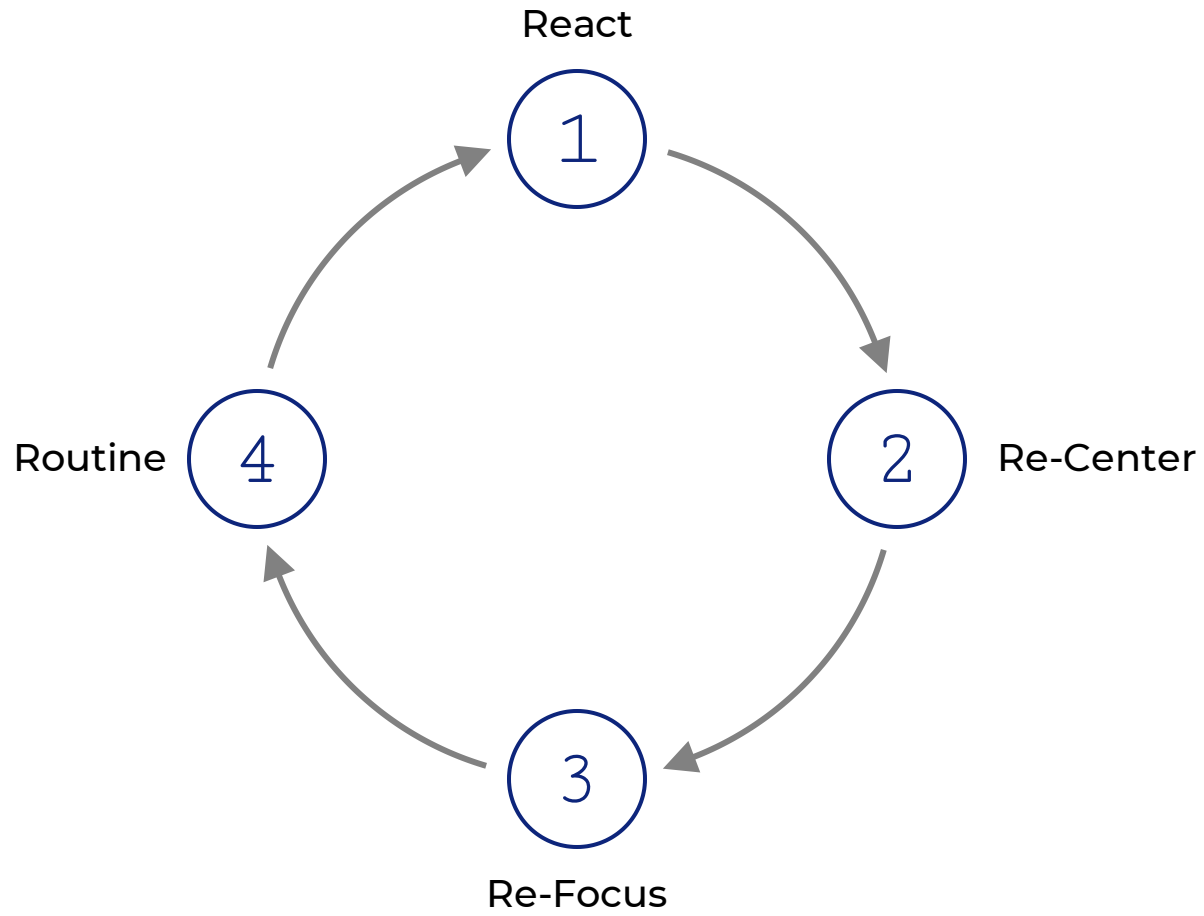
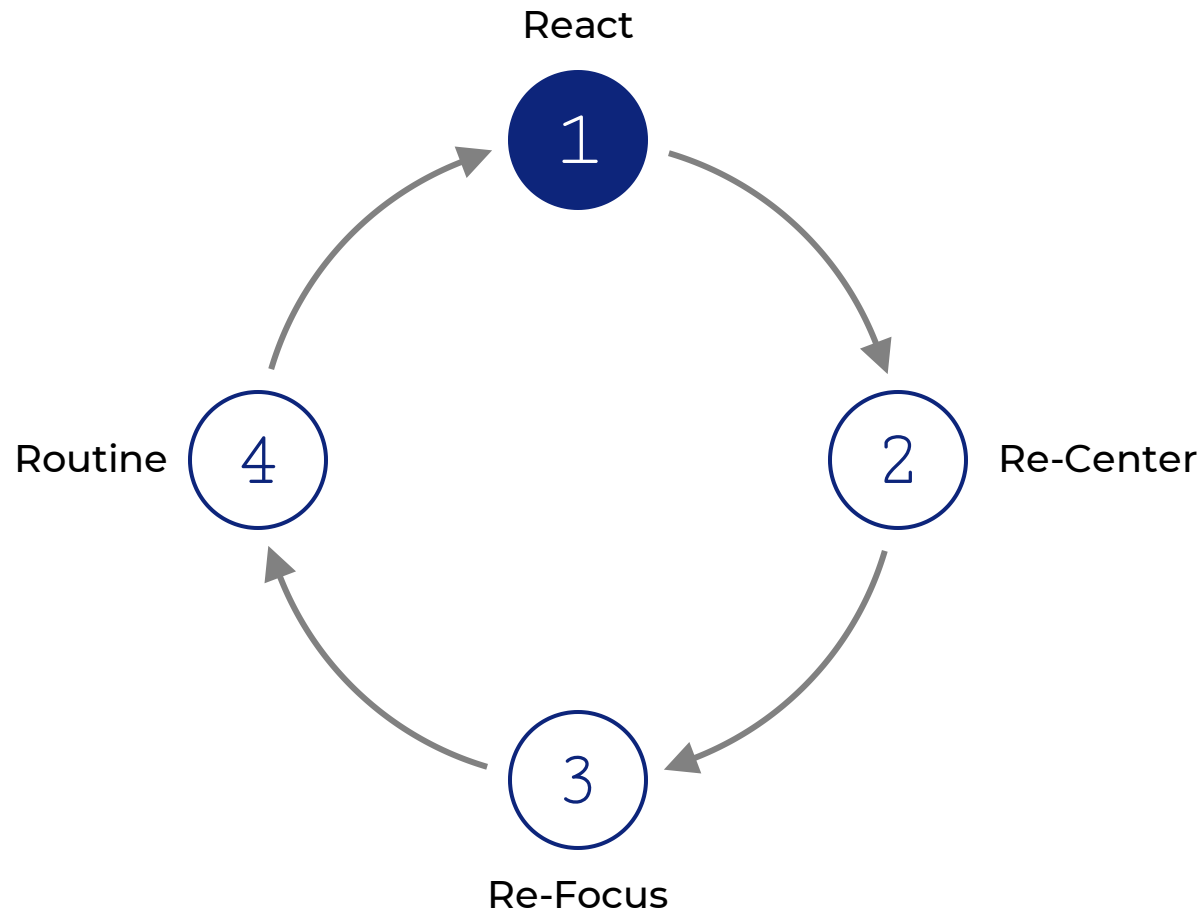


