



Car Talk for Birdie Week #8

Today's Core Lesson: Dealing with Challenges / STAR – A challenge is something that makes it harder for you to reach your goal. You are likely to face challenges as you work on the steps in your goal ladders. STAR is a tool you can use to help you deal with these challenges.

STAR

- **S = Stop and take a deep breath. Breath in through your nose, hold it, and breath out slowly through your mouth.**
- **T = Think of all the choices and options available to you.**
- **A = Anticipate what could happen (good or bad) as a result of these choices or options.**
- **R = Respond by selecting the best choice of what to do.**

Today's Healthy Habit (s): Energy – It is important to understand and make healthy choices about when to eat, how much to eat, and the types of food and drinks to provide the body the most useful energy.

Mind: The mind is a powerful tool for health. One's mind influences his/her emotions and behaviors and can be utilized for self-improvement, building confidence, and maintaining perspective.

Today's Golf Skills Fundamental: Pre-Shot and Post-Shot Routines / STAR / The 4 R's – Players learn to use STAR to increase awareness of thoughts and emotions. Players learn to use the 4 R's to stay emotionally neutral to an undesirable process or outcome and to store a desirable outcome in their memory. The 4 R's: Replay – Think about what you did versus what you wanted to do. If they match, then take a moment to enjoy what you did well and store it in your memory. If not, then proceed to the next steps. Relax – Take some deep breaths. Ready – Think about what you will do differently next time. Redo – Imagine yourself doing it better. You can also take a practice swing that matches what you are imagining.

Guiding questions and topics for parents to review with their child:

- What is the First Tee technique for dealing with challenges?
- Why is a repeatable pre-shot routine important and how do you develop one?
- What are the First Tee's techniques for pre-shot and post-shot routines?
- What is STAR and how do you use it? What are the 4 R's and how do you use them?
- Can you use STAR and the 4 R's in other areas of your life besides golf?