

MODULE 11

Post-Round Process

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

Introduction

Alright, we've made it to the final module. And this one might be the most important of all.

Because here's what most golfers do after a round:

They walk off 18, toss their scorecard in the trash, and either beat themselves up for three days or completely dismiss the round and move on.

Neither of those approaches makes you better.

In this module, we're going to talk about post-round process — what you do after you finish to turn every round into a learning opportunity.

Because post-round reflection is where you get better, faster.

Why Post-Round Reflection Matters

Here's the thing: **every round you play is data.**

Every round shows you something about how you manage your mind, how you handle pressure, how you reset after bad shots, and where you still need to improve.

But most golfers never extract that data. They just react to their score.

- Shot 75? "I'm terrible."
- Shot 85? "I'm a fraud."
- Shot 95? "Why do I even play this game?"

That's not reflection. That's just drama.

Post-round reflection is where you become a **scientist, not a drama queen.**

You look at the round objectively. You ask good questions. You identify what worked and what didn't. And you decide what you're going to do differently next time.

That's how you get better.

The Three-Step Post-Round Review

Here's the process. It's simple. And it's powerful.

After every round — especially rounds that matter to you — you're going to ask yourself three questions:

- What went well?
- What didn't go well?
- What will I do differently next time?

Let's walk through each one.

Question 1: What Went Well?

This is where most golfers skip straight past and go to what went wrong.

Don't do that.

You need to identify **what you did well** — not just shot-wise, but **mentally**.

Because when you identify what worked, you can do more of it next time.

Here's what you're looking for:

When did you manage your mind well?

- When did you reset effectively after a bad shot?
- When did you use a Power Thought and it helped?
- When did you stay composed even though something frustrating happened?
- When did you follow your process instead of reacting?

Examples:

- "I felt nervous on the first tee but used my breathing technique and hit a solid drive."
- "I hit it in the bunker on 7 but didn't beat myself up. I said 'Next shot' and got up and down."
- "I was frustrated about slow play but reminded myself I can't control it, and I stayed patient."
- "I used 'Pick it. Commit. Swing.' before every shot on the back nine and felt more in control."

Write these down.

Because these are the things you want to repeat. These are the mental tools that are working for you.

Question 2: What Didn't Go Well?

Now, here's where you get to look at what didn't work.

But again — be a scientist, not a drama queen.

You're not looking to beat yourself up. You're looking to **identify patterns**.

Here's what you're looking for:

Where did emotions, distractions, or negative thoughts get the best of you?

- When did you carry frustration for multiple holes?
- When did you start second-guessing yourself?
- When did you let something you can't control affect your game?
- When did you forget to use your process?

Examples:

- "I was annoyed by slow play on the front nine and let it ruin my focus."
- "I hit it in a divot on 12 and spent the next three holes complaining about it in my head."
- "I started thinking about my score on 15 and got tight."
- "I didn't use my Power Thoughts after bad shots — I just reacted and stayed frustrated."

Write these down too.

Be curious, not critical.

Ask yourself: What pattern do I notice?

Do you tend to fall apart after one bad hole? Do you struggle with slow play? Do you get in your own way when you're playing well?

Patterns are where the learning is.

Question 3: What Will I Do Differently Next Time?

This is the most important question.

Because this is where you turn the round into progress.

You're not just identifying what went wrong. You're deciding what you're going to do about it.

Here's the key: **choose ONE specific area to adjust for your next round.**

Not three. Not five. One.

Examples:

- "Next time I get a bad lie, instead of getting frustrated, I'll remind myself that bad lies are part of golf. I'll say 'That's golf' and decide what kind of shot I can hit from there."
- "Next time I feel my brain starting to think about my score, I'll redirect to 'One shot at a time' and focus on my next shot."
- "Next time I'm in slow play, I'll use the extra time to stay loose, practice my breathing, and review my Power Thoughts instead of getting annoyed."
- "Next time I hit a bad shot, I'm going to use my post-shot process: Notice the emotion, allow it for 60-90 seconds, choose a Power Thought, and reset before the next shot."

Pick one. Write it down.

This becomes your focus area for your next round.

Avoiding the Drama Queen Trap

Here's what we're NOT doing in post-round reflection:

- "I suck."
- "I can't do anything right."
- "I'll never get better at this."
- "That round was a disaster."

That's drama. That's not useful.

Here's what we ARE doing:

- "I handled the first tee nerves well. That's progress."
- "I struggled with slow play. That's an area I can work on."
- "I noticed I got tight when I started thinking about my score. Next time, I'll redirect to 'One shot at a time.'"