# Pre- & Post-Shot Process

# Pre- & Post-Shot Process



# React



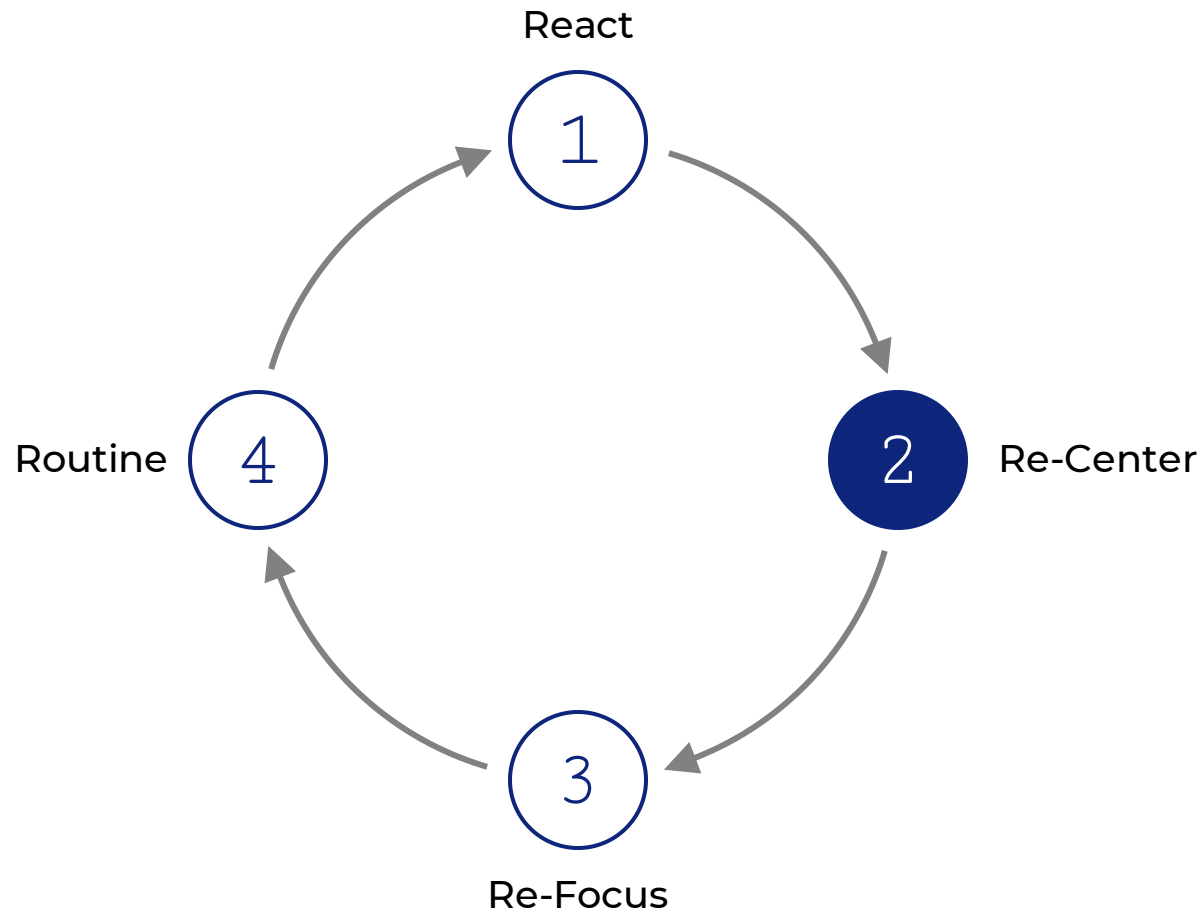
## Why & How?

