PERSONAL MENTAL REPORT

# Your mental game, made clear
# Turn intention into commitment

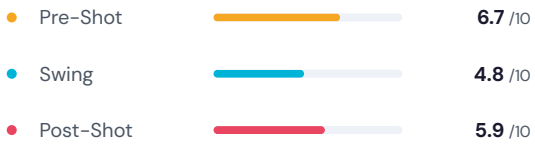
Your QuickScan score is 5.8/10: a workable base with clear opportunities. As a 14.2 handicap golfer, you already show real Focus at 7.0/10. Conviction, at 4.1/10, is where calmer decisions and more enjoyment can grow.

| NAME | YEAR OF BIRTH | HANDICAP | DATE | COMPLETION TIME |
|---|---|---|---|---|
| Alex | 1980 | 14.2 | 2 November 2026 | 7min 00sec |

**5.8**

MENTAL TOTAL SCORE

Based on 40 questions and the 8 steps of the MentalRoutine




© 2026 MentalRoutine for Golfers · mentalroutine.com

# Welcome, Alex

Great that you took the QuickScan. This report is yours — built from your own answers.

Welcome to your MentalRoutine QuickScan report. You have a clear strength in Focus: you can commit to a target and give the shot direction. The biggest opportunity is Conviction, especially when the score starts to matter and you know what to do but do not always do it. The pages ahead show how to turn that recognition into a repeatable routine. You will also discover how to make each missed shot useful.

### WHAT YOU RECOGNISED YOURSELF

*"It's not my swing that costs me shots."*

*"I play fine until the score starts to matter."*

*"I know what to do. I just don't do it every time."*

What you recognised is familiar to many golfers: the swing feels fine until pressure enters the round. In your scores, you can see a contrast between a clear target and less consistent belief when execution matters.

### HOW TO READ THIS REPORT

1. Your shot routine — how you move through the three phases of every shot: before, during and after.
2. The 8 steps — where your strongest step and your two biggest growth opportunities are.
3. Your strength and your growth opportunities — what your scores mean, how you recognise them on the course and what to do about them.
4. Reflection and AI coaching — a question and ready-to-use prompts to take it further yourself.
5. Your action plan — concrete micro-actions for your next round.

*Tip: read it at your own pace, pick one thing and take it into your next round.*

### WHAT THIS QUICKSCAN COVERS — AND WHAT IT DOESN'T

**In this QuickScan**

- ✓ The 3 phases of your shot routine
- ✓ The 8 steps — your strongest step and your 2 biggest growth opportunities worked out
- ✓ An action plan and AI coaching prompts

40 questions · about 8 minutes

**Only in the full assessment**

- + All 8 steps worked out, with their 5 components
- + The 4 influencing factors: risk appetite, pressure, resilience and readiness
- + 3 training reports of your choice

20–25 minutes · more questions per step

*This QuickScan is a first snapshot. The full assessment looks deeper — with more questions per step and the 4 influencing factors — and so gives a fuller, more precise picture. Your scores there may therefore turn out differently from here.*

# Your ShotRoutine (3 phases)

Every golfer goes through the same shot routine on every single shot: preparation, execution and processing. Consciously or not. The MentalRoutine maps these three phases through 8 underlying steps. Together, they determine what your mental game truly looks like.

### PRE-SHOT



**6.7** /10

WORKING AREA

*Pre-Shot is your preparation before the shot: Focus and Concentration. You choose the target, picture the flight, then block out noise.*

You usually reach the ball with a plan. A clear target helps, though noise or indecision can still dilute preparation. Make the final picture simpler.

### SWING



**4.8** /10

WORKING AREA

*Swing is the moment of execution: Conviction and Trust. You commit to the shot without steering or changing your mind.*

This is where doubt can take over. You may stand over the ball, rehearse again or steer at impact. A firm decision lets your swing be free.

### POST-SHOT



**5.9** /10

WORKING AREA

*Post-Shot covers everything after the shot: Evaluation, Acceptance, Analysis and Transfer. You observe, release, learn and choose the next goal.*

You can learn from a round, but setbacks may stay active too long. Name what happened, accept it and carry one useful lesson to the next shot.

WHAT STANDS OUT?

Your strongest phase is Pre-Shot at 6.7/10: you often prepare with purpose. The most room is in Swing at 4.8/10, when doubt can appear over the ball. Post-Shot at 5.9/10 gives you a useful base to learn and reset.

> *"The most important shot in golf is the next one."*
>
> — BEN HOGAN

**In the full assessment** you also see how the 4 influencing factors — risk appetite, pressure, resilience and readiness — act on each phase of your routine.

# Your MentalRoutine (8 steps)

Your strongest step and your two greatest growth opportunities are fully visible. The remaining 5 steps are available in the full assessment. Each step has 5 components you can specifically leverage or improve.

