

Fall 2025, Week 5 – Ages 14+

- **Being a trustworthy person. Building a trustworthy team.**

- It's important to have people around us who will help us make good decisions and use good judgment. At First Tee, we refer to those individuals as our Go-To Team. These are people in our lives that we can look to, rely on, and trust to guide and support us because they have our best interests at heart.
- It's also important to be a Go-To person, one that others can turn to for support and feedback. To be trusted as a Go-To individual, one must be trustworthy. Being trustworthy is a quality that people value and look for in others because those who are trustworthy are known to live with integrity, be honorable, and fair. Being a trustworthy person takes commitment and dedication and is a choice you make to live an honest life.
- To trust yourself and to be trusted by others, you have to be accountable in all areas of your life, and this might include trusting your own instincts or intuition. Your intuition is like an inner microphone that is always trying to give you guidance. Sometimes this voice speaks loudly, but often it's a small quiet voice within you that is helping you determine what you should or shouldn't do. Fortunately, your intuition will be with you for your entire life, as you learn to trust yourself and surround yourself with others you can trust. You can utilize your intuition and the wisdom and support of your trustworthy Go-To Team to help you navigate challenges, opportunities, and decisions you will face on and off the course.

GOLF SKILL QUESTIONS

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

- Putting, Chipping, Pitching

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

- Club face awareness – Club face direction at contact is where players begin to merge getting ready to swing and target awareness.

- **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 it mean to be trustworthy?**
- **What are some qualities of a trustworthy person?**
- **Why is it important to surround yourself with a go to team of trustworthy people?**
- **Why is it important to listen to your intuition and trust your instincts?**
- **Why is clubface awareness important?**

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