- 1 | **Why:** "Let Go"
- 2 | **How:** Allow reaction

## Golf Example

- Fist pump
- Shout

# Re-Center



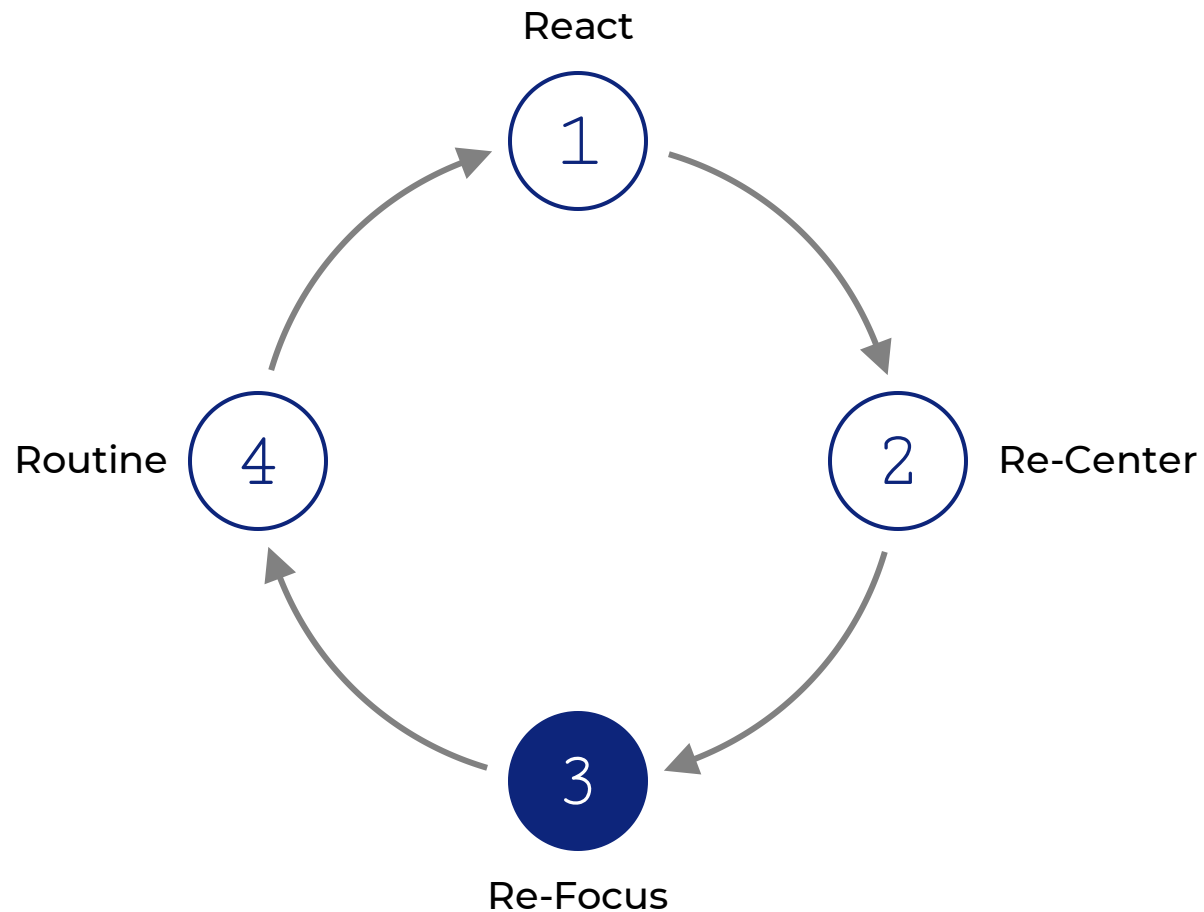
## Why & How?

- 1 | **Why:** Present moment awareness
