



Luty Q

Mindset Training to track your progress

Date: Date Date Date
//___ _/_/___ _/_/___ _/_/___

Mental Skill Competencies

- Motivation & Desire
- Work Ethic
- Discipline and organization
- Coping with mistakes and disappointment
- Confidence in your ability to perform
- Amount of effort in practice
- Concentration in practice
- Concentration in tournaments
- Pre-tournament mindset preparation
- Ability to evaluate options & make decisions
- Consistency following pre-shot routine
- Ability to breathe and reduce nervousness
- Ability to come back from adversity
- Post tournament reflection

	Date	Date	Date	Date
Motivation & Desire				
Work Ethic				
Discipline and organization				
Coping with mistakes and disappointment				
Confidence in your ability to perform				
Amount of effort in practice				
Concentration in practice				
Concentration in tournaments				
Pre-tournament mindset preparation				
Ability to evaluate options & make decisions				
Consistency following pre-shot routine				
Ability to breathe and reduce nervousness				
Ability to come back from adversity				
Post tournament reflection				

Instructions:

- Golf is a mental game. Make sure you do things to build mental strength every day.
- By the end of each week, rate yourself from 1 to 10 and follow your progress throughout the month. It's amazing the progress you'll see after just a few months:

Ratings:

1-3: Need more work. 4-6: Average. 7-8: good. 9-10: excellent

www.LutyQ.com



@lutyqfashion