



## Mental Game Scorecard

### Process Goals: Analytical Phase

#### Full shot

- 1 Landing Distance
- 2 External Factors
- 3 Internal Factors
- 4 Commit

#### STAY IN THE PRESENT - forget about everything else!

conservative-aggressive | consider rollout | manage the miss

lie | wind | elevation | hazards & trees | visibility

nerves | fatigue | headspace | swing feel | soreness

visualize | trust | don't question | accept the outcome

Hole	1	2	3	4	5	6	7	8	9
Process									

Name:

Date:

Process Score



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