

Figure 3.5A - QJC Profile - Self Assessment

Indicate how often you engage in the behaviors described in each statement below using the 7-point scale provided in each section.

Collaborate: "Toward Development" – Seeking Help when Needed

As a golfer, how likely are you to: (rate yourself using the following scale)

Almost never 1 2 3 4 5 6 7 Almost always

- _____ 1. Make use of a coach or mentor to maintain and improve your skills and knowledge.
- _____ 2. Take time to learn routines, visualize swing processes and strategies while watching golf tournaments or videos.
- _____ 3. Make use of a coach/mentor to enhance support activities (physical, mental, logistics, routines or equipment needs).
- _____ 4. Make use of reading/videos to enhance support activities (physical, mental, logistics, routines or equipment needs).
- _____ 5. Get advice on club fitting from a knowledgeable professional.
- _____ 6. Complete an assessment of your anchors/oars or key segments of your game to share with your coach and self.
- _____ 7. Maintain a rapport with stronger players to emulate and for inspiration.
- _____ 8. Enter various forms of tournaments and other group golf activities.

Create: "Toward Expansion and Change" – Shot Making Ability!

As a golfer, how likely are you to: (rate yourself using the following scale)

Almost never 1 2 3 4 5 6 7 Almost always

- _____ 9. Maintain a clearly defined golf aspiration.
- _____ 10. Maintain a SWOT analysis of your golf and life situation.
- _____ 11. Feel confident that you have identified tactics to maximize your strengths and opportunities while minimizing the impact of your weaknesses and threats.
- _____ 12. Push yourself beyond your current comfort zones to evolve in new situations.
- _____ 13. Incorporate daily time management habits.
- _____ 14. Have enthusiasm for your golf aspirations.
- _____ 15. Have a good understanding of wrist action.
- _____ 16. Have a good understanding of the club path and how to square the club face.
- _____ 17. Use tactics to improve "by doing nothing" (sufficient sleep, diet, be a student of golf, mental highlight reel, breathing technics or meditation).
- _____ 18. Get "in the zone" and play like a freewheeling kid.
- _____ 19. Have an effective mental routine for good course management (such as SURVIVAL, WELD, aggressively conservative play, or other processes).
- _____ 20. Set SMART goals for achieving desired golf outcomes.

For each of the following areas, rate your proficiency level based on the following scale:

Novice 1 2 3 4 5 6 7 Proficient/Expert
Advanced Mindful
beginner ability

- _____ 21. Course strategies
- _____ 22. Putting.
- _____ 23. Chipping.
- _____ 24. Pitching.
- _____ 25. Approach wedges.
- _____ 26. Bunker shots.
- _____ 27. Rough and uneven lies.

Control: “Toward Reliability and Consistency” – Mindful Broiling toward Intuition

As a golfer, how likely are you to: (rate yourself using the following scale)

Almost never 1 2 3 4 5 6 7 Almost always

- _____ 28. Warm-up before practice and play to increase performance and reduce injury.
- _____ 29. Avoid distractions and band-aids from “golf gurus” or marketing efforts.
- _____ 30. Use the 80/20 rule to determine the greatest causes of results.
- _____ 31. Track results from the practice range and practice green.
- _____ 32. Identify “where’s your broiler” before each practice session.
- _____ 33. Practice deliberately with session goals.
- _____ 34. Take time to consistently evaluate basics such as set-up, posture, aim, routines, etc. during practice sessions.
- _____ 35. Maintain a defined practice protocol each week to work on primary skills (set-up, putting, short game, full shorts, trouble shots, etc.).
- _____ 36. Work on a repeatable swing path using partial swings or other drills.
- _____ 37. Use drills to improve ball striking and sequencing.
- _____ 38. Drill club extension though the swing when practicing.
- _____ 39. Practice self-confidence and emotional awareness.
- _____ 40. Practice positive thoughts and smile frequently.
- _____ 41. Maintain a learning mindset to stay motivated.
- _____ 42. Show empathy for others and yourself.

Compete: "Toward Maximizing Outcomes" – Strategies for Unconditional Confidence

As a golfer, how likely are you to: (rate yourself using the following scale)

Almost never 1 2 3 4 5 6 7 Almost always

- _____ 43. Consistently create positive self-talk as your internal coach, caddie, and cheerleader.
- _____ 44. Maintain a mental "happy place" to reduce negative thoughts.
- _____ 45. Visualize exemplars to increase confidence.
- _____ 46. Track key performance indicators during a round.
- _____ 47. Identify three great things and area(s) to work on after each round.
- _____ 48. Do a course evaluation round (course management plan, pin locations, etc.) rather than a practice round prior to a tournament or other important rounds.
- _____ 49. Stay in the moment, eliminate negative self-talk, and focus on doing your job during practice or play.
- _____ 50. Assess the appropriate course length for your abilities.
- _____ 51. Not allow your brain to get in the way of your shot making and putting.
- _____ 52. Incorporate games during practice for more effective results.

For each of the following areas, rate your proficiency level based on the following scale:

Novice 1 2 3 4 5 6 7 Proficient/Expert
Advanced Mindful
beginner ability

- _____ 53. Mental game.
- _____ 54. Emotional intelligence.
- _____ 55. Approach irons.
- _____ 56. Hybrids/fairway metals.
- _____ 57. Driver.
- _____ 58. Set-up/posture/aim/grip.
- _____ 59. Take away.
- _____ 60. Proper flow and sequencing.