

**MENTAL GAME SKILLS ASSESSMENT, INSTRUCTIONS**

Below are a series of evaluation questions to help us identify your areas of weakness and strengths in your golf game.

- ✓ For each question, grade yourself 0-4. 4 being great (A) and 0 being terrible (F).
- ✓ Please add in detail if you feel needed in a particular question.
- ✓ Add up the sum of all your grades and divide by 29 to get your total GPA.
- ✓ In each section i.e. "handling poor shots or poor play" I would like you to add up your sum for those 5 questions. You will then identify what area "section" you are strong in and which area you are weak in.

**I. Handling Poor Shots or Poor Play**

1. When I am not playing my best golf I know how to get the best out of myself \_\_\_\_\_
2. I know how to let go of poor play and keep my focus on the next shot \_\_\_\_\_
3. I keep calm and relaxed after my bad shots \_\_\_\_\_
4. I have an effective way to analyze my matches so I take the learning and build my confidence \_\_\_\_\_
5. I have an effective post shot routine that enables me to be in the best state for my next shot \_\_\_\_\_

**II. Confidence**

1. I am confident in my ability to play well in competition \_\_\_\_\_
2. I remain confident in my golf game even after a couple of poor rounds. \_\_\_\_\_
3. I know how to use my mind and body to boost my confidence while competing \_\_\_\_\_
4. I am good at grinding out a round when I am not playing my best golf \_\_\_\_\_
5. My golfing confidence is not affected when I play the first 3-4 holes poorly \_\_\_\_\_

**III. Composure Under Pressure**

1. When playing in important matches I play my best golf \_\_\_\_\_
2. I stay relaxed and focused when finishing off a close match \_\_\_\_\_
3. I know how to get myself into the best state when in pressure situations \_\_\_\_\_
4. I play well when I have a put to win on the 18th hole \_\_\_\_\_
5. I am rarely negatively affected by nerves or tension while competing \_\_\_\_\_

**IV. Focus and Concentration**

1. I am always able to let go of my score and stay focused on each shot as it comes \_\_\_\_\_
2. I am not affected by Comfort Zones; I just play and feel open to shooting a new best score at any time \_\_\_\_\_
3. I don't get affected by distractions around me and am able to stay focused on my golf game \_\_\_\_\_
4. I am not affected by how well my playing partners play. I just play my own game \_\_\_\_\_

5. I am not affected by shots over bunkers or water. I know how to focus on the target only \_\_\_\_\_

### **V. The Power of Routines**

1. I have a clear and effective pre-shot routine that includes a strong mental component \_\_\_\_\_

2. I have specific pre shot routines for driving, chipping and putting \_\_\_\_\_

3. My practice sessions have a clear purpose and really help me to improve all aspects of my game \_\_\_\_\_

4. I know that I use my pre shot routine consistently for all 18 holes \_\_\_\_\_

5. I use a pre-match warm up routine that prepares me to be in the best state on the first tee \_\_\_\_\_

### **VI. Your Commitment Level**

1. I am ready willing and able to discover how I can improve my golf mental game \_\_\_\_\_

2. I really believe that improving my mental game skills will make a significant improvement to my overall golf game \_\_\_\_\_

3. I am ready to invest the time and resources it takes to greatly improve my mental game and therefore my playing potential and my handicap \_\_\_\_\_

4. I am open to working with a mental game coach so I can fast track my mental game skills \_\_\_\_\_

**GPA** Please add up all the grades from each box and divide them by 29

**Mental Game GPA** \_\_\_\_\_

