

TENSION IS NOT A GIRL'S BEST FRIEND



CHEAT SHEET CM AND MENTAL STAMINA

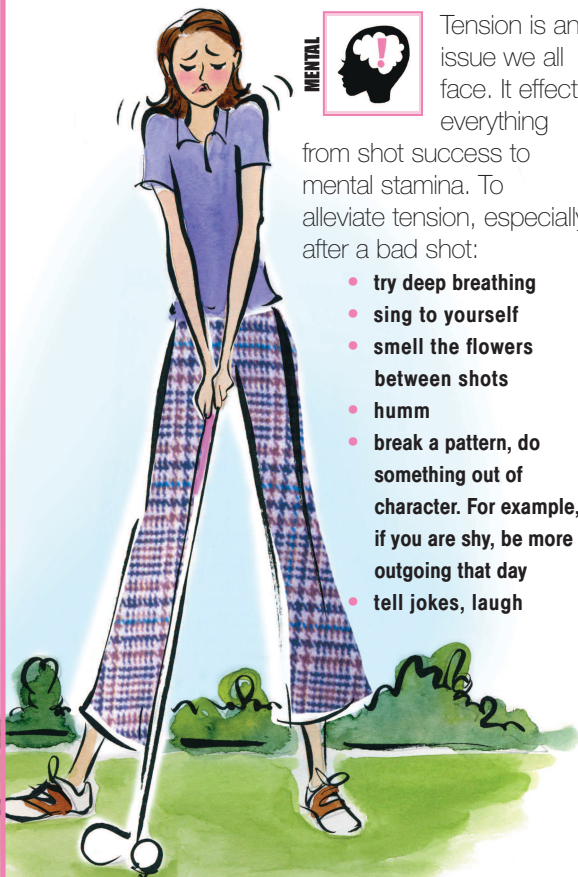
MENTAL



Tension is an issue we all face. It effects everything

from shot success to mental stamina. To alleviate tension, especially after a bad shot:

- **try deep breathing**
- **sing to yourself**
- **smell the flowers between shots**
- **hum**
- **break a pattern, do something out of character. For example, if you are shy, be more outgoing that day**
- **tell jokes, laugh**



What is better than a Cheat Sheet?  **A Girl's On-Course Survival Guide to Golf™**

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