

boxes on the right. I want you to revisit this exercise intermittently: It will build your confidence and help you play better.

### CONFIDENCE HOMEWORK

LAYERS	DETAILS & DIRECTIONS	YOU FILL OUT
Vicarious Learning (modeling others' behaviors)	List players you want to emulate and why	
Social Persuasion	Talk with a sport psychologist or friends that act like one!	
Mastery Experiences	List and describe your best rounds	

Now that we've covered the basics of attitude and you've completed some homework assignments, you're ready to take your first exam. Pass it, and you'll be fully armed with the knowledge you need to take control of your attitude both on and off the course.

### EXAM

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The following six statements are actual quotes from PGA Tour players. Some of them are examples of