See the difference?

One is judgment. One is learning.

We're scientists. We're gathering data. We're identifying what works and what doesn't.

And we're using that data to get better.

The Post-Round Reflection Habit

Here's how to make this a habit:

Immediately after your round — or within a few hours — go to the app and find the Post-Round Evaluation section.

Answer the three questions:

- What went well?
- What didn't go well?
- What will I do differently next time?

Don't skip this.

I know you're tired. I know you just want to move on.

But this is where the growth happens.

Five minutes of reflection can save you months of repeating the same mistakes.

Training Your Tournament Brain

Here's the truth: **every round is training.**

Every round is an opportunity to practice managing your mind under pressure.

Some rounds, you'll do it well. Some rounds, you won't.

That's okay.

The goal isn't perfection. The goal is progress.

And the only way to make progress is to reflect on what happened, identify what you learned, and decide what you're going to do differently next time.

That's how you train your tournament brain.

Not by hoping you'll do better. Not by beating yourself up.

By learning. By adjusting. By refining your process.

Building Your Toolkit

Here's what you're doing with this post-round process: **you're building your toolkit.**

Every round, you're discovering what works for you. What Power Thoughts help you reset. What process keeps you calm under pressure. What strategies help you manage slow play or bad bounces or nerves.

You're becoming the solution.

Not me. Not a coach standing next to you. Not a book or a podcast or someone else's system.

You.

Because when you can look at a round, identify what went wrong, and know exactly what to do differently next time — **that's power.**

That's self-leadership.

That's you guiding your brain.

And the more you do this, the more tools you have. The more processes you build. The more situations you know how to handle.

You become your own mental caddy.

And that's incredibly empowering.

What's Next

Now, this course — these 11 modules — this is your **foundation.**

You understand how your brain works. You have your preferred state. You know how to use STEAR. You have your four process containers.

This is your base.

But here's the thing: golf is going to throw situations at you that we haven't covered yet.

Different formats. Different competitive scenarios. Different mental challenges.

And that's where the next level comes in.

In the **201 course**, we're going to go deeper. We're going to build more advanced processes. We're going to tackle specific situations like:

- Playing in tournaments vs. casual rounds
- Managing expectations and perfectionism
- Building a pre-shot routine that works under pressure
- Handling specific competitive scenarios (match play, team events, playing with better golfers)
- Creating your personal Mental Game Blueprint

That's the next level of work.

But you don't need that yet.

Right now, you need to use what you've learned.

Go apply this foundation. Use the four containers. Build your toolkit. Become your own solution.

And when you're ready for more, 201 will be waiting for you.

Final Thoughts: Putting It All Together

We've covered a lot in this course. Let me bring it all together for you.

- Modules 1-2: You learned why golf is mental and how your brain works.
- Module 3: You identified your preferred state — calm, certain, or confident.
- Module 4: You learned what to do with emotions — allow them, don't avoid, react, or resist them.
- Module 5: You learned what you can and can't control — and to stop wasting energy on things you can't control.
- Module 6: You learned STEAR — the framework for managing your thoughts and emotions.
- Module 7: You learned about process — the four containers where STEAR lives.
- Module 8: You learned the pre-shot process — how to choose Power Thoughts before a shot.
- Module 9: You learned the post-shot process — how to reset in 60-90 seconds.
- Module 10: You learned the pre-round process — how to clear mental clutter before you play.
- Module 11: You learned the post-round process — how to reflect, learn, and build your toolkit.

This Is Your System

This is how you master your golf brain.

This is how you take your talent — the talent you have right now — out onto the golf course.

This is how you play to your potential.

And here's what I want you to remember:

You're not broken. Your brain is doing exactly what it's designed to do.

You just needed a system to guide it.

Now you have one.

Use it.

Practice it. Refine it. Make it yours.

Build your toolkit. Become your own solution.

And watch what happens when you stop fighting your brain and start guiding it.

Welcome to the Mental Caddy System. Let's go play some golf.

Action Step

After your next round, go to the app and complete the Post-Round Evaluation.

Answer the three questions:

- What went well? (When did you manage your mind well?)
- What didn't go well? (Where did emotions or thoughts get the best of you?)
- What will I do differently next time? (Pick ONE specific adjustment)

Write it down. Review it before your next round.

And notice how much faster you improve when you're learning from every round instead of just reacting to your score.

This is the process. This is how you build your toolkit.

This is how you become the solution.

You've completed the Master Your Golf Brain System. Now go build your toolkit.