EAST LANE GOLF

Mental Reset Card

Bounce back after a bad hole

One bad hole shouldn't become three. Reset before the next tee.

1. Breathe — one slow breath to let the frustration go.

2. Accept — the shot has gone; nothing changes it now.

3. Refocus — commit fully to your routine on the next shot.

4. One shot — play only the shot in front of you.

Give yourself ten seconds to be annoyed, then move on.

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Print on A4 at 100% (“Actual size”). Cut down the centre, then trim the borders — two cards.