

THE COMPETITOR'S MIND

Golf is just where *they* *learn it.*

A mental game program for the junior who is already competing. Twelve tools, two seasons.

Twelve tools, earned one at a time. Finishing one takes seven reps, and **five of the seven happen away from golf**, at school, at home, in an ordinary week. That is not a bonus feature. That is the design.

WHAT IS ACTUALLY BEING TRAINED

- ✓ **Composure.** Changing how they feel in under a minute.
- ✓ **Recovery.** Finishing a bad hole before it costs the next one.
- ✓ **Standards** that hold when nobody is checking.
- ✓ **Self honesty.** Marking what happened, not what they wanted.
- ✓ **Decision.** Choosing, then ending the argument.

12	2	4 to 12	5 of 7
TOOLS	SEASONS	WEEKS, AT THEIR OWN PACE	REPS OFF THE COURSE

julionutt.com

Golf Digest Best in State, Florida, since 2019

Lead Master Instructor, The Biltmore, Coral Gables
Instruction in English and Spanish

THE PROGRAM, ON A PHONE



ONE FILE. IT WORKS OFFLINE.
PHONE, TABLET OR LAPTOP.
NO LOGIN. NOTHING UPLOADED.