

Being Tough in a Mental World

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Rank Order of Importance	Emergent Pole	What does this quality or characteristic mean to you?	Contrast Pole "Someone who is not [<i>emergent pole</i>] would be...?"	What does this quality or characteristic mean to you?	General Importance
1 (Most Important)					
2					
3					
4					
5					
6					
7					
8					
9					
10 (Least Important)					

Note: Rank order of importance includes 1 = most important and 10 = least important; General importance ratings include 1 = not important at all and 10 = of crucial importance.

Rank Order of Importance	Emergent Pole	What does this quality or characteristic mean to you?	Contrast Pole "Someone who is not [emergent pole] would be...?"	What does this quality or characteristic mean to you?	General Importance
1 (Most Important)	Strong work ethic	Training with intensity and focus. Putting in 100% of what you've got at every practice session and every tournament.	Laziness	Going through the motions in practice and competition.	10
2					
3					
4					
5					
6					
7					
8					
9					
10 (Least Important)					

Note: Rank order of importance includes 1 = most important and 10 = least important; General importance ratings include 1 = not important at all and 10 = of crucial importance.

Ranking	GI	Emergent Pole	<u>Construct Rating</u>							Contrast Pole	Discrepancy Score
			1	2	3	4	5	6	7		
1	10	Personal Constructs	Strong work ethic	X	•					Laziness	-10
2											
3											
4											
5											
6											
7											
8											
9											
10											

* Note: Discrepancy score = (ideal self – current self) x importance score

- Current Self
- X Ideal Self

**Situations Demanding
Mental Toughness**

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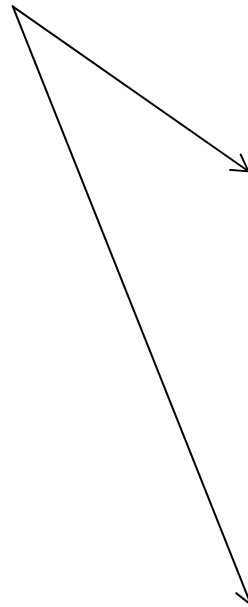
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Situations Demanding Mental Toughness

Conflict between golf commitments and social life

Maintaining focus and performance on the final few holes of a 36 hole/8hr round in inclement weather

Successfully completing an evening team workout when you are tired and have 2 exams the next day, of which you have yet to study for

The 1st round of a tournament after training solely indoors for 2 months

Waiting more than 10 mins to hit your approach shot, which you pre-judged as a difficult shot

Final round qualifier for NCAA Nationals and needing to shoot a solid round to qualify

Overcoming the yips

Backing away from executing a shot when you realise you don't fully trust your decision

Maintaining composure and optimal performance on the back 9 of the final round when you made 3 under, 1 off the pace

Getting the job done at practice when you haven't broke 80 for a whole week and the weather is terrible

Pulling it together after playing the first or final hole of a tournament very poorly

Trusting your stuff in a tournament when you have been performing poorly in practice for a period of time

Your teammates/coach/psych counsels you on performance related issues

Work ethic vs. Laziness
(3 situations)

Rank Order of Importance	Emergent Pole	What does this quality or characteristic mean to you?	Contrast Pole "Someone who is not [<i>emergent pole</i>] would be...?"	What does this quality or characteristic mean to you?	General Importance
1 (Most Important)	Self-confidence	Being able to fully trust in your ability to perform	Tentative	Lacking faith in one's ability and often being indecisive in their decisions (e.g., shot selections) on the course	10
2	Performing well under pressure	The ability to perform at one's best when perceived external pressures are heightened (when you feel that others expect or demand your best performance).	Choking	Performing more poorly than expected from one self when perceived pressures are heightened.	10
3	Arousal Regulation	Awareness of internal traffic lights and the ability to control/regulate one's emotions and physiological response (HR, tension) to highly stressful situations in training and competition.	Spiraling out of control	Lacking awareness of internal traffic lights, inability to control/regulate emotions and physiological response (HR, tension)	10
4	Resilience	Never giving up. Ability to bounce back from set-backs, injury, and failure. View failure as an opportunity for growth.	Defeatism	Giving up easily when the going gets tough. Viewing failure as a reflection of one's character.	9
5	Competitive nature/ attitude	Having a voracious desire to win, believing it is possible, and always chasing after one's goals.	Timid	Playing it safe, concerned about avoiding mistakes, lacking belief in one's ability to win	9
6	Adaptability	The ability to compensate and adjust. Accepting one's limitations and the limitations in one's environment on a given day under particular circumstances.	Inflexibility	Not willing to make adjustments when necessary to salvage performance. Inability to consider or accept one's limitations on a given day under certain circumstances.	9
7	Commitment	Having a clear mission and devoting time and effort toward the things you don't want to work on not just the skills and drills you enjoy and execute well.	Lack of concern	No clear direction or purpose. Little effort made to work on skills and drills that are difficult and require attention.	8
8	Strong work-ethic	Training with intensity and focus. Putting in 100% of what you've got at every practice session and every tournament.	Laziness	Going through the motions in practice and competition.	8
9	Discipline	Exercising self-control and sticking to your plan on (practice and competition) and off the golf course (in the gym). Making sacrifices (social life).	Chaotic	Unwilling to make sacrifices to reach ones full potential as a golfer. Unsuccessful in implementing action plans for improving performance.	8
10 (Least Important)	Openness	Accepting of coaches and team- mates observations and advice regarding performance related issues. Open to change and new experiences. Always wanting to improve and learn new skills.	Closed-Minded	Deny coaches and team mates advice regarding performance related issues. Resistant to change and new experiences. Disinterested in learning new skills.	7

