

Describe the situation with reference to:

Who was there and what was it like having them watch?

What was at stake? How did it make you feel?

Describe the shot. Which hole on what course was it?

Describe the technical aspects of the shot/hole

Picture yourself performing the shot.

Now describe your focus with as much detail as possible

Now describe your attitude (belief, confidence, readiness etc)

How did it feel when you were successful?

With regards the crowd

With regards to the tactical components of the shot

With regards to your focus

With regards to your attitude

How did you use those feelings later?

Did they help with later shots? Which ones?

Did they affect your mood? How?

List 5 key words that can summarise this successful performance