- 2 | **How:** Self-regulation

## Golf Example

- Eyes closed 4-1-4-1 breathing while playing partner hits

# Re-Focus



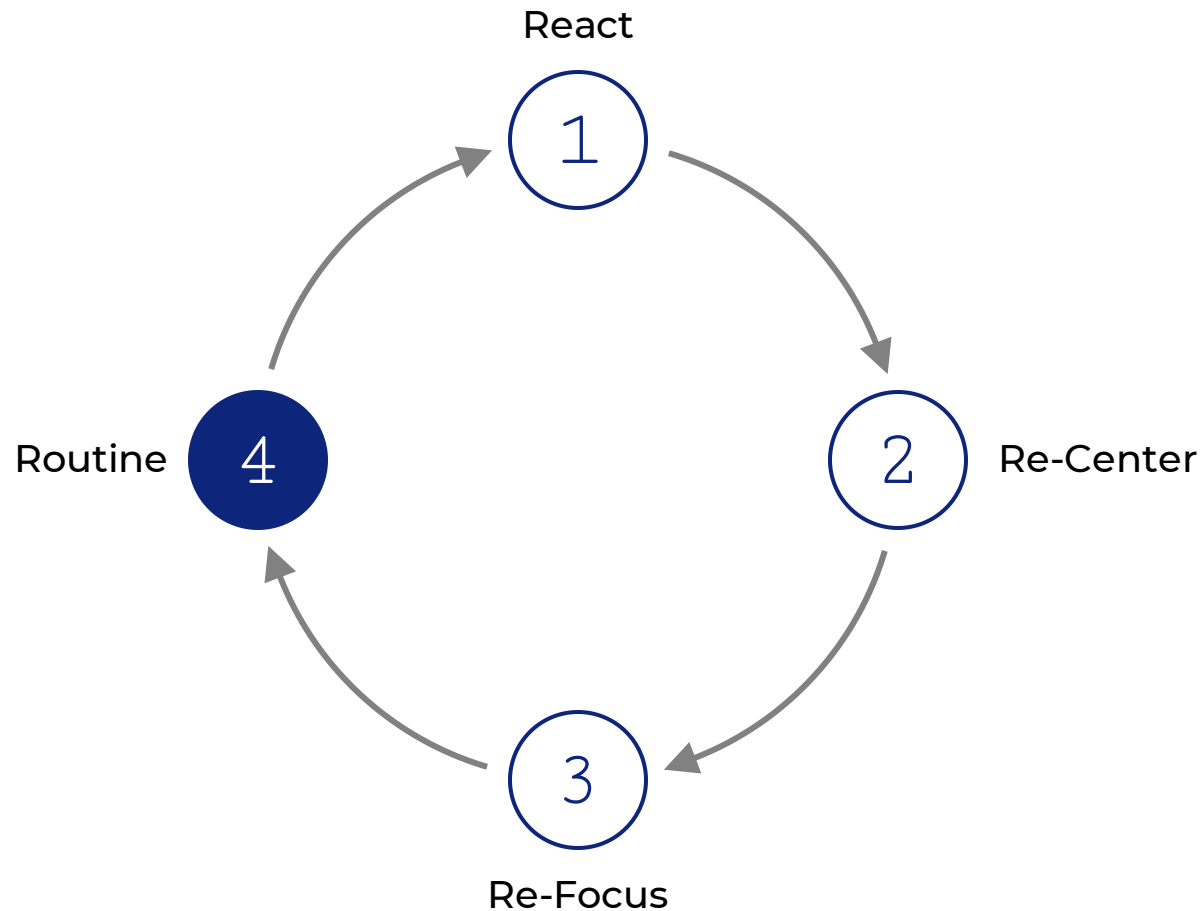
## Why & How?

