

MASTERING GOLF'S MENTAL GAME

**YOUR ULTIMATE GUIDE TO BETTER ON-COURSE
PERFORMANCE AND LOWER SCORES**

**BY DR. MICHAEL T. LARDON
WITH MATTHEW RUDY**

Figure 1: Mind-Set Continuum Curve



Figure 2: Process Versus Results Continuum Curve

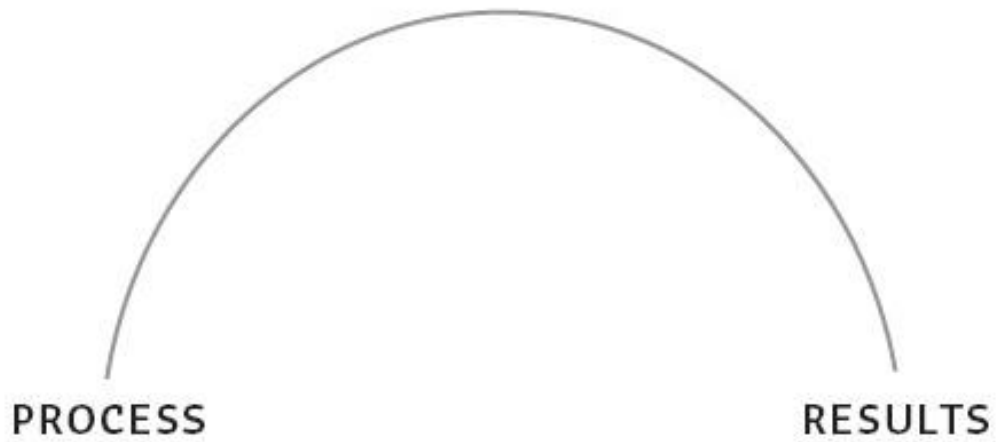


Figure 3: Confidence Homework

LAYERS	DETAILS & DIRECTIONS	YOU FILL OUT
Vicarious Learning (modeling others' behaviors)	List players you want to emulate and why	
Social Persuasion	Talk with a sport psychologist or friends that act like one!	
Mastery Experiences	List and describe your best rounds	

Figure 4: Motivation Test

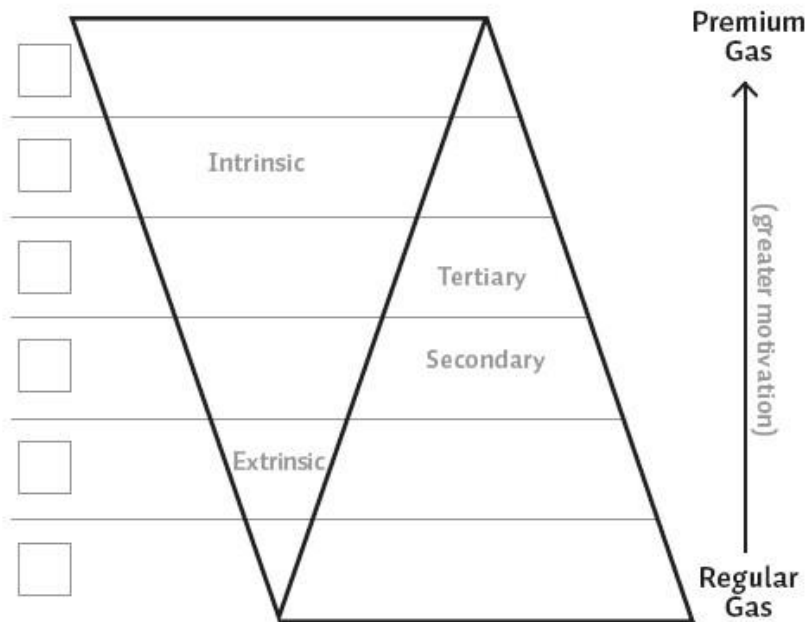


Figure 5: Training Mode Versus Trusting Mode



Train your swing when you practice.
Have fun and be creative.

Trust your swing when you compete.
Have patience and be disciplined.

