



THE LOUSY GOLFER

AFTER-ROUND REFLECTION

DATE _____ COURSE _____

HOLES ☐ 9 ☐ 18 SCORE (OPTIONAL) _____

THE ROUND IN A FEW WORDS

WHAT WORKED TODAY?

1. _____
2. _____

WHAT KEPT SHOWING UP?

ONE MOMENT WORTH REMEMBERING

A good shot, a mistake, a decision—or simply something enjoyable.

THELOUSYGOLFER.COM

Notice first. Judge later.



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WHAT DID I LEARN?

WHAT DID THE DIFFICULT MOMENTS TEACH ME?

SOMETHING I WANT TO KEEP

SOMETHING I WANT TO EXPLORE

NEXT TIME, I WILL PAY ATTENTION TO...

DID I ENJOY THE ROUND?

- ☐ Absolutely
- ☐ Mostly
- ☐ Not enough
- ☐ Ask me tomorrow

There is no perfect round. Only something to learn from it.



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