

Think Above Par Curated Playlist:

7 Podcast Episodes That Will Instantly Improve Your Mental Game





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Golf is more than mechanics—it's mental.

If you've ever walked off the course thinking, "I know I'm better than this," you're in the right place.

I handpicked 7 of my most impactful podcast episodes that will help you:

- Build calm, confidence, and clarity (a.k.a. your CCC state)
- Bounce back from bad shots faster
- Start thinking like the player you know you can be

Each episode is short, actionable, and packed with the kind of mental coaching my private clients get—but free to you right now.

Grab your earbuds, pick an episode, and let's get your mind tuned up.

Kathy

7 Podcast Episodes That Will Instantly Improve Your Mental Game

Episode #193: Golf Commands: How to Stop Giving Yourself Bad Orders on the Course

What It's About:

In this episode of Think Above Par, Kathy dives into the secret language we use on the golf course—commands! You know the ones: “Don’t hit it in the bunker!” or “Get it to the hole!” But are these commands helping or hurting your game? Spoiler: Your brain doesn't like being bossed around (even by you!).

Kathy breaks down the types of commands we give ourselves on the course: swing commands, result commands, and feel commands. She explains why some are useful, while others might be putting extra pressure on your swing. If you’ve ever wondered why your brain seems to ignore that “don’t hit it in the water” directive, this episode is for you.

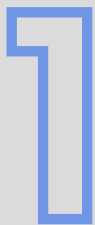
Listen For This:

A quick shift to improve your mindset or recover faster during a round.

Journal Prompt:

What did I learn from this episode that I can use before or during my next round?

Link: [Listen Here](#)



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Episode #196: Taming Golf Course Intimidation: Overcoming People, Shots, and Daunting Holes

What It's About:

In this episode, Kathy dives into the sneaky world of golf intimidation—whether it's that monster par-3 staring you down, the big-hitting player in your group, or that nagging feeling that's got you second-guessing your game.

Kathy shares why intimidation is more about our thoughts than the hole or the person on the tee box next to us. You'll learn why intimidation is just a choice (no, really!) and how to switch from feeling intimidated to feeling calm, confident, and ready to play your best.

Expect some laughs, "aha!" moments, and practical tips you can bring to the course this weekend.

Listen For This:

Listen for Kathy's explanation of intimidation as a subjective feeling rather than an objective fact. This understanding can help you reframe your experiences on the course.

Journal Prompt:

Think of a hole or shot that regularly intimidates you. What exactly makes it feel that way—pressure, past mistakes, or expectations? How could you choose to see it differently to feel more calm and confident next time?

Link: [Listen Here](#)

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Episode #197: The 3 Words That Transform Your Golf Game and Life

What It's About:

In this episode of Think Above Par, Coach Kathy dives into the power of three simple words: "I get to." Shifting from "I have to" to "I get to" can completely change how we approach both life and the golf course. Kathy shares personal stories, including a moment when this shift helped her reframe a difficult situation, and breaks down how this mindset shift creates gratitude, hope, and fulfillment instead of pressure and resentment. Whether you're teeing off early or practicing in challenging conditions, this episode will inspire you to embrace your opportunities rather than feeling burdened by them.

Listen For This:

A quick shift to improve your mindset or recover faster during a round.

Journal Prompt:

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Episode #199: The Power of Gratitude for You and Your Golf Game

What It's About:

This episode dives into the transformative power of gratitude both on and off the course. Learn how practicing thankfulness can boost your resilience, calm your nerves, and improve your golf game—even when you're struggling to find the fairway. With research-backed insights, practical tips, and relatable humor, this episode will help you shift your mindset and elevate your performance. Tune in, and discover why gratitude is the ultimate game-changer for golfers and life.

Listen For This:

A quick shift to improve your mindset or recover faster during a round.

Journal Prompt:

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Episode #200: 10 Life-Changing Lessons Mental Golf Teaches You—Beyond the Course

What It's About:

In this milestone 200th episode of Think Above Par, Kathy dives into "10 Ways Golf Impacts Your Life." She shares heartfelt insights on how mastering the mental game of golf doesn't just improve your performance on the course but transforms your daily life. From managing emotions and building self-confidence to creating stronger relationships and even reducing road rage, this episode is packed with wisdom, humor, and inspiration. Tune in to celebrate this special episode and discover why working on your mental game is the gift that keeps on giving—on and off the course.

Listen For This:

A quick shift to improve your mindset or recover faster during a round.

Journal Prompt:

What did I learn from this episode that I can use before or during my next round?

Link: [Listen Here](#)

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Episode #201: Why Your Golf Results Aren't Happening Fast Enough

What It's About:

In this episode Kathy dives into a topic every golfer (and human) can relate to: the frustration of not seeing results as quickly as we'd like. Whether it's on the course or in life, we've all been tempted to quit when the payoff doesn't match the effort. Kathy breaks down why this happens, how our brains play tricks on us, and what we can do to shift our mindset for better outcomes.

