NEXT STEPS

Where Do You Go From Here?

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

Congratulations

You've made it through all 11 modules of Master Your Golf Brain.

That puts you in rare company.

Most golfers start courses and never finish them. You did.

And that matters — because it means you're serious about this.

So let me tell you what's next.

What You Have Now

Before we talk about what comes next, let me remind you of what you just built.

You have:

- A clear understanding of why golf is mental and how to know if it's your issue
- A working knowledge of how your brain operates — and why the chaos isn't personal
- Your preferred state — you know where you play your best golf from
- A framework for dealing with emotions instead of fighting them
- STEAR — a repeatable tool for managing your mind in any situation
- Four process containers — pre-shot, post-shot, pre-round, post-round
- 120 Power Thoughts — specific tools for specific moments
- The MGI to track your progress and see your Pressure Gap
- My Mental Caddy™ in your pocket — so you can actually use it on the course

That's a complete system.

That's more than most golfers will ever learn about managing their minds.

So before anything else — take a breath and acknowledge that.

The Trap to Avoid

Now here's where I need to be honest with you.

Most people finish a course and immediately look for the next one. More content. More frameworks. More tools.

Don't do that.

Because here's the truth:

You don't need more information right now. You need more application.

You have everything you need to start playing to your potential. What you need now is reps. On the course. In your rounds. Under pressure.

If you skip straight to "what's next" without actually using what you have, you're going to end up like most golfers — full of knowledge, short on results.

So here's what I recommend first:

Your Next 30 to 90 Days

Before you think about the next level, do this:

Use this system for at least 30 to 90 days.

That means:

- Log every round in the MGI — casual AND tournament
- Do your Pre-Round Prep before every round (even the casual ones)
- Use your Power Thoughts before and after shots
- Run STEAR on tough moments
- Complete your Post-Round Evaluation after every round

Track your progress in the app. Notice what's working. Notice where you still get stuck.

And here's what will happen:

- You'll start catching your thoughts faster
- You'll reset in 60-90 seconds instead of carrying emotions for three holes
- You'll start spending more time in your preferred state
- You'll see patterns in your own game that you've never seen before
- Your MGI score will start to come down
- Your Pressure Gap will start to close

That's what this foundation is for.

Not to be learned. To be used.

Building on the Foundation

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. You have the MGI to track your progress.

This is your base.

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

The weighted rain jacket — that stuff you carry around the whole round. Perfectionism. Expectations. Tournament brain. Playing with golfers who are way better than you. Match play. Team events. Qualifying pressure.

That's next-level work.

And when you're ready for it, there are paths forward.

When You're Ready for More

In time, you may want to go deeper. That might look like:

Deeper learning — a 201-level course that builds on this foundation with more advanced processes and frameworks.

Group coaching — live feedback, accountability, and community with golfers who take this work seriously.

Private coaching — one-on-one work if you want the fastest, most personalized path forward.

What's currently available changes over time.

I'm always adding new programs, running coaching intensives at certain times of the year, and working with private clients when space opens up.

So rather than telling you "here's exactly what to do next" — which might not be available when you're hearing this — I want you to check the current options.

Head Over to the Next Level Page

Check the Resources tab in the app for the most up-to-date version.

That's where I keep everything current:

- What's open right now
- What's coming soon
- Waitlists for programs that are full
- Application for private coaching

It's one page. One place. Everything in real time.

That way you're never hearing me pitch something in this module that isn't available — and you're never missing something new that just opened up.

How to Know When You're Ready

Here are some signs you might be ready for the next level:

- You've used this foundation consistently for 30-90 days
- Your MGI scores are dropping — but you've hit a plateau
- You can identify your Pressure Gap clearly and want specific help closing it
- You compete — even just club championships, member-guests, or league play — and want tournament-level tools
- You want live coaching or community, not just self-paced content
- You have specific goals (qualifying for something, breaking through a plateau, competing at a higher level)

If any of those sound like you, check the Next Level page.

If not, stay here. Keep using what you have.

Stay Connected

Whether or not you take another step with me, I want to stay in your corner.

Here's how:

The Think Above Par Podcast — I drop new episodes every week on mental game, performance, and mindset. If you're driving to the course, tune in.

My weekly emails — if you bought this course, you're on the list. I send practical tips, new tools, and behind-the-scenes stories every week. Don't unsubscribe — you'll miss the good stuff.

My Mental Caddy™ — this isn't a one-and-done thing. The app is always being updated with new tools, new resources, and new content in the Resources tab. Keep it on your phone. Keep using it.

The MGI — keep logging every round. Your data is only going to get more valuable over time.

Final Thoughts

Here's what I want you to remember:

You have everything you need right now.

The system you just learned isn't about getting better someday. It's about taking the talent you already have — right now, at this moment — and finally getting it onto the golf course.

So go do that.

Go play.

Go use this.

Log your rounds.

Watch your MGI come down.

Become your own mental caddy.

And when you're ready for more — whether that's next month or next year — you know where to find me.

Thank you for trusting me with your game.

It means more than you know.

Now let's go play some golf.

— Kathy

Check MyMentalCaddy.com/NextLevel for current programs and coaching options