

# Improve Your Game from the Inside Out

Improve Your Game from the Inside Out is a unique Golf Coaching Program that helps avid or occasional and even committed golfers improve performance without doubt, apprehension or fear so they can play better golf.

Phase 1

## Awareness



### 1. Define Your Game

Develop your WHY WHAT and HOW to improve. Where you are now and where do you want to go?



### 2. Your Internal Game

Become aware of who you are on the course, and how you learn best without confusion.



### 3. The Personal Game Plan

Create a personal game plan for success with realistic goals and a practice plan to achieve them.

Phase 2

## Action



### 4. Mental Skills

Learn the mental skills it takes to be a better player. There are eight specific traits all great players have.



### 5. Thoughts Actions Outcomes Results

Learn how to plan, prepare, and produce shots on the course without apprehension.



### 6. Emotional Game

Learn to control your thoughts and emotions on the course without frustration.

Phase 3

## Implementation



### 7. Course Management

Create a play plan so you can score better on the course. The eighteen greens system will help you do this.



### 8. On Course Performance

Enjoy your game more and learn to improve performance on the course without disappointment.



### 9. Evaluate Your Game

Learn to evaluate your game; adapt, adjust, and have better on course performance.