



first tee[®]

fort worth

CAR TALK

WEEK 5

AGES 7-9

Focus: Developing Confidence, I can do it!

What is something you did today that made you feel proud of yourself?

Did you try anything new today on the golf course? How did it feel to try it?

What's one example of you using an "I can" attitude today?

How can noticing what you do well help you grow your confidence?

AGES 10-11

Focus: Finding your personal par

Can you explain what Personal Par means in your own words?

How does Personal Par help you focus on your own progress instead of comparing yourself to others?

Why is it important to accept where your game is right now, even as you work to improve?

Can you explain the difference between par, birdie, bogey, and double-bogey?

AGES 12-13

Focus: Embracing Identity, Building Self-Confidence

How did you use the STAR method (Stop-Think-Anticipate-Respond) during class today?

How could you use STAR off the course — at school, at home, or with friends?

Why do you think "anticipating what could happen" is such an important part of decision-making?

What's one thing you did today that helped you grow your self-confidence?

AGES 14+

Focus: Being Trustworthy, Building a Trustworthy Go-To Team

In your own words, what does it mean to be trustworthy?

Who did you identify today as someone who could be part of your Go-To Team? Why?

Who are the people in your life you rely on the most, and why do you trust them?

How does keeping an honest score show trustworthiness?

CONFIDENCE

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