

Flow State Characteristic	Player									
	1	2	3	4	5	6	7	8	9	10
Totally relaxed	x			x	x	x	x	x	x	
Movement is slower	x	x		x	x	x	x	x	x	
Manage Frustration much better	x				x	x	x	x	x	
Totally committed to the shot	x			x			x		x	
Narrow focus	x	x	x	x	x		x			
Everything is three dimensional	x									
Colors are bright and vibrant	x									
My senses are heightened		x								
Very aware of everything		x	x							
Move from broad to narrow focus easily and stay narrow			x			x	x	x	x	
Focus is very precise			x	x	x		x		x	
Everything is quiet internally					x					
Course management is simple					x					
My head is clear					x		x			
I have a game plan and stay with it						x				
Dispassionate with poor play					x	x				
Very confident							x		x	
No wide fluctuations of emotions							x	x		
My thinking is uncluttered							x			
Happy--having fun							x			
I am decisive on every shot							x			
I wake up totally in the present	x						x	x		
My posture is erect and positive							x	x	x	
More myself and less outgoing							x			
Totally in present throughout my rd							x			
No worry about how I am playing and much less focus on score								x		
I play better with rest; I won when I couldn't hit balls before the first rd due to weather.				x						
Not as fearful of bad shots								x		
I play better when I am more social								x	x	
I play well when I set goals, e.g.: to be relaxed, to handle difficulty without tension, be social, posture positive.			x		x			x		
Very aware of my targets									x	
No swing thoughts				x					x	
Totally in the present; one shot at a time	x			x		x			x	