



# SCENARIO CARDS

## Purpose

Scenario cards are designed to help you mentally practice dealing with challenging or unforeseen situations so you are prepared to handle them effectively when they arise in the future.

The process involves identifying the scenarios, previously experienced or never before experienced, that will cause distraction or present a challenge you will need to overcome.

Identify the most likely scenarios you will face that will cause distraction or a negative response.

### **On Course Examples:**

- Nerves
- Bad Shot
- Score Focus
- Making the cut
- Poor Warm up
- Arriving late to the course
- Pace of Play
- Spectators
- Scary Hole (Hazard/ Trouble)

### **Off Course Examples:**

- Trouble Sleeping
- Struggling to eat
- Coach / Parent distraction



# INSTRUCTIONS

## **DEFINE the SITUATION**

- Identify the scenario you might face
- Based on past experience, what others have dealt with, or what you might be worried about
- Have a list of typical types
  - On-course & off-course
    - Internal (emotions or thoughts i.e. nerves, etc.)
    - External (expected or unexpected situations i.e. a rain delay, etc.)

## **PLAN (PROACTIVE / PRACTICED RESPONSE)**

- Develop a plan to deal with each of the scenarios
- Place the plan in your scenario card

## **PRACTICE / REHEARSE**

- Review the scenario card in preparation for competition (daily for the week prior to competition)
- Imagine the situation
- Now imagine dealing with it successfully and moving on

## **PRINT and PLACE IN YARDAGE BOOK**

- Print and place in yardage book
- Review prior to the start of your round
- Review as necessary on course



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<b>Scenario</b> <i>What is the situation you want to be ready to handle?</i>	
<b>Response</b> <i>How will you handle this if it occurs</i>	

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<b>Scenario</b> <i>What is the situation you want to be ready to handle?</i>	<b>Nerves</b> Aware of nerves and unable to get focused	<b>Scenario</b> <i>What is the situation you want to be ready to handle?</i>	<b>Bad Shot</b> <ul style="list-style-type: none"><li>• Just had a terrible shot</li><li>• Strong negative reaction</li></ul>
<b>Response</b> <i>How will you handle this if it occurs</i>	<ul style="list-style-type: none"><li>• Deep Breath (longer exhale)</li><li>• Reframe nerves as excitement</li><li>• Focus on the current intention</li></ul>	<b>Response</b> <i>How will you handle this if it occurs</i>	<ul style="list-style-type: none"><li>• Acknowledge</li><li>• Get Present (breath x4)</li><li>• Self-talk (let it go, I'll get the next one!)</li></ul>

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<b>Scenario</b> <i>What is the situation you want to be ready to handle?</i>	<b>Score Focus</b> Distracted by the score and how others are scoring	<b>Scenario</b> <i>What is the situation you want to be ready to handle?</i>	<b>Making the Cut</b> <ul style="list-style-type: none"><li>• Not sure if you will make the cut</li><li>• Close to the cut line</li><li>• Anxious you are running out of time</li></ul>
<b>Response</b> <i>How will you handle this if it occurs</i>	<ul style="list-style-type: none"><li>• Acknowledge</li><li>• Get present (breath)</li><li>• Refocus (what is in my control?)</li></ul>	<b>Response</b> <i>How will you handle this if it occurs</i>	<ul style="list-style-type: none"><li>• Acknowledge emotion</li><li>• Get present (breath)</li><li>• Accept situation &amp; refocus (get clear on the next shot, follow my process)</li><li>• Self-talk "Anything can happen, take care of my business"</li></ul>





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<b>Scenario</b> <i>What is the situation you want to be ready to handle?</i>	<b>Poor Warm-Up</b> <ul style="list-style-type: none"><li>• Not hitting the ball well</li><li>• Not feeling good about the game</li></ul>
<b>Response</b> <i>How will you handle this if it occurs</i>	<ul style="list-style-type: none"><li>• Reframe (don't need to stripe it in warm up to play well)</li><li>• Affirmation (I've put in the work)</li><li>• Self-talk (I'm ready to go)</li></ul>

<b>Scenario</b> <i>What is the situation you want to be ready to handle?</i>	<b>Late to Course</b> <ul style="list-style-type: none"><li>• Shortened warm-up</li><li>• Not your usual warm-up</li></ul>
<b>Response</b> <i>How will you handle this if it occurs</i>	<ul style="list-style-type: none"><li>• Accept the situation (can't change it)</li><li>• Affirmation (I've put in the work)</li><li>• Focus on using the time I have</li></ul>

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<b>Scenario</b> <i>What is the situation you want to be ready to handle?</i>	<b>Pace of Play</b> <ul style="list-style-type: none"><li>• Warning from rules officials</li><li>• Getting out of rhythm</li><li>• Distracted by pace</li></ul>
<b>Response</b> <i>How will you handle this if it occurs</i>	<ul style="list-style-type: none"><li>• Focus on what's in my control (my process, my pace of play) and what's important (next shot)</li><li>• Letting go of pace of others (can only control your pace)</li></ul>

<b>Scenario</b> <i>What is the situation you want to be ready to handle?</i>	<b>Spectators</b> Worried about playing poorly in front of coaches, parents or others
<b>Response</b> <i>How will you handle this if it occurs</i>	<ul style="list-style-type: none"><li>• Accept distraction (spectators are not in my control)</li><li>• Focus on what's in my control (my process)</li><li>• Focus on shot in front of me (what I want rather than what I am worried about)</li></ul>





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<b>Scenario</b> <i>What is the situation you want to be ready to handle?</i>	<b>Scary Hole (Hazards / Trouble)</b> Worried about a hazard or trouble on a specific hole
<b>Response</b> <i>How will you handle this if it occurs</i>	<ul style="list-style-type: none"><li>• Acknowledge distraction</li><li>• Get present (breath)</li><li>• Refocus (Focus on what you want, get clear on your target)</li></ul>

<b>Scenario</b> <i>What is the situation you want to be ready to handle?</i>	<b>Trouble Sleeping</b> <ul style="list-style-type: none"><li>• Too excited or nervous to sleep</li></ul>
<b>Response</b> <i>How will you handle this if it occurs</i>	<ul style="list-style-type: none"><li>• Stay off my phone if I wake up</li><li>• Write down what I am nervous about</li><li>• Play a few holes in my head</li><li>• Meditation or breathing focus (deep inhale, long exhale for 10 breaths)</li></ul>

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<b>Scenario</b> <i>What is the situation you want to be ready to handle?</i>	<b>Struggling to Eat</b> <ul style="list-style-type: none"><li>• Difficulty putting food in body pre-competition</li><li>• Not able to fuel up properly</li></ul>
<b>Response</b> <i>How will you handle this if it occurs</i>	<ul style="list-style-type: none"><li>• Create eating plan based on start time</li><li>• Reframe nerves as excitement and see food as the fuel I need to get through the day</li><li>• Take small bites often</li><li>• Prepare snacks for on course to refuel during play</li></ul>

<b>Scenario</b> <i>What is the situation you want to be ready to handle?</i>	<b>Coach / Parent Distraction</b> <ul style="list-style-type: none"><li>• Expectations placed on me to perform at a certain level</li><li>• Too much involvement from them</li></ul>
<b>Response</b> <i>How will you handle this if it occurs</i>	<ul style="list-style-type: none"><li>• Accept their interest in my play</li><li>• Focus on my process &amp; what works</li><li>• Have a plan for communication (when we talk, what we talk about)</li><li>• Stick to my strategy (on course &amp; off course)</li></ul>

