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- Print pages 2 & 3 on front and back of one piece of paper or card stock. Trim. It will make 2 practice cards.
- For added durability, laminate the card and use a dry or wet erase marker to plan your practice sessions.
- For more information on [foundational principles for long-term improvement in golf](#), and how to best use this practice card, visit [GrantBrownGolf.com](#).

Set-up Keys:

Swing Fundamentals:

#1. _____

#2: _____

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Foundation

Every thought counts: You are instilling either good or bad mental habits on every single shot.

Goal for practice: Have an easily attainable goal for every shot. A perfect shot is not an easily attainable goal.

Plan. In your mind, plan and accomplish your attainable goal before you address the ball.

Commit. While you swing, stay focused on reaching your attainable goal.

Evaluate. After every shot ask yourself two questions first:

- 1. Did I have the right plan?*
 - 2. Did I stay committed to the plan?*
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