



## **Positive Golf Improvement Project Template**

### **Positive Goal**

Set a goal that is specific and attainable.

**My Positive Goal for 2009 is:**

### **Positive Plan**

A Positive Plan is one that is focused, do-able, and “blended.” This blend includes new mental attitudes and thinking habits to help with your inner game, paired with mechanical techniques and drills to help with your physical game.

**My Positive Plan for 2009 is:**

#### ***Physical Elements ---***

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#### ***Mental Elements ---***

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### **Positive Follow-Up**

Keep track of progress made during and after the season, noting changes and improvements that have occurred. Note which mental and physical elements worked best and which did not and list additional mental and physical game techniques that you tried along the way.