

## THE RELAXED ATHLETE

### My Preround Golf Routine

Phase	Strategy	Your Mental Game Tasks	Sports-Specific Tasks
<b>Prior to the Warm Up</b>	<b>Expel pressure-packed expectations</b>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Identify your expectations about competition one to two hours prior to the round</li> <li><input checked="" type="checkbox"/> Replace your expectations with process goals for upcoming competition</li> </ul>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Check clubs and balls</li> <li><input checked="" type="checkbox"/> Get shoes and hat</li> <li><input checked="" type="checkbox"/> Prepare nutrition for back nine</li> </ul>
<b>Stretching before warm up</b>	<b>Calm your inner chatter</b>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Recognize when you are engaging in inner chatter quickly</li> <li><input checked="" type="checkbox"/> Refocus your mind on the preround warm up</li> </ul>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Go through stretching routine</li> <li><input checked="" type="checkbox"/> Remind self to focus on warm up and not others</li> </ul>
<b>Range Warm Up</b>	<b>Take control of your confidence</b>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Review your confidence resume one hour prior to competition</li> <li><input checked="" type="checkbox"/> Shoot down any last minute doubts you may have about the round</li> </ul>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Warm up using odd or even clubs</li> <li><input checked="" type="checkbox"/> Don't judge the quality of warm up</li> </ul>
<b>Putting warm up</b>	<b>Rehearse your performance</b>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Use mental imagery to review your game plan or strategy for the day.</li> <li><input checked="" type="checkbox"/> Use mental imagery to rehearse the situations you will encounter on the course</li> </ul>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Do putting warm up routine</li> <li><input checked="" type="checkbox"/> Review clubs to hit off the tees.</li> </ul>
<b>Chipping or bunker warm up</b>	<b>Focus on the process</b>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Keep your mind on preparation during your warm up</li> <li><input checked="" type="checkbox"/> Know what cues to stay focused on during the round</li> <li><input checked="" type="checkbox"/> Set one or two process goals for today's competition</li> </ul>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Set process goals for the round</li> <li><input checked="" type="checkbox"/> One full shot process goal</li> <li><input checked="" type="checkbox"/> One putting process goal</li> </ul>
<b>Go to first tee box</b>	<b>Prepare your mind to win ugly</b>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Forget about proper technique</li> <li><input checked="" type="checkbox"/> Do not assess the quality of your warm up</li> <li><input checked="" type="checkbox"/> Remind yourself to perform with a functional mindset – win ugly</li> </ul>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Relax and greet playing partners</li> <li><input checked="" type="checkbox"/> Get pin placements and score cards</li> </ul>
<b>Waiting for your first shot</b>	<b>Embrace the pregame butterflies</b>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Interpret excitement as a sign you are ready to compete</li> <li><input checked="" type="checkbox"/> Embrace the preround butterflies as helpful to your performance</li> <li><input checked="" type="checkbox"/> Use the added intensity to help you focus better</li> </ul>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Take practice strokes</li> <li><input checked="" type="checkbox"/> See a good shot</li> </ul>