MindfulGuidance
COACHING AND COUNSELING

Golfers - Intake Form

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Date ____/____/____ Name

_____

Physical Address

_____

_____ Age _____

email: _____

best phone number (_____)_____

Favorite golf courses:

_____

_____

# of years playing golf _____ Age started _____

Handicap – Lowest ___Highest ___ Current ___Desired ___

Percentage of the time I enjoy my game _____%

How recently have I played an enjoyable round? (circle one)

-

_____

How often do I play - 9-holes ____x per - 18 holes ____x per - (circle which interval)

I generally - (circle one)

Top 3 things I believe interfere with my enjoyment of my game:

-
-
-

Top 3 strengths of my game:

-
-
-

(Circle one) I [-] consume alcohol ***before*** my round.
I [-] consume alcohol ***during*** my round.
I [-] consume alcohol ***after*** my round.
The perceived effect is

_____

True or False

◦T ◦F I have or currently practice meditation
◦T ◦F I love the feeling I get on the 1st tee
◦T ◦F I am confident when my ball is in the sand
◦T ◦F I am comfortable putting
◦T ◦F ◦N/A I play well in tournaments
◦T ◦F I tend to notice my mistakes more than good shots
◦T ◦F I can feel the club head when I swing
◦T ◦F I don't get distracted by my playing partners or mowers
◦T ◦F Golfing adds to my sense of wellbeing
◦T ◦F I have a pre-shot routine that works for me
◦T ◦F I always use my pre-shot routine
◦T ◦F I have a post-shot routine that I use
◦T ◦F I am generally aware of my pace of play
◦T ◦F I use technology on the course (what kinds)

_____
_____

Sentence completion:

This is what I do to improve my pace of play

_____

If I could have *anything* shift in my game, I'd like . . .

_____
_____
_____

I would like to focus on these areas: (choose up to 5 and rate in order of priority)
__ Improve my focus
__ Reduce intrusive thoughts

__ Shake off negative feelings
__ Be able to create a useful, centering pre-shot routine
__ Reduce self-criticism
__ Create a useful post-shot routine
__ Develop an effective pre-round warm-up
__ Learn ways to calm my nerves
__ Practice putting drills to develop sensitivity/touch/feel
__ Develop more feel with my driver/fairway woods
__ Improve my confidence with chipping
__ Reduce first-tee jitters
__ Learn practical breathing techniques to help me settle myself and release tension
__ Learn how to tune in and center myself so I'm not distracted
__ Develop more awareness of the clubhead when swinging
__ Shift my mindset from "Hitting" the ball to "Swinging."
__ Let go of ideas of perfection – create a different outlook on the game.
__ Strategies for improving tournament play
__ Golf course management/Self-management
__ Other : _____
__ Other: _____

Think about your *favorite* golf experience – what was happening, what were you connected with/focused on or paying attention to?