

## Elite Mindset for Junior Golfers Report



You created an Elite Mindset for Junior’s self-report! Your mindset’s relative strength is resilience, while its relative growth area is focus. The second and third-ranked skills are confidence and desire. Remember to think of these mindset skills like strokes gained. Your strength should support you when times are tough, and your lowest skills are your biggest areas for improvement. Speaking of improvement, recommendations to improve the four areas are included in the summary of the areas in this report. Remember that the first skill listed above is your strength, and the last one listed is your biggest area of growth. Our suggestion is for you to follow the quick tips in that section to start. If you would like a referral for individual mindset work, don't hesitate to search this [database](#) for a provider in your area.

The following pages will take a deeper look at each variable of your mindset, with quick tip link suggestions on how to improve in each area.

## Resilience

the toughness to quickly recover from setbacks.

Of the four skills, resilience can be unique to the individual. People are resilient for different reasons. The key is finding the ways that work for you: your resilience building blocks. Which of the following blocks work for you?

- Find your hope. No matter how bad the situation looks, what is your way out? Do you feel prepared? What is your practice schedule? Put your hope in action by putting in the preparation time.
- Learn. Sometimes you win, sometimes you lose, sometimes you learn. There is value in making mistakes only once. Think of the competition as a learning event.
- Connect. Building strong, positive relationships with loved ones and friends can provide you with needed support and acceptance in good and bad times. It might even be beneficial to connect with people who do not care about golf.
- Empty your black box. Each of us has a block box full of our failures. It is important to empty the box consistently. See our [compartmentalization quick tip](#) for guidance.

## Confidence

the belief in one's abilities.

Benefits of confidence:

- You can see the path to success when others cannot

Dangers of overconfidence:

- Your confidence is only built on success
- You stop taking feedback

Ask yourself:

- What is my confidence built on? More than just success?
- Do I accept coaching?

If your confidence is built on success alone, be prepared for inconsistent performance. If you want more consistency, look for other building blocks for confidence. There are always times when success goes away, and your confidence can suffer if you are not prepared. To keep a consistent level of confidence for the long run, build it on more than success. Improve your [self-talk](#) or [visualization](#) with the quick tips in the links.

## Desire

a will to maximize your abilities through competition with yourself and others.

Those with solid desire often:

- Accept challenges
- Are successful

Those with high scores on desire search for ways to compete. They like challenges, set lofty goals, and push toward those goals. They can also challenge personal relationships by focusing on performance over being a good teammate. If you want to learn more about setting goals, visit our [goal-setting](#) quick tip.

This desire score is designed to measure the individual who wants to win. We know that is not the reason everyone plays golf. Some like exercise, enjoy time with friends, or love being in nature. Low scores on desire aren't necessarily bad; it just suggests you may play golf for more reasons than the competition.

## Focus

the ability to put your mental energy into the task at hand.

Benefits of a high focus:

- Efficient with time
- Ability to control distractions

We expect a young athlete's focus score to increase over time. The part of the brain responsible for focus is still developing through young adulthood. To help this process, look at our quick tip on [time management](#). Not only does it take time, but we have learned that golfers have different styles in their focus. Some golfers prefer to "lock it in" for an entire round. Some realize that they are only executing shots for about 20 minutes per round and "lock it in" for those 20 minutes and enjoy the walk and conversation for the time in between shots. You can help learn to "lock it in" by having a good routine, see our quick tip on developing a [routine](#). Pay attention to how your score on focus develops over time!