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Episode #203: 4 Mental Skills Every Golfer Should Practice This Winter

What It's About:

In this episode Kathy challenges the idea of an “off-season” for mental golf. While the colder months may sideline physical play, now is actually the best time to strengthen your mental game. Kathy shares four powerful practices to develop mental resilience that applies on and off the course. Listeners will learn how to set daily intentions, master the STEAR method for thought awareness, process emotions in 60-90 seconds, and shift limiting beliefs. These skills aren't just for golf — they're for life. If you want to walk into your next golf season calmer, more confident, and ready to perform under pressure, this episode is a must-listen don't wait for spring to start working on your mental game — start now!

Listen For This:

A quick shift to improve your mindset or recover faster during a round.

Journal Prompt:

What did I learn from this episode that I can use before or during my next round?

Link: [Listen Here](#)



Real Golfers. Real Results.

"Your podcast has been a **game-changer** for me. This summer, I discovered your words of wisdom and encouragement, and they've helped me tremendously. We just wrapped up our two-round club championship, and today's final round was a roller coaster—OB shots, penalty areas, you name it. But I held it together, **stayed positive**, and won the championship! Wow. Just wow. Thank you!"

— **Naomi F.**

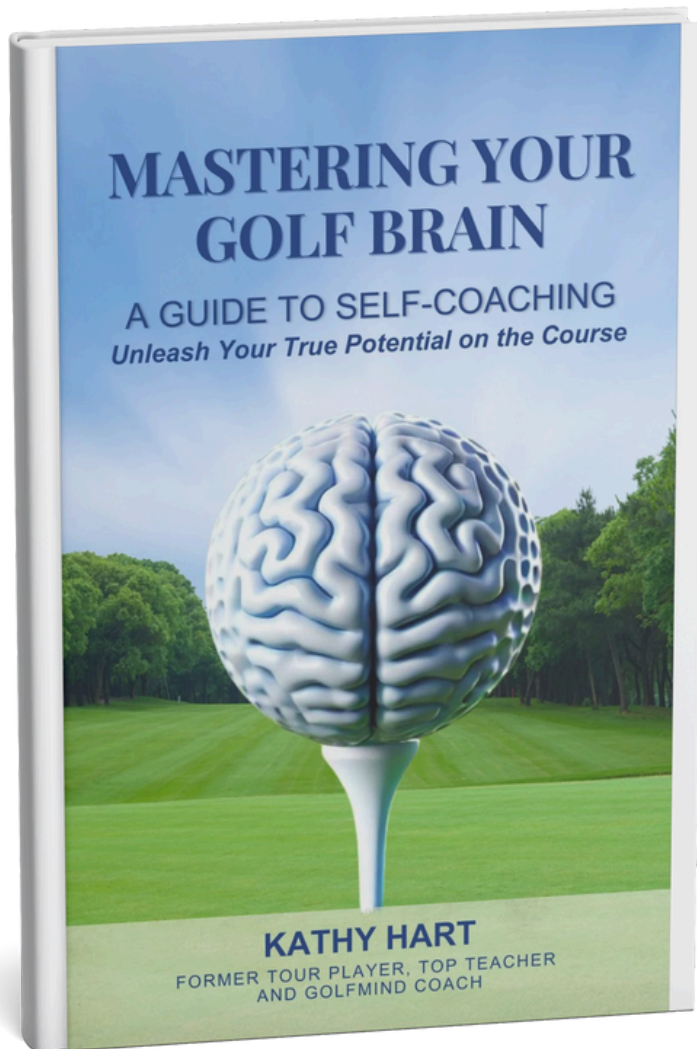
"Played in a qualifier today for an interclub match. The start was rough—bad bounces, frustration creeping in. By hole six, I was about to lose it. Then I remembered your advice: **calm down, redirect, stick to the process, visualize good shots**, and **trust** that things will turn around. I shot 39 on the back nine and qualified. Your podcasts are incredibly helpful, and the hamster cage episode had me laughing. Thanks for everything!"

— **Pete B.**

"Breaking barriers one round at a time! Shot 34-39 in round two of the club championship—73, a new personal best! Thank you for the **guidance** and **inspiration**!"

"Just a quick note to say thank you for your Above Par podcast. I listen every week, and it's truly helped me master my mindset, both on and off the course. Yesterday, I won my flight in our club's match play championship—the first individual event I've ever won! I owe so much of that success to your podcast."

Ready to Master Your Golf Brain?



Take the next step and get your hands on the full digital copy of my book, Mastering Your Golf Brain. This book is packed with practical tools, inspiring stories, and the exact methods I use to help golfers transform their mindset on and off the course.

Highlights:

- Learn the STEAR Method to manage your thoughts and emotions
- Understand why you underperform and how to fix it
- Discover how to play calm, confident, and certain every round

Click below to buy your digital copy now and start mastering your mind.

See you on the inside

Kathy

Buy the Book - Instant Download >>>

MASTERING YOUR GOLF BRAIN

A GUIDE TO SELF-COACHING
Unleash Your True Potential on the Course



KATHY HART

FORMER TOUR PLAYER, TOP TEACHER
AND GOLFMIND COACH