Figure 6: Dad's Focus Diagram

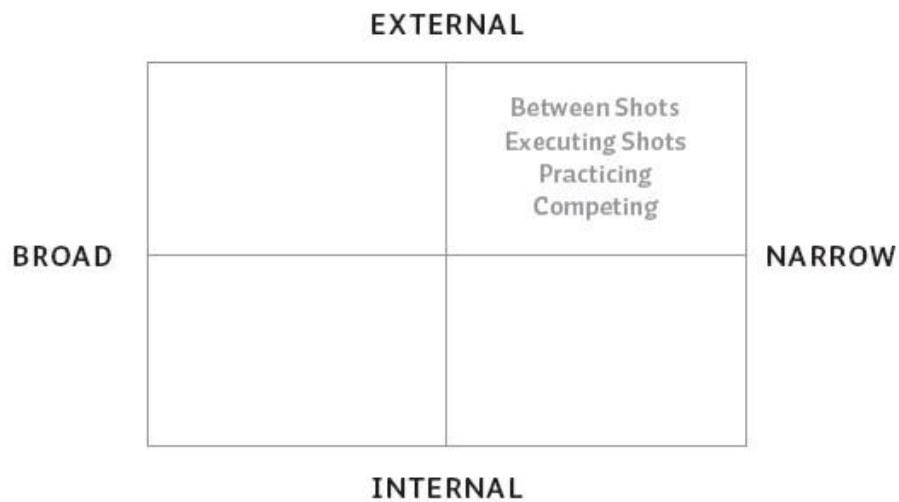


Figure 7: Ideal Focus Diagram

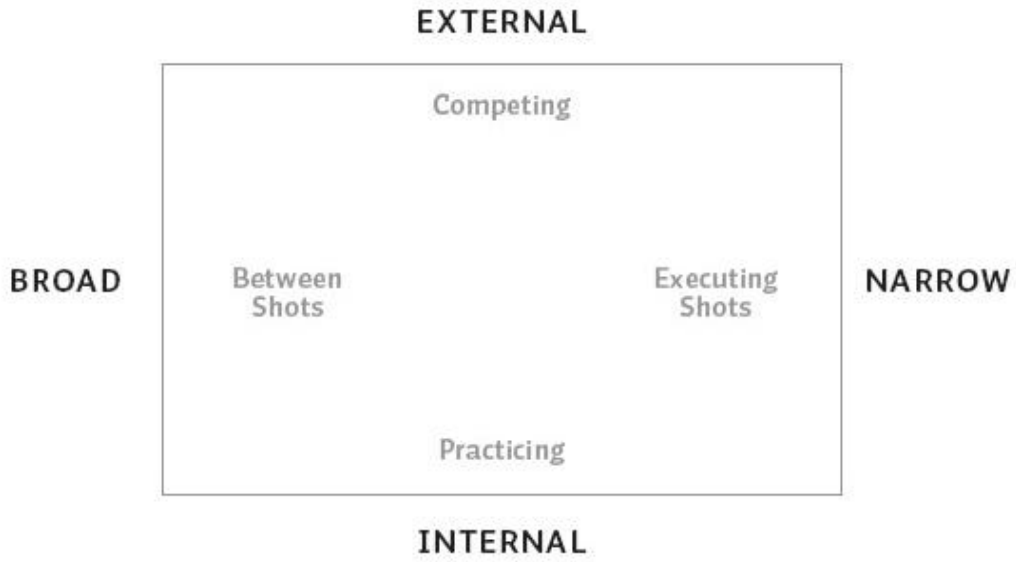


Figure 8: Homework Diagram

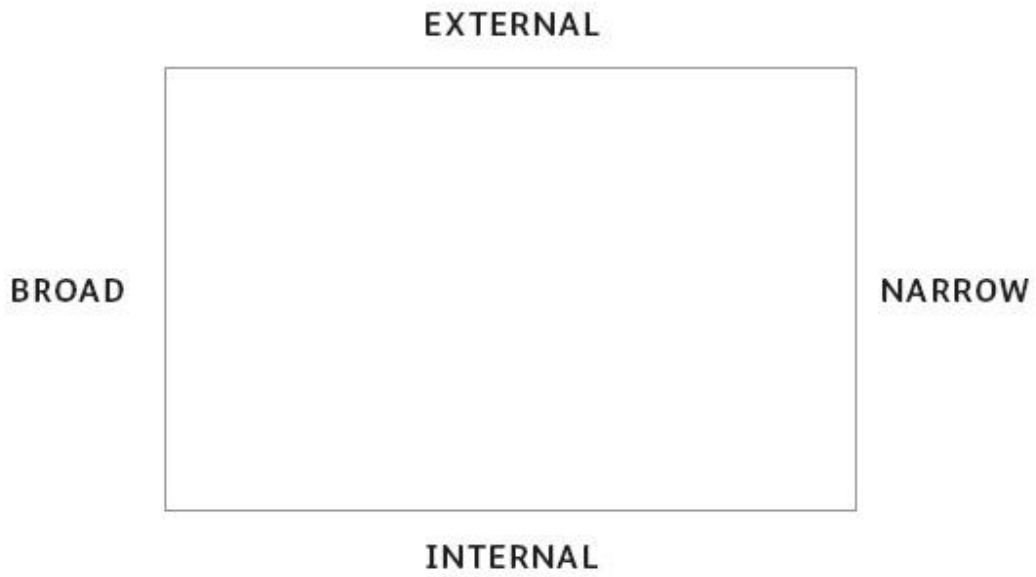


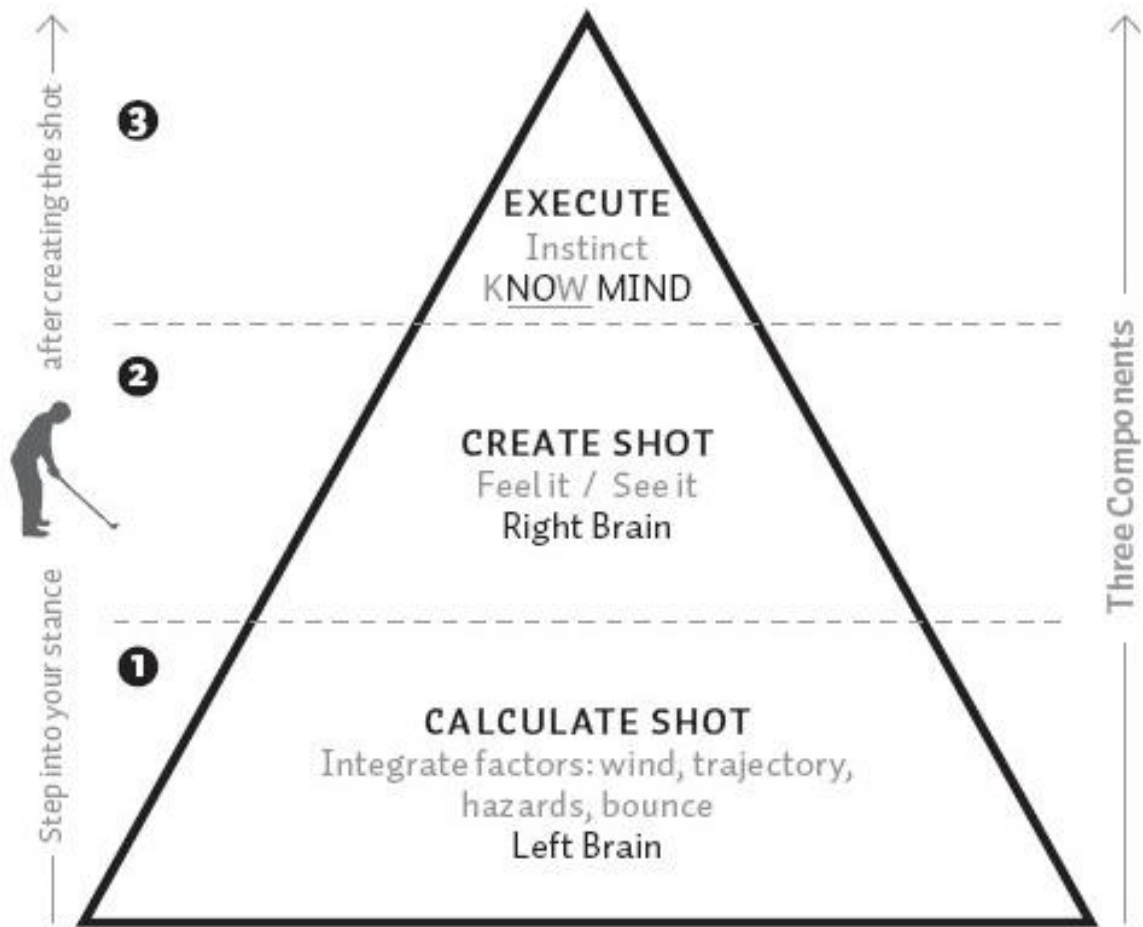
Figure 9: Sample Goal-Setting Matrix

		PROCESS	RESULT	
SPECIFICITY Allow creativity and autonomy		Increase short-game practice	Break 80	Short Term
		Improve mental game— work with Mental Scorecard	Lower handicap to 5 or less	Intermediate Term
		Play as many competitive events as possible	Win club championship	Long Term

Figure 10: Blank Goal-Setting Matrix

		PROCESS	RESULT	
				Short Term
				Intermediate Term
				Long Term

Figure 11: Pre-Shot Pyramid



Player must implement ALL THREE mental skills per shot in order for the shot to qualify and to get a 1/1 score.
(Goal is to have 100 percent of shots all receiving a point.)

Figure 12: Mental Scorecard System
 (Sample Score for Just 9 Holes)

HOLE	1	2	3	4	5	6	7	8	9		Q/R	%
PAR	4	5	4	4	3	4	5	3	4	36		
NUMBER OF SHOTS THAT QUALIFY (Q)	4	4	4	1	13							
REAL SCORE (R)	5	4	4	4	17							76%
OVERALL % FRACTION Q/R	4/5	4/4	4/4	1/4	13/17							

Figure 13: Blank Mental Scorecard

HOLE	1	2	3	4	5	6	7	8	9		$\frac{Q}{R}$	%
PAR												
NUMBER OF SHOTS THAT QUALIFY (Q)												
REAL SCORE (R)												
OVERALL % FRACTION $\frac{Q}{R}$												