



THE MENTAL GAME PLAYBOOK

THE 100% POSITIVITY ROUND CHALLENGE

One Round. Zero Negativity. See What Happens.

Here's the challenge: play a complete round where you are 100% positive — about your own game, to your playing partners, and about the course itself. Not one negative word, for the entire round. Be grateful for your health, for the ability to play, for the friends beside you.

18 holes. Four to five hours of pure, honest positivity. Every person who has genuinely tried this has come away with a real shift in their game — and a new sense of gratitude for it. If it doesn't change your round, you weren't actually at 100%.

Check off each hole you played 100% positive — no negative words, no negative thoughts.

1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	6 ☐	7 ☐	8 ☐	9 ☐
10 ☐	11 ☐	12 ☐	13 ☐	14 ☐	15 ☐	16 ☐	17 ☐	18 ☐

How did it go?

The clearer and more positive your mind is, the better you will play.

— Mike Yates