

• What are the 4 R's and why are they important?

- Whether it is a sport like golf or life in general, very few goals are ever achieved without encountering some challenges along the way. First Tee uses the 4Rs: Relax, Replay, Ready, Redo as a technique to stay cool and learn from, rather than being critical of, your efforts.
- First you Relax. Breathe and shake off the shot. You can count slowly to yourself while breathing to help you let go of any frustration you might be feeling in the moment.
- Next, you want to Replay what happened in your mind. What did you want to happen? What actually happened? Do they match? If so, awesome! Take a few seconds to enjoy what you did well and store it in your memory so you can try to do it again in the future. If you did not have the outcome you hoped for, replay that shot in your mind and think about what you might do differently next time and what you can learn from your shot today.
- Then, you Ready yourself. Think about what you need to do next time and prepare yourself mentally. Are you ready?
- Finally, you Redo. This is where you either physically or mentally imagine yourself doing it better. You might take a practice swing or stroke or hit another ball to practice what you just imagined yourself doing better. In this lesson, you'll have the opportunity to practice and apply the 4Rs to your post-shot routine to support you growing through challenges. How you respond to challenges will dictate how well you are able to move through them. Game Changers will discover their inner-strength, continue developing resilience, and find that you are able to dig deep when things get tough.

GOLF SKILL QUESTIONS

• What are the golf skills you focused on today?

- Putting, Chipping, Pitching

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

- Post-Shot Routine: Ideal emotional response

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

• Follow Up Questions:

- How hard is it to relax when you get frustrated?
- What is your personal strategy to calm down when frustrated?
- How can you use the 4 R's outside of golf?
- How can you incorporate the 4 R's into your pre-shot routine?

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