



From Frustrated to Focused

***5 Powerful Mental Resets for Better Golf***



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If you're reading this, you already know what it feels like to play golf *beneath* your potential. Maybe you stripe it on the range but tighten up on the course. Maybe one bad hole snowballs into three. Maybe you're tired of chasing swing tips, watching YouTube videos, and just want to play with confidence again.

In this guide, you'll learn five simple, actionable tips-science-backed mental resets-you can use during the round to regain focus, composure, and play the kind of golf you know you're capable of.

### **How to Use This Guide**

- Before the round → Tip 1
- Before each shot → Tips 2–4
- Between shots / delays → Tip 5
- After a mistake → Tip 4 reset phrase

You do not need to use all five at once. Start with one or two, then layer the rest in as they become habits.

Let's begin.

# 1. The Trance Breathing Reset

**Exercise Name:** The 7-4-11 Breathing Cycle

**Steps:**

1. Find a quiet space, even if only for a minute on the course.
2. Stand or sit comfortably and place one hand on your abdomen.
3. Inhale through your nose for a count of seven, feeling your stomach expand.
4. Hold the breath for a count of four.
5. Exhale through your mouth for a count of eleven, feeling the air leaving your body.
6. Repeat the cycle 3–5 times before a shot or during practice.

**Benefits:**

Reduces tension and sharpens concentration.



## 2. The Shot–Trust Visualization Reset

**Exercise Name:** The Perfect Shot Visualization

### **Steps:**

1. Step back from the ball before hitting the shot.
2. Close your eyes and take three deep breaths.
3. Visualize the feel of the club, your stance, and the ball's flight.
4. Open your eyes and take the shot confidently.
5. Afterward, briefly reflect on how well you matched the visualization.

### **Benefits:**

Boosts confidence and prepares your mind for success.

### **Bonus Tip:**

If you play the same course regularly, visualize the entire round while drifting off to sleep—seeing each shot and finishing with a score you're proud of.



## 3. The Pre-Shot Routine Reset

**Exercise Name:** Consistent Pre-Shot Ritual

**Steps:**

1. Write down a simple routine that suits you (e.g., breathe, visualize, align).
2. Practice this routine on every shot at the driving range.
3. On the course, stick to the routine regardless of pressure.
4. After the round, reflect on how it affected your focus and ball-striking.

**Benefits:**

Staying grounded in your process keeps anxiety and doubt in check.





## 4. The Neutral Self-Talk Reset

**Exercise Name:** Neutral Self-Talk Reset

**Steps:**

1. Before each shot, notice any internal commentary or judgment.
2. Eliminate outcome-based thoughts such as “Don’t miss” or “I need this.”
3. Replace them with one neutral cue: tempo, balance, or target.
4. Commit to the shot and swing without further internal dialogue.
5. After a poor shot, use one reset phrase (e.g., “*Next task*”) and move on.

**Benefits:**

Reduces mental interference and keeps your focus calm, clear, and present.

## 5. The Stay Present Reset

**Exercise Name:** The Present Reset

### **Steps:**

1. Acknowledge the delay without resistance — slow play is part of the game.
2. Shift attention outward:
  - Feel your feet on the ground
  - Notice the air temperature
  - Listen to ambient sounds
3. Take one slow breath extending the exhale.
4. When it's your turn, re-enter your pre-shot routine deliberately.

**Benefits:** Prevents frustration and helps you stay mentally engaged throughout the round.



## Conclusion

These five mental reset strategies are designed to help you play with greater focus, confidence, and consistency. Golf will always challenge you—but when your mind is steady, your best golf shows up more often.

If you'd like help interpreting your mental scorecards or personalizing these tools into a routine built specifically for your game, let's talk. I offer a free Discovery Call to explore how you can get your mind back on your side.

Learn more at [trancegolf.com](http://trancegolf.com)

*Play free. Play focused.*

## Bonus #1 The 10–Second Reset Card

*Save this as your phone lock screen for instant focus*

- **Breathe:** 7-4-11 cycle to clear tension.
- **Cue: (pick one):** Tempo (smooth), Balance (finish tall), Target (pick a spot).
- **The Commitment:** Decide the shot. Commit to the line.  
Swing with confidence.
- **The Post-Shot Reset:** Next task

## Bonus #2: After-Round Mental Scorecard

Use this scorecard immediately after your round. It takes less than two minutes to complete.

Be honest—this is about awareness, not judgment.

### After-Round Mental Scorecard

Focus Area	1 - Needs Work	2	3	4	5 -Excellent
Breathing & Calm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Visualization Commitment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pre-Shot Routine Consistency	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Self-Talk Control	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Response After Bad Shots	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Patience During Delays	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Bonus #3: 5-Round Mental Trend Tracker

Do not look for perfection—look for patterns.

**1. Which mental skill helped me save the most strokes today?**

**2. Where did I lose focus (Pressure, Mistakes, or Delays)?**

**3. What is the one thing I will improve next round?**

Progress starts with awareness. Keep tracking the process.

About the Author: Hi, I'm John.

**I know exactly what it feels like to watch a great round of golf vanish in the span of two holes.**

John Simons is a former PGTAA Teaching Professional with a Master's in Sports Science and years coaching Division I, II, and III athletes. His work focuses on helping golfers master the mental side of the game through simple, practical reset tools that hold up under pressure.

He founded TranceGolf to give everyday golfers access to the same mental performance strategies used by elite players - without complexity or jargon.

His mission is simple: to help golfers play free, trust their swing, and bring their best game to the course more often.

If you'd like support applying these tools to your own game or want help interpreting your mental scorecards, feel free to reach out or learn more at [trancegolf.com](http://trancegolf.com)

*"Golf is played mainly on a five-and-a-half-inch course, the space between your ears," - Bobby Jones*

**THE PROFILE: John Simons \***

**Education:** Master's Degree in Sports Science \* **Certification:** PGTAA Teaching Professional \* **Experience:** Former D-I, II, & III Performance Coach \* **Specialty:** Rapid mental resets for high-pressure performance

