

The Mental Management System for Golf

	ANTICIPATION PHASE	ACTION PHASE	REINFORCEMENT PHASE
ROUND	PRESET	PLAY THE ROUND	PERFORMANCE ANALYSIS
SHOT	PRELOAD MENTAL PROGRAM	HIT THE SHOT	RELOAD

PRESET

Rehearse how you want to feel out there, Rehearse how you want to play today.

PERFORMANCE ANALYSIS

Write in your Performance Journal. Our Tutorial is at <http://mentalmanagementcourses.com/10/everyone/performance-analysis-tutorial/>

Preload

1. Strategy
2. Rehearsal
3. Commitment

Mental Program

1. Point of Initiation
2. Point of Alignment
3. Point of Focus

Reload

1. Evaluate the Shot
2. Great, OK, Needs Work
3. Rehearse and Let it Go

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