



Step One

Especially on tee boxes & greens, pay attention to your posture and breathing - e.g., counting with numbers during your inhales and exhales.

To calm your biological system, make your exhale (i.e., out-breathing) slightly longer than your inhale. To energize your biological system, make your inhale (i.e., in-breathing) slightly longer than your exhale... If you are able to, pay special attention to the transition between your inhales & exhales.

Step Two

Ask yourself the following question regularly, "What is the quality of my current experience?"

For example, what is my current energy level? What emotional impression(s) are present? How satisfied am I with my decision making & execution?

Step Three

Modify your mind-body system accordingly, implementing effective emotional regulation strategies on the course & developing a growth mindset.

Step Four

Return your attention to your posture & breathing...

To expedite training, many golfers benefit from using a wearable heart rate monitor - e.g., Apple Watch, Garmin, WHOOP, etc.