

How to Self-Coach for Golf

STEP ONE

Brain Dump

Everyday 5-10 minutes empty your brain onto paper

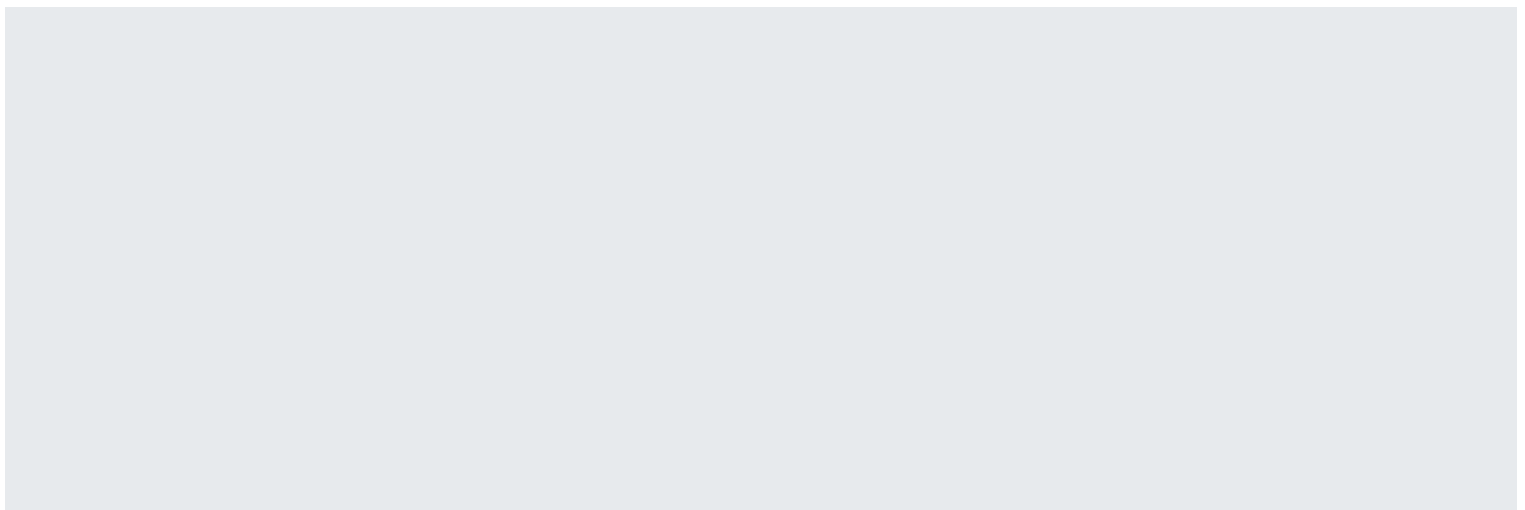
Do not judge, just write freely until you have nothing left

Writing prompts

- How am I feeling today?
- What am I worried about/what am I excited about and why?
- What are my thoughts about my goal or what I am working on?
- Thoughts about upcoming game or match.

As you write, be willing to ask yourself questions

- Why? Why does it matter? Why do I believe this? Is it true?
- So what?
- What am I making it mean?



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STEP TWO

Awareness

Pick one thought that sticks out to you - there is no wrong or right answer

Plug it into the Model

S- (your Situation/Circumstances)

T- (you Thoughts about your Circumstances)

E - (how that thought makes your Feel/Emotion)

A - (how you Act - what you do or don't do/how you show up)

R - (the Result you get when you act that way)

Put the most interesting T in the Thought line, then ask yourself:

To get the **S** - what are the facts of the situation, that all 7 billion people on earth would agree with
Your **S** should never create a feeling. If it does, it's a thought.

To get the **E** - how do I feel when I think this thought

To get the **A** - When I feel this way, what do I do and/or how do I act?

To get the **R** - What is the effect of this action on me?

S

T

E

A

R

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STEP THREE

Deliberate Model

Once your model is complete, decide how you want to feel instead. Select a deliberate model that gives you a desired result.

You have to "try" different thoughts on to see what feels right

S

T

E

A

R

The model is not new - It is a universal truth that our thoughts
create our feelings

If you don't like the results you are
getting in your life, you **HAVE** to
change your thinking.