

• **What does it mean to have GRIT?**

- The goal of any sport is to have fun and enjoy playing, and at First Tee, we want everyone to enjoy the game of golf! Sometimes learning a new lesson or skill can be challenging, whether you are on or off the golf course. You might feel frustrated or confused. You might even feel like quitting or giving up at times. This is when you want to have grit and dig deep! Having grit means you demonstrate a positive attitude that helps you push through obstacles and keep going even when it's tough. Sometimes, the most learning happens when you are facing challenges. You can choose to go through it with a negative attitude, or you can grow through it and learn by facing the obstacle with a positive mindset and demonstrating grit! First Tee participants should remember these Three Tips for Developing Grit:
- 1. Be Patient-When you are patient, you are staying calm and giving yourself a chance to succeed by trying again and again.
- 2. Be Positive-When you are being positive, you are choosing to enjoy what you are doing regardless of the outcome.
- 3. Ask For Help-Asking for help from your coaches or other players is always encouraged at First Tee, because that is how we learn. You can learn from others when you ask them to give you a hand. First Tee celebrates growing through challenges. It helps you discover your inner strength, develop resilience, and dig deep when things get tough. But while we are learning and growing, we want to remember to have fun along the way

GOLF SKILL QUESTIONS

• **What are the golf skills you focused on today?**

- Putting, Chipping, Pitching, Full Swing

• **What area did you focus on with these golf skills?**

- Target Awareness – Target Selection
- Distance Response – Club Selection
- Body Balance/Body Finish – Weigh distribution on feet. before/during/after swing

• **What is one skill you learned that you did not know before? How does this skill help your golf game?**

• **Follow Up Questions:**

- **What does Grit mean to you?**
- **How can the three tips of developing Grit help you on the golf course/at school/at home?**
- **Is it easier to think positive or negative thoughts?**
- **Why is it important to ask for help in golf and in life?**

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