Current Weaknesses

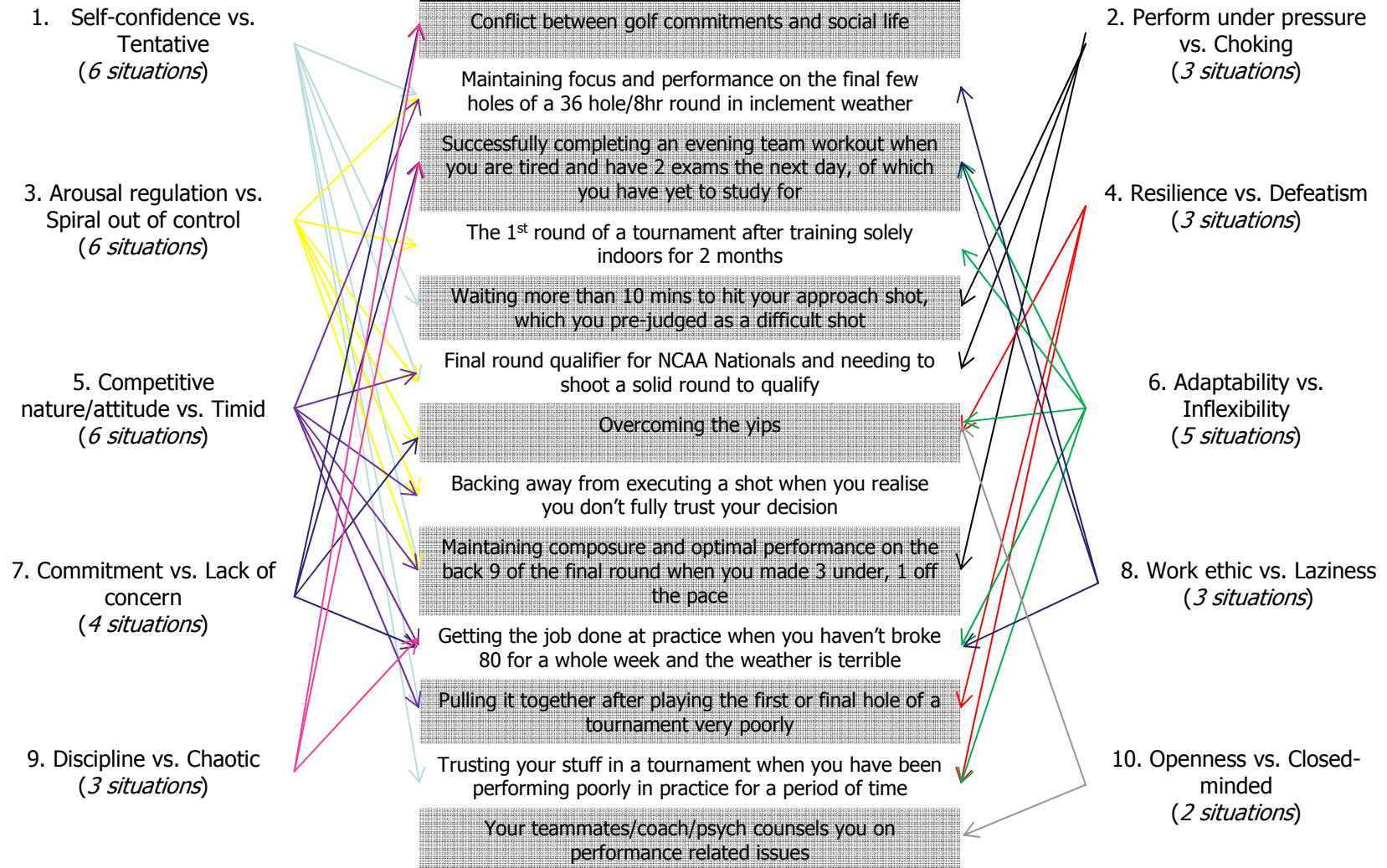
Current Strengths

Ranking	GI	Emergent Pole	Construct Rating							Contrast Pole	Discrepancy Score
			1	2	3	4	5	6	7		
1	10	Self-Confident	X		•					Tentative	-20
2	10	Perform well under pressure	X		•					Choking	-20
3	10	Arousal Regulation		X					•	Spiraling out of control	-40
4	9	Resilience	X	•						Defeatism	-9
5	9	Competitive nature/attitude	X							Timid	-27
6	9	Adaptability	X		•					Inflexibility	-18
7	8	Commitment	X	•						Lack of Concern	-8
8	8	Strong work-ethic	X	•						Laziness	-8
9	8	Discipline		X	•					Chaotic	-8
10	7	Openness	X					•		Closed Minded	-28

• Current Self
X Ideal Self

* Note: Discrepancy score = (ideal self – current self) x importance score

Situations Demanding Mental Toughness



Questions or Comments

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