

SIMPLE MIND PHILOSOPHY of golf instruction – BRIAN STITCH CLASS “A” PGA pro

Free download #1: CURRENT ASSESSMENT/EVALUATION QUESTIONNAIRE

Why free? To begin implementation of a program or process with specific goals, you must first properly assess the starting point of your journey. It is not possible to accurately measure the effectiveness of a program without a true beginning point.

This form must be completed and sent back to me before you have an opportunity to participate in this program. I need to determine if you are serious about wanting to **CHANGE** the way you approach improvement in the game of golf. Submitting your current assessment to me will provide you with the opportunity to **be INVITED TO PARTICIPATE**.

It shows me that you are may truly be **READY TO INVEST** the time, effort and energy to partner with me in learning how to swing, play the game and reduce your scores to predetermined goals. Without your commitment to **YOURSELF**, this program, or anything else, will not be successful in the accomplishments of your goals. I am not interested in simply signing up individuals; I only want individuals who are **READY to INVEST IN THEMSELVES**. All others please don't ask for the download.

When you download this questionnaire, fill it out and send it back to me, I will release another free download on goal setting.

When you decide to **INVEST IN YOURSELF** by participating, this goal setting exercise will be very important for your golfing development. You will benefit from this second free download even if you decide this program is not for you. Writing down specific goals, within a specific timeframe, with specific steps of action to take will benefit you regardless of your participation in my **SIMPLE MIND PHILOSOPHY** of golf instruction. Of course, I believe you will benefit

more rapidly with my program than without it. You must decide what is the best course of action for your situation.

If you decide you want to participate in this program, you must send in both this goal setting download with your investment. A detailed description of program outline, timeline, accountability requirements and opportunity options will also be included with your free download on goal setting.

Once I have received this, I will immediately release session 1, with has 9 videos.

Take **the first step TODAY** to begin the process of accomplishing goals you have in the game of golf that up to this period in your life has only been DREAMS.

It is up to **YOU to DECIDE** to take action. You MUST download, fill out and return your current evaluation form in order to receive your second free download.

Current Performance Assessment

Please provide detailed responses to the following questions regarding your recent golf performance. Your honest and thorough evaluation will help establish your starting point and serve as a benchmark for measuring progress throughout the SIMPLE MIND PHILOSOPHY of golf instruction.

Performance Metrics

How many rounds of golf have you played in the last three months?

What is your average score for 9 holes? 18 holes?

What score does it take to make you happy?

- How many greens in regulation do you typically hit when you are playing well? Most greens hit in 18 holes last year? Least greens hit in 18 holes in last year?
- What is your average score for 18 holes? Best score?
Worst score?

- What were your scores for your last three rounds?
- During play, do you improve your lie or play the ball as it lies?
- If you play in a competitive league or tournament, what were your last three scores?
- How far does a well-struck 7 iron carry? How many times out of 10 do you achieve this distance?
- How many putts per 18 holes are made in a typical round?
Lowest number of putts for 18 holes in last year? Highest?

List any other key skill levels that describe your current level of golf proficiency_____

Skill Breakdown (give yourself an A, B, C or D

- Greens hit in regulation: _____
- Chipping: _____
- Pitching: _____
- Lag putts: _____
- Total putts: _____
- Putts made from 10 feet or under: _____
- Mental toughness: _____

Comments:

Self-assessment and Goals

Please describe as thoroughly as possible any obstacles or challenges that prevent you from accomplishing the goals you believe you should be able to accomplish

1. What areas of your swing are you currently dissatisfied with? _____
- _____
- _____

2. What prevents you from achieving the goals you have set for yourself?

3. List three goals you currently have set for yourself. List the timeline you expect to achieve those goals. We will expand on this on our goal setting download

1.

2.

3.

4. Describe your current practice routine. Include how many buckets of balls you hit weekly, if you practice putting or chipping as a practice session or simply before you play, etc. Include how many times a month you play golf _____

5. If you do not change your current practice methods, do you believe these goals are within your reach? Please circle "Yes" or "No" and explain your answer in detail. _____

6. Commitment to Change: Would you be willing to commit to a completely changed mindset and work ethic to achieve your specific goals? Please answer “Yes” or “No.” Explain your answer in as much detail as possible. _____

7. Please specify how many hours per week you expect to dedicate to various aspects of this practice program

How would you rate your current level of mental toughness? (A, B, C, D or worse) _____

8. Describe to me as many areas of mental toughness as you can. _____

9. How critical is mental toughness in your current instructional program?

10% 25% 40% 50% 60% 75% (Circle One)

10. How critical do you believe mental toughness/mindset becomes after you hit more greens and scoring?

10% 25% 40% 50% 60% 75% (Circle One)

11. Once again, your participation in this program is by INVITATION ONLY. IF you are invited to participate, Would you:

- Purchase a journal or golf workbook to record progress

Yes

- Initiate conversations yourself – ask questions?

Yes

- Immediately respond to messages/texts I send to you?

Yes

- Do “Homework”, writing in your journal your practice results, thoughts, responses to messages, Post analysis of rounds, pre round thoughts, etc.

Yes

12. Please share with me, in one or two paragraphs, why you want this program and why you should be one of the few who are allowed to participate _____

Once this evaluation has been completed, return to Brian Stitch at the SIMPLE MIND THEORY of golf instruction. We will both know where you are at in your current game and can now develop a **PLAN OF ACTION** that will enable you to accomplish your goals in the game of golf.

You will receive the **second FREE DOWNLOAD** of goal setting, along with details on the entire program and how best you may benefit from applying it to your own game.