

Master Your Golf Brain

Quick Reference Card

THE GOAL

Play to your potential by hitting as many shots as possible from your preferred state.

YOUR PREFERRED STATE

Calm • Certain • Confident (or your personal version)

THE STEAR FRAMEWORK

S = Situation (the neutral facts)

T = Thought (what you think about it)

E = Emotion (how that thought makes you feel)

A = Action (what you do because of that emotion)

R = Result (what you get)

Key insight: Situations don't create emotions—thoughts do. Change the thought, change everything.

THE 4 PROCESS CONTAINERS

| | |
|-------------------|--|
| PRE-SHOT | Notice emotion → Identify thought → Choose Power Thought |
| POST-SHOT | Notice emotion → Allow it (60-90 sec) → Choose Power Thought → Reset |
| PRE-ROUND | Brain dump → Clean up thoughts → Decide ahead of time → Pick Power Pocket Thoughts |
| POST-ROUND | What went well? What didn't? What will I do differently next time? |

WHAT YOU CAN'T CONTROL

Weather • Bounces • Lies • Course conditions • People • Pace of play • Luck

WHAT YOU CAN CONTROL

Your thoughts • Your emotions (what you do with them) • Your process • Your strategy

THE 4 WAYS TO DEAL WITH EMOTIONS

- Avoid (skip situations to avoid feeling)
- React (let it take over—throw clubs, yell)
- Resist (push it down—'I'm fine, totally fine')
- **Allow** (let it be there, let it move through—60-90 seconds)

YOUR POWER THOUGHTS (Write them here)

Before a shot:

1. _____

2. _____

After a shot:

1. _____

2. _____

Power Pocket (during the round):

1. _____

2. _____

Keep this card in your golf bag. Review before every round.