## PRE-SHOT

### Focus

7.0

★ STRONGEST STEP

*Focus is choosing a specific target area and visualising the ball's flight. Without a clear target, every shot is a guess.*

### Concentration

*SEE FULL ASSESSMENT*

*Concentration is full attention on the execution — 'ball to target area'. All distractions are blocked out.*

## SWING

### Conviction

4.1

▼ GREATEST GROWTH OPPORTUNITY

*Conviction is belief in your own abilities at the moment of execution. 'I want it. I can do it. I will do it.'*

### Trust

*SEE FULL ASSESSMENT*

*Trust is unconditional commitment when executing the shot — without hesitation or last-minute adjustments.*

## POST-SHOT

### Evaluation

*SEE FULL ASSESSMENT*

*Evaluation is systematically observing what happened with the ball — direction, flight, distance and final position.*

### Acceptance

*SEE FULL ASSESSMENT*

*Acceptance is processing the outcome, positive or negative, without emotions affecting your next shots.*

### Analysis

*SEE FULL ASSESSMENT*

*Analysis is identifying the most likely cause of any deviation — mental or technical — in no more than ten seconds.*

### Transfer

5.2

▼ SECOND GROWTH OPPORTUNITY

*Transfer is converting a missed performance goal into a concrete learning goal for the next shot and practice.*

**Want to see all 8 steps in full?**

The full assessment maps each step in detail — including exercises and training reports.

mentalroutine.com →

# This is where your strength lies

This step is your greatest mental asset on the course. Understand it — and use it even better.

**7.0**

STRONGEST STEP

## Focus

You give your shots a clear direction.

### WHAT DOES THIS SUGGEST?

*A 7.0/10 is a strong, above-average result. Focus is a genuine asset in your game.*

You tend to choose a real target rather than simply aiming at the flag. With a 14.2 handicap, that clarity can make course management feel more deliberate. You are ready to build on it by seeing the full shot, not only the target.

### HOW IS THIS VISIBLE ON THE COURSE?

On the 13th, you face a narrow fairway with trouble left. You pick a safe target area on the right, picture the ball starting there and commit to it. You do not keep changing the plan; you give the shot a clear destination. That decision brings calm before the swing.

### HOW CAN YOU USE THIS EVEN BETTER?

→ Choose a target area, then hold one vivid picture of the ball flying there.

→ Before stepping in, say: target, flight, commit.

→ See the landing area too, not only the line from the tee.

**In the full assessment** you see which of the 5 components of Focus carry your strength — and how to use them deliberately in the moments that matter.

# This is your greatest growth opportunity

This is the step where focused attention will deliver the most return for your game.

**4.1**

GREATEST GROWTH OPPORTUNITY

## Conviction

Your next breakthrough starts with backing yourself.

### WHAT DOES THIS SCORE SAY?

*A 4.1/10 shows a clear growth area: your ability is ahead of your momentary belief.*

**Stronger Conviction can bring calmer choices, more enjoyment and possibly a few strokes for a 14.2 handicap golfer.**

Conviction turns a good plan into a committed action. When pressure rises, you need to fire yourself up in a simple way and back your decision without demanding certainty. That is a highly trainable opportunity.

### HOW DO YOU RECOGNISE THIS ON THE COURSE?

On the 8th, you have 145 metres over water and choose the right club. Over the ball, you think, do not hit it long, then ease off and steer. The ball finishes short. You did not lack a plan; you lacked permission to back yourself. A clear trigger can change that.

### HOW CAN YOU IMPROVE THIS?

→ Pick the club, name the target and stop revisiting the decision.

→ Use one trigger: I want it, I can do it, I will do it.

→ Swing at 80% with commitment, not 80% with caution.

Say it once behind the ball, then use it as your anchor over the ball.

*"I choose it, trust it, and go."*

YOUR PERSONAL MANTRA

**In the full assessment** you see which of the 5 components of Conviction offer the most room and which factors act on them — with a training report to work on it in a focused way.

# Your second growth opportunity

Here too, focused attention will deliver clear returns for your game.

**5.2**

SECOND GROWTH OPPORTUNITY

## Transfer

Every shot can leave you one useful lesson.

### WHAT DOES THIS SCORE SAY?

*A 5.2/10 is a workable base, with clear room to make learning more consistent.*

**Stronger Transfer helps you stay calm, make better decisions and enjoy your next shot more. It can also support a few strokes at handicap 14.2.**

Transfer prevents one mistake from becoming a pattern across the round. Notice what a miss teaches you, then keep one lesson only; that makes improvement practical rather than heavy.

### HOW DO YOU RECOGNISE THIS ON THE COURSE?

After a pushed iron on the 11th, you tell yourself to aim left next time, but carry several swing thoughts to the 12th. The next shot feels crowded and the same miss returns. Pause, name one cause and choose one lesson. That is enough to move forward.

### HOW CAN YOU IMPROVE THIS?

- → After each miss, name one likely cause and one lesson for the next shot.
- → Write one takeaway after the round, not a list of everything that went wrong.
- → Turn every lesson into one practice task for your next session.

