

5 Minute Human Skills Training

Play Box – BE *Focused*

Be present through your senses to your swing & target.

- ▶ Hit three putts or shots for each: seeing the target in your mind's eye, feeling relaxed in your shoulders, and listening to the sound of impact.

Think Box – BE *Decisive*

Decide and fully commit to any shot you ever hit.

- ▶ Hit five shots in a row with 100% commitment.

Memory Box – BE *Confident*

It's not what happens to you, but how you react to it, that matters.

- ▶ Hit five different shots in your post-shot count or smile depending on if you like the outcome & process or not.

Balance – BE *Stable*

Balance improves anyone's swing and stroke.

- ▶ Hit five full shots with your feet together and finish in balance.

Tempo – BE *In-Sync*

Be in sync for the day with your body & swing.

- ▶ Hit four full shots with four different tempos: 25, 50, 75, and 100%.

Tension Awareness – BE *Free*

Tension destroys any swing & stroke, awareness and monitoring are the keys.

- ▶ Hit two shots with constant grip pressure. Hit two shots with a relaxed jaw.

Emotional Resilience – BE *Resilient*

Go to your happy place. Feel it.

- ▶ Between shots spend 10 seconds feeling something happy in your heart.

Managing Self-Talk – BE *Mindful*

Our beliefs are what we repeatedly say to ourselves.

- ▶ If you notice any unproductive thoughts between shots start to hum or count.

Master of Variability – BE *Adaptable*

Know your tendencies, good and bad.

- ▶ Write 3 things you do when you play well, and one thing you do when you play poorly. Hit 3 shots doing the good things, one shot the "bad" thing and finish with a shot focusing on the "good".

To learn more, visit

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Additional exercises:

VISION54.com/be-a-player/