

VISION MAP

OK	GOOD	GREAT

DEAL-BREAKERS FOR SUCCESS	KEY TRAPS TO AVOID

ECGA 5 Keys To Achieve Your Vision

1. Visualise DAILY
2. Surround your vision with BELIEF
3. Create a clear MENTAL IMAGE of the vision achieved
4. ACT like the player you want to BE
5. TRUST and LET GO

PLAN

Period: to

TECHNIQUE

SWING

SHORT GAME

MENTAL

MANAGEMENT

PHYSIOLOGY

KEY PROCESSES

DAILY WINS (LIST)