

FOR TODAY: 1. _____ 2. _____



THE LOUSY GOLFER

9-HOLE SCORECARD

COURSE _____

DATE _____ TEES _____

YOU _____ MARKER _____

HOLE	PAR	SI	YOU	MARKER	NOTE
1					
2					
3					
4					
5					
6					
7					
8					
9					

TOTAL _____ MARKER _____

Use the note column for one word, a symbol, or a quick reminder.

ONE THING TO CARRY INTO THE NEXT NINE



THE LOUSY GOLFER

WHAT DID I LEARN?

WHAT WORKED TODAY?

WHAT KEPT SHOWING UP?

WHAT DID THE DIFFICULT MOMENTS TEACH ME?

SOMETHING I WANT TO KEEP

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.