

MODULE 10

Pre-Round Process

*Part of the Master Your Golf Brain System
Powered by My Mental Caddy™*

Introduction

Alright, let's talk about what happens before you even get to the course.

Most golfers just show up, pull their clubs out, and hope it's gonna be a good day. They warm up if they have time, walk to the first tee, and then they're just reacting to whatever their brain throws at them.

That's not a process. That's hoping.

And look, if you're just playing a casual round with friends — totally fine. Go have fun.

But if you're about to play in something that matters to you? A tournament. A club championship. An important match. Whatever it is — you need to prepare your mind before you play.

Here's why: Your brain is already producing thoughts about that round. Whether you know it or not. Thoughts about the course, the weather, who you're playing with, how you've been hitting it.

And if you don't manage those thoughts, they manage you.

You show up to the first tee already anxious. Already doubting yourself. Already carrying mental baggage you didn't need to bring.

This module is about how to clean that up before you play so you can start in your preferred state instead of trying to find it three holes in.

The Junk Drawer

I want you to think about the junk drawer in your house. You know the one — full of batteries, broken pens, old takeout menus, random change, stuff you've just been shoving in there for months.

Your brain can be like that too.

We have 60,000 thoughts a day. And most of us have what I call mismanaged minds — we're not cleaning out the junk. We're just letting it pile up.

So before a round that matters, we're gonna clean out the junk drawer.

Here's how.

Step 1: The Brain Dump

You're gonna take out a piece of paper — or open the app and go to the Pre-Round Prep section.

And you're gonna dump every thought you have about the upcoming round.

Don't filter. Don't organize. Just get it all out.

Write about:

- The golf course
- The tournament or format
- Specific holes that worry you
- The weather
- Who you're playing with
- How you've been hitting it
- How you feel physically
- Anything that happened earlier in the day

Your brain's gonna go all over the place. That's fine. You might write about the course, then what you're having for lunch, then back to the course. That's what brains do. Just write it all down.

The goal is to see what's actually taking up space in your head.

Step 2: Notice What Doesn't Serve You

Now you're gonna look at what you wrote and notice which thoughts aren't serving you.

Let me give you some examples.

Example 1: "It might rain. I don't play well in the rain."

That thought doesn't serve you. If you go into the round with that, the minute a drop of rain falls, your brain's gonna say, "See? You don't play well in the rain." And now you're gonna play worse because you've told your brain to.

Example 2: "I got paired with Betty. She talks too much."

Okay. Does that thought serve you? No. If you keep it, the minute Betty starts talking, you're gonna get annoyed. And when you're annoyed, you make swings you don't like. Which makes you more annoyed. And now you're blaming Betty for your round.

Example 3: "The greens just got aerated. I hate putting on aerated greens."

Nobody puts well on aerated greens. They're bumpy. That's just reality. But if you don't clean up that thought, every time you three-putt or miss a putt, your brain's gonna blame the greens. You're gonna get frustrated. And that frustration's gonna stick with you.

See what's happening?

These thoughts create negative emotions — pressure, anxiety, annoyance, frustration — and those emotions create bad swings and bad results.

So we gotta clean them up.

Step 3: Clean Up Your Thoughts

For each thought that doesn't feel good, ask yourself:

Is this thought serving me?

Does it make me feel calm, certain, or confident? Or does it create pressure, doubt, or frustration?

If it doesn't serve you, you've got two choices:

1. **Let it go.**
2. **Shift it to something that feels better.**

You don't have to love the situation. You don't have to like chatty Betty or aerated greens. You just need to think something that doesn't ruin your round.

Let's go back to those examples and clean them up.

Example 1: Rain

Instead of "I don't play well in the rain," try: **"Everybody has to play in the same weather. I've played in tough conditions before and handled it."**

That feels lighter. You're not pretending you love the rain. You're just reminding yourself it's not a big deal.

Example 2: Chatty Betty

Instead of "She talks too much and it's gonna annoy me," try: **"I can manage myself around Betty. I'm gonna stay focused on my process no matter what she does."**

Again — you don't have to like her. You just need to manage your own brain so she doesn't get in your kitchen and mess with your round.

Example 3: Aerated Greens

Instead of "I hate putting on aerated greens," try: "**Everybody has to putt on these greens. I'm just gonna do the best I can.**"

See the difference? Small shift. Big impact.

Step 4: Decide Ahead of Time

Once you've cleaned up your thoughts, **make decisions about the things you can control.**

Equipment: Are you taking all 14 clubs? Are you leaving the 3-wood out because you don't trust it? Decide now — not on the first tee.

Strategy: If there's a hole you always struggle with, decide ahead of time how you're gonna play it. What's your smart play? What's your conservative option?

What you're gonna think about things you can't control: Decide ahead of time what you're gonna think when those things show up.

Weather? "**It's the same for everyone.**"

Slow play? "**I'm gonna use the extra time to stay loose and focused.**"

Playing with someone you don't know? "**This is a chance to meet someone new.**"

Decide now. Because when you decide ahead of time, you don't waste energy on the course arguing with reality.

Step 5: Power Pocket Thoughts

The last thing you're gonna do is choose 2-3 **Power Pocket Thoughts** — thoughts you can lean on during the round when your brain starts going negative.

These should be:

- Personal to you
- Based on past experiences (not fake affirmations)
- Focused on your process

Examples:

- "One shot at a time."
- "I've handled worse."
- "Trust my process."
- "Stay calm, stay present."
- "I belong here."

Write them down. Put them on a card in your golf bag. These become your go-to thoughts when things get hard.

Putting It All Together

Here's what your pre-round process looks like:

1-2 days before the round:

- Do the brain dump
- Notice which thoughts don't serve you and clean them up
- Make decisions about equipment, strategy, and what you'll think about things you can't control
- Choose your Power Pocket Thoughts

Morning of the round:

- Review your Power Pocket Thoughts
- Remind yourself what you've decided to think about things you can't control
- Set your intention: "Today, I'm gonna follow my process and stay in my preferred state as much as possible."

That's it.

You're not trying to be perfect. You're not trying to eliminate all nerves.

You're just setting yourself up to start in your preferred state instead of trying to find it on the course.

Key Takeaway

Pre-round process is about cleaning out the mental junk before you play.

Dump out your thoughts. Notice which ones don't serve you. Clean them up or let them go.

Decide ahead of time what you're gonna think about the things you can't control.

And when you do that, you show up to the first tee calm, certain, and confident.

Action Step

Before your next round — at least 1-2 days before — go to the app and complete the Pre-Round Prep section.

Do the brain dump. Clean up your thoughts. Make your decisions. Choose your Power Pocket Thoughts.

Write them down. Review them the morning of your round.

And notice how different it feels to show up to the first tee when you've already done the mental work.

You're not hoping for a good day. You're set up for one.

Continue to Module 11: Post-Round Process