Use it after a miss to keep one lesson and release the rest.

*"One shot, one lesson, move on."*

YOUR PERSONAL MANTRA

**In the full assessment** you see which of the 5 components of Transfer offer the most room and which factors act on them — with a training report to work on it in a focused way.

# Reflect and go deeper

**REFLECTION QUESTION**

*When the score matters on the final holes, do you trust your decision—or quietly try to protect yourself from being wrong?*

### AI PROMPT: LEVERAGE YOUR STRENGTH

I play off 14.2. Focus means choosing a specific target area and picturing the ball there; on a narrow tee shot, this helps me commit instead of aiming vaguely. How can I use this strength even better when pressure makes the target feel risky?

**FOLLOW-UP PROMPTS**

> I am strongest when I pick a clear target. How can I keep that clarity when the fairway narrows or trouble sits beside my preferred line?

> I can visualise a shot well in normal play. How can I make that picture hold up when I need a score on the final holes?

### AI PROMPT: WORK ON YOUR GROWTH POINT

I play off 14.2. Conviction means backing my chosen shot at execution. On a 145-metre approach over water, I chose the club but then steered it because I feared going long. How can I build belief without forcing confidence?

**FOLLOW-UP PROMPTS**

> I hesitate most over approach shots when the score matters. What thought or fear is likely driving my last-second steering?

> I know my club and target but still hold back under pressure. What routine can help me fire myself up and commit?

# Reflect and go deeper

### AI PROMPT: WORK ON YOUR SECOND GROWTH POINT

> I play off 14.2. Transfer means turning a missed performance goal into one useful lesson for my next shot. After a pushed iron, I often carry several thoughts forward and repeat the miss. How can I identify and keep only the right lesson?

FOLLOW-UP PROMPTS

> I often overanalyse after a missed approach. How can I find one useful lesson within ten seconds and use it on the next hole?

> I learn during practice but forget lessons in a round. How can I connect a missed shot to one simple practice goal?

*Copy these prompts into ChatGPT, Claude, or another AI assistant. Add your own context for an even more personalised answer.*

# Your action plan for the course

Concrete micro-actions for your next round — before, during and after.

### Before the round

- Pick one target and visualise the flight; finish with: I choose it, trust it, and go.
- Rehearse three shots with one full commitment, never changing the club or target.
- Write one sentence: I play best when I see the shot and back myself.

### During the round

- Behind the ball, choose the target and flight. Over it, use your mantra once.
- After a miss, name one lesson, accept it and release it before walking on.
- If doubt appears, step away. Re-picture the shot, then return only when committed.

### After the round

- Record three shots: target, commitment and result. Review behaviour, not just outcome.
- Choose one repeated miss and write one practical lesson for your next round.
- Practise five routine shots: target, mantra, swing, release. Keep the process simple.

EVALUATE YOUR ACTION PLAN AFTER THE ROUND

**How well did you follow your action plan? Mark the number that fits best:**

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

1 = not at all · 3 = partly · 5 = fully executed

This action plan is designed to be used for every round. Use it as preparation before you play and as a mirror afterwards. The more consistently you apply it, the greater the effect.

*"The mind messes up more shots than the body."*

— TOMMY BOLT

YOUR NEXT SHOT STARTS HERE

# You've seen the beginning. This is the full picture.

This Quickscan shows three steps. Your complete mental game has 8 — plus the 4 factors that make or break your routine.

### THIS QUICKSCAN · FREE

- ✓ 3 steps mapped (strongest + 2 growth areas)
- ✓ 3 phase scores (Pre-Shot, Swing, Post-Shot)
- ✓ Personal action plan + AI coaching prompts

### FULL ASSESSMENT · ~~$79~~ $69

- ✓ All 8 steps in full — not 3, but your complete mental profile
- ✓ The 5 steps still locked right now — finally revealed
- ✓ The 4 factors that strengthen or undermine your routine: risk appetite, pressure, resilience and readiness
- ✓ Every exercise, text and tip unique to you — no two reports are the same
- ✓ Tailored to your scores and your handicap — no generic advice
- ✓ 3 training reports of your choice: each a concrete workbook of around ten pages

EXCLUSIVE FOR QUICKSCAN PARTICIPANTS — LIMITED-TIME OFFER

**QUICKSCAN10**

Use code QUICKSCAN10 at checkout and pay $69 instead of $79.

**www.mentalroutine.com**

Regular price $79 · with discount code $69 · valid until 31 December 2026

DISCLAIMER

This Mental Quickscan is a free, automatically generated report based on your own answers and does not constitute professional psychological or medical advice. Scores are indicative and based on self-assessment. The full MentalRoutine Assessment looks deeper and may therefore give different scores. No rights may be derived from this report and MentalRoutine.com accepts no liability for decisions made on its basis.

© 2026 MentalRoutine for Golfers · www.mentalroutine.com