARACTER

WHAT:

WHEN:

MENTAL TOUGHNESS

	Worst				Best
Overall	1	2	3	4	5
Bad Shot	1	2	3	4	5
Bad Hole	1	2	3	4	5
Bad Round	1	2	3	4	5
Lineup Surprise	1	2	3	4	5
Total: _____/25					

NOTES:

PHYSICAL TOUGHNESS

	Worst				Best
Overall	1	2	3	4	5
End of Round	1	2	3	4	5
Long Tournament	1	2	3	4	5
Freezing Cold	1	2	3	4	5
Scorching Heat	1	2	3	4	5
Total: _____/25					

BODY LANGUAGE





	Worst				Best
Overall	1	2	3	4	5
Positive Emotion	1	2	3	4	5
Confidence	1	2	3	4	5
Opponents	1	2	3	4	5
Teammates/Coaches	1	2	3	4	5
Total: _____/25					

CHARACTER




	Worst				Best
Cut Corners	1	2	3	4	5
Permission	1	2	3	4	5
Build Culture	1	2	3	4	5
Trust, Cohesion, Coop.	1	2	3	4	5
Lead By Example	1	2	3	4	5
Total: _____/25					



MENTAL TOUGHNESS

Event: <i>FIVE FT PUTT</i>	 Focus	 Self Talk	 Body	 Emotions
AUTOMATIC	<i>NUMBER SIX HAWTHORN LAST YEAR</i>	<i>YOU ARE GOING TO MESS THIS AGAIN...</i>	<i>SHAKY HANDS, SWEATY PALMS, TIGHT SHOULDERS</i>	<i>ANXIOUS, UNCONFIDENT, DOUBTFUL</i>
INTENTIONAL	<i>PRE-SHOT ROUTINE, WHAT IS NEXT?</i>	<i>I PUT IN THE TIME, I PUT IN THE WORK, I GOT THIS!</i>	<i>MY BREATHING PLAN, TIGHTEN AND RELAX</i>	<i>CONFIDENT, IN-CONTROL</i>

PHYSICAL TOUGHNESS

Event: <i>SCORCHING HEAT</i>	 Focus	 Self Talk	 Body	 Emotions
AUTOMATIC	<i>I'M HOT, I'M SWEATY, I'M MISERABLE</i>	<i>ARE WE DONE WITH THIS YET?</i>	<i>MOUTH DRY, SOAKING WET, HEART RACING</i>	<i>DOWN, UNCONFIDENT, TIRED</i>
INTENTIONAL	<i>PRE-SHOT ROUTINE, WHAT IS NEXT? FAKE IT!</i>	<i>I CAN, I WILL!</i>	<i>HYDRATION PLAN, BREATHING,</i>	<i>CONFIDENT, IN-CONTROL</i>

BODY LANGUAGE

WHAT:

*LOOK AT THE HIGHEST POINT
DOWN THE FAIRWAY*

LOOK AT THE TOP OF THE FLAG STICK

WHEN:

AFTER A BAD TEE SHOT

AFTER A BAD CHIP

CHARACTER

WHAT:

FINISH MY PUTT FINISHER DRILL

*HOLD TEAMMATES ACCOUNTABLE ON
THE RANGE*

WHEN:

EVERY PRACTICE

DURING PRE-PRACTICE WORK

