

# THE CHALLENGE

## WORKBOOK

DATE :

WHAT IS YOUR GOLF DREAM?

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WHAT GOAL DO YOU HAVE ABOUT YOUR GOLF GAME?

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DEFINITION OF UNIQUE

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DEFINITION OF DIFFERENT

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ARE YOU UNIQUE, DIFFERENT OR BOTH? \_\_\_\_\_

# THE CHALLENGE

**"YOU CAN BE UNIQUE AND GET WORSE. YOU HAVE TO BE DIFFERENT TO GET BETTER!" - TIM GRAVES, PGA**

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**RANK EACH HOW IMPORTANT THEY ARE TO YOUR GAME FROM 1 AS NOT IMPORTANT TO 10 AS VERY IMPORTANT:**

USING TRAINING AIDS EVERY TIME YOU PRACTICE	1	2	3	4	5	6	7	8	9	10
WATCHING INSTRUCTION ON GRAVES GOLF ON-DEMAND	1	2	3	4	5	6	7	8	9	10
BEING SINGLE PLANE FIT	1	2	3	4	5	6	7	8	9	10
GETTING IN-PERSON INSTRUCTION	1	2	3	4	5	6	7	8	9	10
TAKING VIDEO OF YOUR SWING	1	2	3	4	5	6	7	8	9	10
GETTING FEEDBACK / COACHING	1	2	3	4	5	6	7	8	9	10
ANALYSING YOUR STATS WHEN YOU PLAY	1	2	3	4	5	6	7	8	9	10

**WHAT IS THE WEAKEST PART OF YOUR GAME?**

FULL SWING \_\_\_ PUTTING \_\_\_ CHIPPING \_\_\_ PITCHING \_\_\_

COURSE MANAGEMENT \_\_\_ MENTAL GAME \_\_\_

**HOW ARE YOU GOING TO ATTACK THAT WEAKNESS?**

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**THE PERFECT PRACTICE SESSION**

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# THE CHALLENGE

WHAT IS STOPPING YOU FROM REACHING YOUR GOAL  
OR DREAM IN THE NEXT YEAR?

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HOW CAN GRAVES GOLF  
HELP ME REACH MY GOAL?

MY MOTIVATION

NOTES

# THE CHALLENGE

HOW ARE YOU GOING TO ACHIEVE YOUR GOAL?

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WHAT ARE YOU GOING TO DO OVER THE NEXT...

30 DAYS

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60 DAYS

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90 DAYS

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ONE YEAR

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GRAVES GOLF COACHES CAN HELP YOU BUILD THIS  
PLAN AND REACH YOUR GOALS