

## Performance Yard Card

### Benefits of Yard Card

1. Creates relaxation, confidence and mental clarity
2. Utilize performance cues under pressure
3. Daily reminder of positive mindset on the golf course

### Instructions – Fill out the box below

1. Write in 3 Affirmation Statements you find most valuable to you
  - a. Pick your 3 favorite, most impactful to you
2. Write 1 Performance Cue that gives you the best opportunity to hit a quality golf shot, examples: **(swing thoughts, ONLY 1)**
  - a. Tempo
  - b. Feel my arms falling to the inside on the downswing
3. **What is your motto?** While coaching at Ohio State, our strength coach would use the phrase “Lets, put some money in the bank today!” Referring to the hard work you do in preparation for competitive success. Therefore, our motto was “Money in the bank”. What is your motto?
  - a. It doesn’t matter what it is, but **HAS TO BE PERSONAL TO YOU!**
4. Print & cut just outside edges
5. Completely fill out the box below, make it as personal to you as possible. Take it to the nearest OfficeMax or similar to have it laminated (makes it durable to last a long time).
6. Keep this in your yardage book with your pin sheet during tournament rounds.

### PERFORMANCE CARD

THE GABE TRANSITION

BREATH DEEP VISUALIZE

BALANCE IN FEET

RELAXED FEEL PUTTING



### PERFORMANCE CARD



EXAMPLE

MAKE YOURS IN THE BOX ABOVE