Completed	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Tool 1: Assessing your game								
Reading of material								
3 priority goals for the day								
Goal Setting Sheet 1								
Goal Setting Sheet 2								
Who are you as a golfer sheet								
Tool 2: Journaling								
15 things that went well each day								
What I learned today worksheet								
Post Tournament/Round Review								
Tool 3: Sports Visualization								
Completed visualization playlist								
Rehearsed positive golf images from that day								
Golf Visulizagion worksheet 1								
Muscle Relaxation Exercise								
Tool 4: Practice and Preparation								
Planned practice for each day								
3 phases of practice								
Short Game Drill								
Tool 5: Power of Routines								
Pre Shot Routine Exercise								
Post Shot Routine Exercise								
Mental Game Performance Cues								
Tool 6: Confidence for Golf								
Completed Self Talk Worksheet								
Your Affirmations								
Tool 7: Focus								
Focus drill for golf								
Tool 8: Course Management								
How to practice on course drill								
Built your own yardage book								

Post Round Review Sheet					
Tool 9: Health and Fitness for Golf					
Pre golf dynamic stretching routine					
Tool 10: Tournament Success					
The Yard Card					
Applying the knowledge and your tools					