

MY ROUND *Journal*

REFLECTION & AWARENESS EXERCISE

DATE	SCORE	ROUND REFLECTION NOTES	1ST TEE CONFIDENCE RATING	WARMUP RATING	SELF TALK RATING
			/10	/10	/10
			/10	/10	/10
			/10	/10	/10
			/10	/10	/10
			/10	/10	/10
			/10	/10	/10
			/10	/10	/10
			/10	/10	/10
			/10	/10	/10
			/10	/10	/10

MY PRACTICE *Journal*

THIS WEEK'S DATE IS

MY MAJOR GOLF GOAL IS TO

THIS WEEK I WANT TO IMPROVE MY

AREAS I NEED TO IMPROVE

WHAT DAYS DID I PRACTICE

M

T

W

T

F

S

S

Q: What did I learn?

A:

Q: What did I enjoy?

A:

Q: What can I do to improve my practice for next week?

A:

NOTES: