



Post-Round / Practice Reflection

Course/Round: _____

1. Focus & Mindset

*How well did I stay present, confident, and composed throughout the round?

Rating (1-10):

*Best moment of focus today:

*Learning moment I can improve from:

2. Preparation & Routine

*How consistent was I with my pre-shot and post-shot routines?

Rating (1-10):

*What part of my pre-shot routine do I need to work on?

*What part of my post-shot routine do I need to work on?

3. Decision-Making

*How effectively did I manage course strategy and shot selection?

Rating (1-10):

*Best decision I made today:

*One decision I'd like a re-do on:

4. Execution

*How well did I commit to my shots and trust my swing/skills?

Rating (1-10):

*Which shot did I not fully commit to, and why?

5. Resilience & Response

*How well did I respond to mistakes, setbacks, or pressure moments?

Rating (1-10):

*What am I most proud of in how I managed my round?

*And how did it help you move your focus forward?

What's Next?

*One strength I want to carry into my next round:

*One area I will improve or focus on in my next round: