

# Core Value Worksheet



Core Value: Confidence – a feeling of “I can do it!”

**Confidence plays a big role in how low of a score a PLAYer can shoot. PLAYers can increase confidence in their skills every time they play by being positive and focusing on something, they are doing well no matter what the outcome.**

A PLAYer learns about the Code of Conduct and shows confidence in himself/herself by:

1. Noticing something he/she is doing well no matter what the result
2. Keeping a positive attitude, no matter how he/she is playing

What does CONFIDENCE mean to me? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Away from the First Tee

I showed CONFIDENCE at school when I: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date and place I did this: \_\_\_\_\_

I showed CONFIDENCE in the game of: \_\_\_\_\_  
when: \_\_\_\_\_  
\_\_\_\_\_

## HEALTHY HABITS

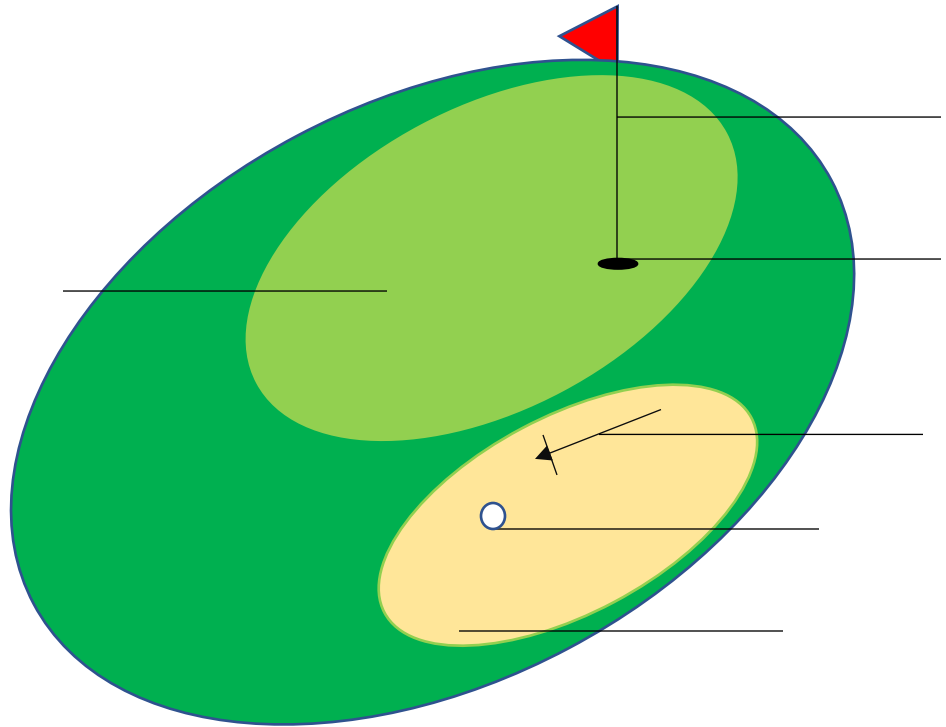
I used the Healthy Habit of ENERGY at school when I: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date I did this: \_\_\_\_\_

## Golf Activity - CONFIDENCE

Fill in the following areas of the course:

**Greenside Bunker**      **Rake**      **Hole**  
**Green**      **Flagstick**      **Golf Ball**



Why is there a rake in or around the bunker? \_\_\_\_\_

\_\_\_\_\_

Where do I go to get in and out of the bunker? \_\_\_\_\_

\_\_\_\_\_

What can I do to improve my confidence in golf? \_\_\_\_\_

\_\_\_\_\_

How can eating healthy snacks and drinking water give me confidence when I play golf? \_\_\_\_\_

\_\_\_\_\_