- 1 | **Why:** Focus on task-relevant information
- 2 | **How:** Broad-external focus

## Golf Example

- Analyzing wind conditions while approaching ball

# Routine



## Why & How?

- 1 | Why:** Perform in an optimal state
- 2 | How:** Executing pre-shot routine

## Golf Example

- Execute pre-shot routine once arrived at ball

# 4R's Process



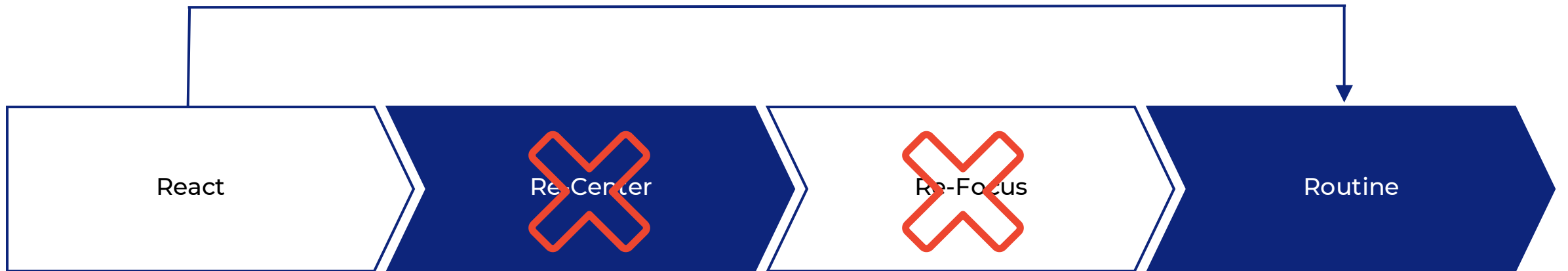
- **When:** Immediately following shot
- **Why:** "Let Go"
- **How:** Allow reaction
- **Example:** Tell ourselves "I suck" after a poor approach shot.

- **When:** 3-10 seconds after the reaction
- **Why:** Present moment awareness
- **How:** Self-regulation techniques
- **Example:** Sync breath with step while walking up fairway.

- **When:** While approaching the ball
- **Why:** Focus on task-relevant information
- **How:** Broad-external focus
- **Example:** Analyzing the wind conditions while approaching the ball

- **When:** Once arrived at the golf ball
- **Why:** Execute shot in an optimal state
- **How:** Execute pre-shot routine
- **Example:** Initiating pre-shot routine once you've arrived at your ball

# Common Mistake





# Time For Each Stage of 4R's

