

Performance Review & Goals for next season

Name:.....

Date:

Review of Statistics (Stats):

Looking back at last season what was your greatest achievement?

.....

From your Stats (if you have them) populate the following;

Average number of putts taken per round

Average Percentage of Fairways hit from tee (FIR)

Average Greens in Regulation hit (GIR)

Scoring average for the year

Times played within your buffer zone (%)

Review of Mental Toughness:

(By Mental Toughness we mean your ability to remain focused and be able to bounce back quickly from set backs)

How good was your mental toughness throughout the season?

(Where 1 = poor & 3 = good)

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List your current mental strengths (e.g. follow pre-shot routine 90%)

.....

Where do you feel the need to improve?

.....

Review Course Strategy:

Do you have a course strategy?

Yes/No

Do you follow your course strategy?

All the time/Sometimes/Never

How good would you rate your course strategy?

(Where 1 = poor & 3 = good

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Where do you feel you need to improve your course strategy?

(e.g. create a game plan for the course and stick to it)

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How good would you rate your club selection during play on the course?

(Where 1 = poor & 3 = good)

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What do you feel the need to improve next season?

(e.g. accurately identify yardage for each club and create table to refer to)

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Review Nutrition:

How good would you rate your nutrition (food and hydration) before and during each

round of golf? (Where 1 = poor & 3 = good)

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What do you feel the need to improve?

(e.g. drink plenty of water whilst playing to maintain hydration)

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Review Fitness:

Do you think fitness is important for your game of golf?

Yes/No

How would you rate your current fitness?

(Where 1 = poor & 3 = good)

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Where do you feel you need to improve?

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This review is a starting point to capture your thoughts on how well you felt you performed this season. Noting down your stats and looking back at your performance, is a great way to define your strengths and identify areas to focus on, so that you can improve next season.

For some, this exercise is a real eye opener, it identifies areas that they may have not realised were weaknesses. For others, it confirms what their gut instinct was telling them. No matter which category you fit into, you can take this information to develop your game, confident that your efforts are being focused in the right areas to see improvements.

The secret to ensuring you get the results you deserved is in setting goals that will stretch you whilst keeping you motivated. If you would like to own our secret formula to success, sign up for the programme to “Unlock your true potential”, by simply registering on the webpage where you accessed this review.