https://www.youtube.com/watch?v=aNQBTKTZMes

Pre and post shot routine

1. Stepping in to the pre shot routine

Shot Selection Left brain

* The lie
* Your target
* Ground yardage
* Playing yardage
* Shot shape
* Club

Getting committed Left to right brain

* If I hit this shpt exactly how I wanted, what would it look like?
* How good would it feel to hit that shot

1. Stepping in to the shot

The shot Right brain

* Time to let it go
* No thinking, just trusting

1. Stepping out of the shot

Acceptance – Left brain

* Accept the result
* If 10/10 on process, you can review the shot
* If not 10/10 you can only review the process