

MODULE 3

Your Preferred State — The Three Cs

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

Introduction

Let me ask you something.

How do you actually want to feel when you play golf?

Not what score you want to shoot. Not what you want other people to think.

How do you want to feel?

Because here's the thing: most golfers don't choose. They just react.

They show up to the course and hope for a good day. Hope their brain cooperates. Hope the emotions don't get too loud.

But hope isn't a strategy.

So let's figure out what your preferred state actually is.

Why Emotions Matter

Golf is an emotional game. During the course of a round, you can feel excitement, nervousness, anger, stress, fear, embarrassment, relief, frustration, confidence, doubt, calm — sometimes all on one hole.

And here's why that matters:

Emotions show up in your body. Tightness. Tension. Shaky hands. Racing heart.

And you're trying to swing a golf club with that.

So emotions either help you play well — they facilitate your best swings — or they restrict you from moving freely with good tempo.

Emotions also affect your ability to think clearly. The more you're in a stressed, anxious, or angry state, the more your brain loses access to the part where you can focus. That's why we lose concentration, forget what we were working on, or feel like we make stupid mistakes.

So here's the question:

What emotional state actually helps you play your best golf?

Most Golfers Never Decide

Most golfers are trying to play well... without ever deciding how they want to feel.

They're just hoping they don't get too nervous. Hoping they don't get too frustrated. Hoping they stay calm.

But the golfers who play their best? **They know exactly what state they're trying to play from.**

And for most serious golfers, that state is one of **three things**:

Calm. Certain. Confident.

Or a synonym of them.

I call these **the Three Cs**.

Finding Your Preferred State

Now, you get to decide how you prefer to feel on the golf course. This isn't one-size-fits-all. But here's how you figure it out:

Think back to a round you played well — or even just a series of holes or shots — and ask yourself:

What was I thinking or feeling at the time?

If you hit the ball better on the range than on the course, get curious. What's different? How do you feel on the range when you're making your best swings?

That's your preferred state.

For most people, it's some version of Calm, Certain, or Confident. But it might be relaxed, focused, loose, in the zone — whatever it is, **that's where you want to spend as much time as possible on the golf course.**

This Is How You Play to Your Potential

Okay, so now you know your preferred state. You know where you want to play from.

But let me connect the dots for you on why this matters so much.

When I talk about **playing to your potential**, I'm not talking about some version of you that exists down the road — some future golfer who hits it 20 yards longer or never three-putts.

I'm talking about **taking the talent you have right now — at this given moment in time — and getting all of it out onto the golf course.**

Not 60% of it. Not the fraction you're currently playing with.

All of it.

And here's how you do that.

It's two steps. Super simple. Not always easy.

Step 1: Find your preferred state.

That's what we just did. Calm, certain, confident — or whatever yours is.

Step 2: Hit as many shots from there as possible.

That's it.

That's how you play to your potential.

Simple But Not Easy

Now, I know what you're thinking. "Kathy, that sounds way too simple."

And you're right — it is simple.

But it's not easy.

Because here's what happens: you find your preferred state, and then something rattles you. A bad bounce. A missed putt. Someone in your group says something. The wind picks up. Your brain starts chattering.

And now you're not in your preferred state anymore. You're frustrated. You're anxious. You're tight.

And if you don't know how to get back to calm, certain, or confident **quickly** — before the next shot — you're going to hit that next shot from frustration. From anxiety. From doubt.

And that's how you leave shots on the course.

That's how you walk off 18 knowing you didn't take all your talent out there.

So the question becomes: how do you get back to your preferred state quickly?

That's what the rest of this course is about.

Everything we're going to cover from here on out — managing your thoughts, dealing with your emotions, knowing what you can and can't control, using the STEAR framework — all of

it is designed to help you do one thing:

Hit as many shots as possible from your preferred state.

Because when you do that, you're playing to your potential.

You're taking all of your talent — the talent you have right now — out onto the golf course.

And that's the goal.

Key Takeaway

Most golfers are trying to play well without ever deciding how they want to feel.

Now you have that.

Now you know what you're working toward.

And now you know that playing to your potential is simple: find your preferred state, and hit as many shots from there as possible.

The rest of this course is going to show you exactly how to do that.

Action Step

Think back to a round where you played well — or even just a stretch of holes where you felt good.

Ask yourself: What was I feeling?

- Were you calm?
- Were you certain about your shots?
- Were you confident?
- Or something else — maybe relaxed, focused, in the zone?

That's your preferred state.

Write it down. Put it in your phone. Or just lock it in your brain.

That's where you want to spend as much time as possible on the golf course.

And next time you play, just notice: **How much of the round am I spending in that state vs. not?**

Don't try to fix it yet. Just notice.

Because awareness is the first step.

Continue to Module 4: What to Do With Emotions