

**WELCOME**

**Master Your Golf Brain**

*Your Intro to the System  
Powered by My Mental Caddy™*

## Hey, I'm Kathy — Welcome In

**I want to start by saying this: the fact that you're here means something.**

You didn't buy another driver. You didn't book another lesson. You didn't try to fix your swing for the hundredth time.

**You decided to work on the one thing that's actually been costing you shots — your brain.**

And that's a big deal.

Because most golfers never make that leap. They keep blaming their swing, their clubs, their lies, their luck. They keep trying to fix things that aren't actually the problem.

**You're not one of those golfers anymore.**

So let me tell you what to expect from here.

## What's Ahead

You have **11 modules** ahead of you. Each one builds on the last.

We're going to cover:

- Why golf is mental (and how to know if this is really your issue)
- How your brain actually works (spoiler: it's not broken)
- Your preferred state — calm, certain, or confident
- What to do with emotions when they show up
- What you can and can't control
- STEAR — the framework you'll use forever
- Process — the four containers where everything happens
- Pre-shot, post-shot, pre-round, and post-round processes

**By the end, you're going to have a complete system for managing your mind on the golf course.**

**Not theory. Not motivation. An actual, repeatable process.**

## How the System Works

Here's how this is all going to work.

Each module has:

**Audio** — listen while you drive, walk, or sit in your cart before a round.

**Video** — if you'd rather watch me teach it, that's there too.

**Transcripts** — download the full transcript for every module if you want to read, highlight, or take notes.

**Tools in the app** — this is where it becomes a skill. The app is where you actually use what you're learning.

You'll have:

- 120 Power Thoughts organized by situation
- Pre-Round Prep (the Junk Drawer process)
- Post-Round Evaluation
- STEAR worksheets
- Mental Golf Index (MGI) — track your mental game score over time
- Notes & Brain Dump section
- Progress tracking

**Your AI Coach** — when you're stuck and don't know what to do, you can ask. It's like having me in your pocket during a round.

## Quick Tour of the App

Before you dive into Module 1, let me show you around real quick.

**Notes & Brain Dump** — This is your space. Jot down insights as you go through the modules. Brain dump before a round when your head is cluttered. Capture "aha moments" during or after a round. Write it down. You won't remember it otherwise.

**Resources Tab** — Check this regularly. That's where all the bonus content lives — downloadable guides, worksheets, PDFs of every module transcript, the Mental Prep Protocol, the full 120 Power Thoughts list, podcast episodes that go deeper on specific topics. I'm always adding new stuff in there.

**Mental Golf Index (MGI)** — This is how you track your mental game over time. Think of it like your GHIN, but for your brain. Log every round — casual and tournament — and watch your

mental handicap improve as you go through the system. (There's a full guide video on how to use the MGI if you want to dive deeper on that.)

## How to Pace Yourself

Here's my suggestion:

### **Don't binge it.**

I know that's what we do with courses now — rip through all the content in a weekend and feel like we learned it.

### **That's not how this works.**

Mental skills are like golf swings — they have to be practiced. Not just learned.

So here's what I recommend:

- Do 1-2 modules per week
- Complete the action step after each one
- Use the tools between modules, not after all of them
- Play at least one round between modules if you can
- Log every round in the MGI

This gives your brain time to absorb, practice, and apply what you're learning.

**Remember — you're building a skill, not just collecting information.**

## The Right Mindset

Before you start Module 1, I want you to know a few things:

### **1. Awareness comes first.**

The early modules are about noticing — not fixing. Don't try to change anything yet. Just watch what's happening in your brain. The changes come naturally once you can see what's actually going on.

### **2. You're not going to be perfect.**

You're going to forget your Power Thoughts. You're going to spiral after a bad shot. You're going to revert to old patterns. **That's okay.** Every round is data. Every round is practice. The goal isn't perfection — it's progress.

### **3. Be curious, not critical.**

Don't beat yourself up when you notice your brain doing unhelpful things. Just get curious. "Oh look — there's my brain doing that thing again." That curiosity is what creates change.

### **4. Use it everywhere.**

This isn't just a golf skill. It's a life skill. The better you get at managing your brain off the course, the better you'll be at managing it on the course. So take these tools into your job, your relationships, your workouts — everywhere.

## **Your First Action Step**

Before you start Module 1, do one thing:

### **Think about your last round.**

Where did your brain get in your way? Not your swing. Not your lies. Not the wind. **Your brain.**

Just name it. Write it down in the Notes section.

Because we're about to build the system that handles that exact moment — and every moment like it.

## **Alright. That's It.**

### **You have everything you need.**

Between the modules, the Power Thoughts, the app tools, the MGI, and the AI Coach — this is a complete system.

### **The only thing left is for you to use it.**

So let's go.

### **Open Module 1 when you're ready.**

**Welcome to the Mental Caddy System. Let's get to work.**

— *Kathy*

*Continue to Module 1: Why Golf Is Mental*