

Name.....

Date.....

1) What does the 'O' of OSVEA stand for.....(1)

2) What does the 'S' of OSVEA stand for.....(1)

3) What does the 'V' of OSVEA stand for.....(1)

4) What does the 'E' of OSVEA stand for.....(1)

5) What does the 'A' of OSVEA stand for.....(1)

6) List 3 factors that should be looked at in 'O' of OSVEA

.....
.....(3)

7) What kind of targets should we pick in 'S' of OSVEA

.....(1)

8) List 3 ways that you can Visualize a shot

.....
.....(3)

9) Give 2 ways that you can kill the chimp (keep your negative mind quiet)

.....
.....(2)

10) If you are nervous are you living in the past, present or future

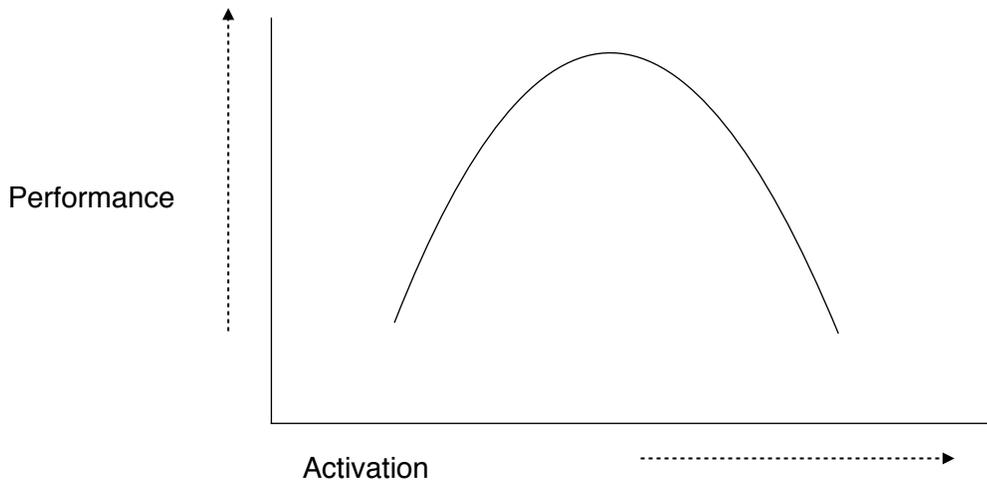
.....(1)

11) If you are angry are you living in the past, present or future

.....(1)

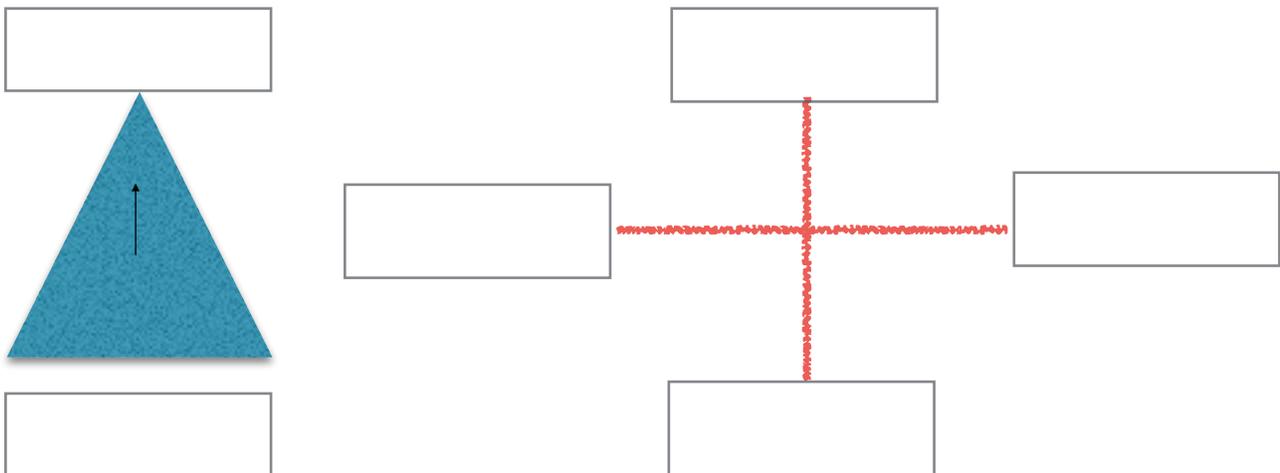
12) On the diagram below please mark on the point of the curve where you want Activation to be when you play golf with an X (1)

13) On the diagram below please mark on the point of the curve where your Activation levels are if you are angry or extremely nervous when playing golf with a Y(1)



14) The goal of golf psychology is to get our

T + F = I(3)



15) Please fill in the 6 boxes on the above Diagram (6)

16) Where should we live on the triangle when we are playing golf and why (2).....

.....
.....

17) What type of goal can keep us at the bottom of the triangle (3)

.....

18) give an example of this type of goal and explain how it helps (3)

.....
.....
.....

19) Please explain what creates pressure for you and list any strategies you have to deal with this (4)

.....
.....
.....
.....

20) Give an example of an outcome goal (1)

21) What can outcome thoughts help us with (1)

22) Please explain the difference between internal motivation and external motivation (3)

.....
.....
.....

Thanks for taking the time and effort to fill in this paper. I hope the Mental training you are about to receive will educate and inspire you to apply new skills on and off the golf course and take a step closer to becoming the player and person you desire.