

## **Embracing Your Identity & Building Your Confidence**

- **Key Commitments**
  - **Building Positive Self-Identity**
- **Key Terms**
  - **General Penalty**
  - **Bunker**
  - **Loose Impediments**
  - **Tending the flagstick**
- **Game Changing Behaviors**
  - **Participants understand what it means to be a game changer and recognize that they are developed daily not in a day**
  - **Participants are openly exploring their natural abilities and talents and applying them on and off the course**
  - **Participants can utilize the STAR method and apply it to situations they encounter on and off the course**
- **Guiding Questions**
  - **How can your unique talents and abilities contribute to your success on the course?**
  - **How can discovering what you are capable of help you at and away from First Tee?**
  - **Is your pre-shot routine the same for every shot?**