

• **Play with perseverance: Commit! Don't Quit!**

- Life is full of challenges and struggles, and you are likely to face many of them whether they are struggles at home, school, or on the golf course. Learning to dig deep when things get tough and continue even when things are hard is called perseverance, and it is an important life skill to have. Without it, you might want to give up, but learning to work and Growing through Challenge will make you stronger.
- You might think you've never had to persevere before, but you have! Think about when you learned to tie your shoe or ride your bike. Were you able to do that on your first try? Or did you have to practice? You may have failed many times before you were successful? See? You already know how to persevere!
- Just because you can't do something on your first try doesn't mean you won't be able to do it soon. You just can't do it yet! But if you keep going, keep working and keep trying your best, you will succeed!

• **Follow Up Questions:**

- What does it mean to persevere?
- What does it feel like after you persevere through something difficult?
- Think about something that might feel challenging for you.
- What can you say to yourself to help you persevere in that moment?
- How have you grown through challenges?
- What is one thing you can tell yourself when things get tough?
- What does perseverance mean to you?
- How do you keep pace of play?
- Where should the clubface be aimed?
- What should you do if things become challenging at school or at home?
- What is some advice you can give a friend that is going through a challenge?

GOLF SKILL QUESTIONS

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

- Putting, Chipping, Full Swing

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

- Time to put everything together! How does our golf game look at the end of the season vs the start? Did I get better? Do I feel more confident? Ask me!

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

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