

7-Day Confidence & Target Picture Program

For Henrik Jentsch – 12 August 2025

This program is designed to make **choosing confident thoughts, picturing your target clearly, and trusting your swing without overthinking mechanics** an automatic habit. Each day builds on the last, combining visualization, commitment, and acceptance until the process becomes second nature under any pressure.

Day 1 – Awareness and Reset

Goal: Notice when mechanical thoughts or doubt enter your routine.

- **Warm-up:** 2 minutes of centering breath (4-4-6-2).
 - **Range block:** 15 balls, each with full pre-shot routine:
 1. State the target aloud.
 2. Visualize ball flight (2–3 seconds).
 3. Use a cue word (e.g., “smooth”).
 4. Swing.
 - **Post-shot:** Say “accepted” regardless of result.
 - **Journal:** Write down 3 moments of full commitment and 3 moments when mechanics or doubt took over.
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Day 2 – Strengthening the Target Picture

Goal: Improve clarity and consistency of visualization.

- **Visualization drill:** Without hitting a ball, perform 10 full routines, picturing different trajectories and landings.
 - **Range block:** 20 balls – 10 with eyes open, 10 beginning with eyes closed during visualization (open before swinging).
 - **Focus:** Commit to the picture before looking at the ball.
 - **Journal:** Rate the clarity of your target picture (1–5) for each shot.
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Day 3 – Cue Word Commitment

Goal: Replace swing thoughts with one consistent cue.

- **Warm-up:** Light stretching, 2 minutes of breathing.
 - **Range block:** 3 sets of 6 balls – all with the same cue word.
 - **Test:** If a mechanical thought intrudes, restart the routine from the target picture.
 - **Journal:** Record how often the cue word stayed in your mind from takeaway to finish.
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Day 4 – Acceptance Training

Goal: Respond neutrally to all results.

- **On-course or range practice with random targets:**
 - Hit 12 random shots, changing club and target each time.
 - After each shot:
 - 1 neutral statement (“Next.” / “Accepted.”).
 - 1 micro-lesson (≤ 3 words).
 - **Metric:** Count how many times you avoided emotional reactions.
 - **Journal:** Note your best acceptance moment of the day.
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Day 5 – Pressure Simulation

Goal: Maintain confidence and target picture under stress.

- **Consequence game:** Achieve 4 out of 6 committed swings to finish.
 - If you fall short, repeat until you succeed.
 - **Key:** Only rate commitment, not ball flight.
 - **Journal:** Describe how pressure affected your routine length or thought pattern.
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Day 6 – Blending Skills

Goal: Integrate picture, cue, and acceptance automatically.

- **On-course (9 holes) or simulated range play:**
 1. Pick the target.
 2. Visualize.
 3. Cue word.
 4. Swing.
 5. Acceptance.
 - **Tracking:** Record commitment score (1–5) for every shot.
 - **Journal:** Identify which shots had the best combination of all three elements.
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Day 7 – Reflection and Reinforcement

Goal: Lock in the habit for long-term use.

- Review your journal from the previous six days.
- Identify:
 - Most effective cue word.
 - Strongest target picture habit.
 - Most common trigger for losing trust.
- **Reinforcement drill:** 15 perfect-routine shots, each with $\geq 4/5$ clarity and commitment.

- **Finish with:** 3 wins, 1 lesson, and 1 intention for the coming week.
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Daily Checklist

- Breath before routine.
- Target stated aloud.
- Clear visualization (2–3 sec).
- Cue word locked in.
- Swing without mechanical thoughts.
- Neutral acceptance after shot.