

# Reset from the Rough

## The 7-Day Mental Game



A Golf Ball Wisdom Mini Playbook  
Helping men reset, refocus, and play life with clarity —  
on and off the course



# Welcome to Reset from the Rough: The 7-Day Mental Game

I built this playbook out of my own struggles. There were seasons when life felt heavy, and I carried weight I didn't know how to set down. Golf became my way of working through it – one shot, one swing, one choice at a time.

This book exists so you don't have to carry it all alone. Each day gives you one clear focus, a mental reset, and a small step forward. Take it seriously, but keep it simple.

This is your reset. This is your chance to breathe, reflect, and move again with purpose.

👉 Learn more at  
[mensmentalcaddie.com](http://mensmentalcaddie.com)

👉 Follow on Instagram  
[@golfballwisdom](https://www.instagram.com/golfballwisdom)



# Day 1 – The First Tee: Choosing Presence



**Breathe. Let go of everything that's been clinging to your shoulders – the score you fear, the weight you've carried here.**

**This moment is all that exists.**

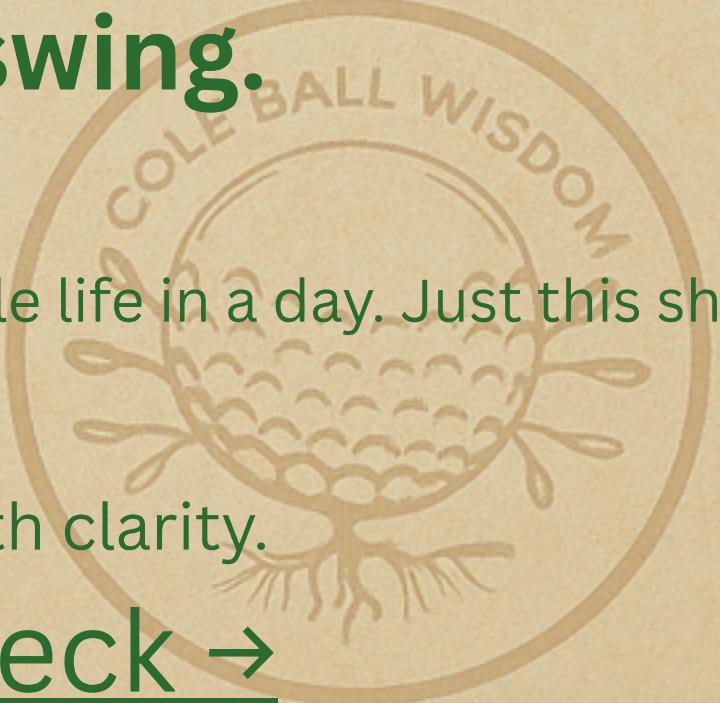
One shot. One breath. One honest step forward.

**Write down what's been weighing on you, then set it aside. It's not part of this swing.**

(From the Rough: When I got sober, I stopped trying to fix my whole life in a day. Just this shot.)

When you're ready, take your next shot with clarity.

[Book Your Alignment Check →](#)



# Day 2 – Club Selection: Clarity Before Action



**Don't rush. Stand behind the ball and see the whole hole.**

**Power means nothing if you're aimed in the wrong direction.**

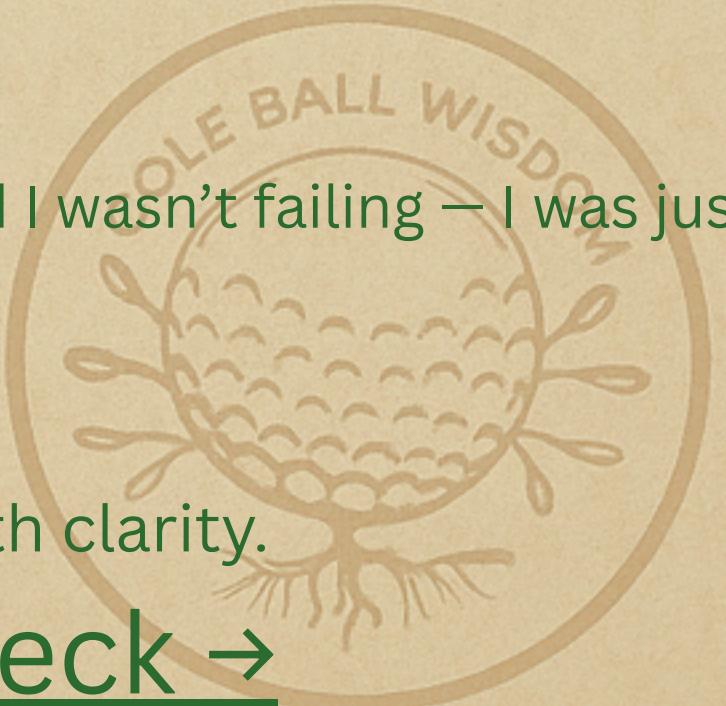
**Slow down. Choose with intention. Then swing.**

**Ask yourself: What have I been rushing lately? What would happen if I paused instead?**

(From the Rough: When the business almost broke me, I realized I wasn't failing – I was just swinging at the wrong target.)

When you're ready, take your next shot with clarity.

[Book Your Alignment Check →](#)



# Day 3 – Reading the Wind: Emotional Awareness



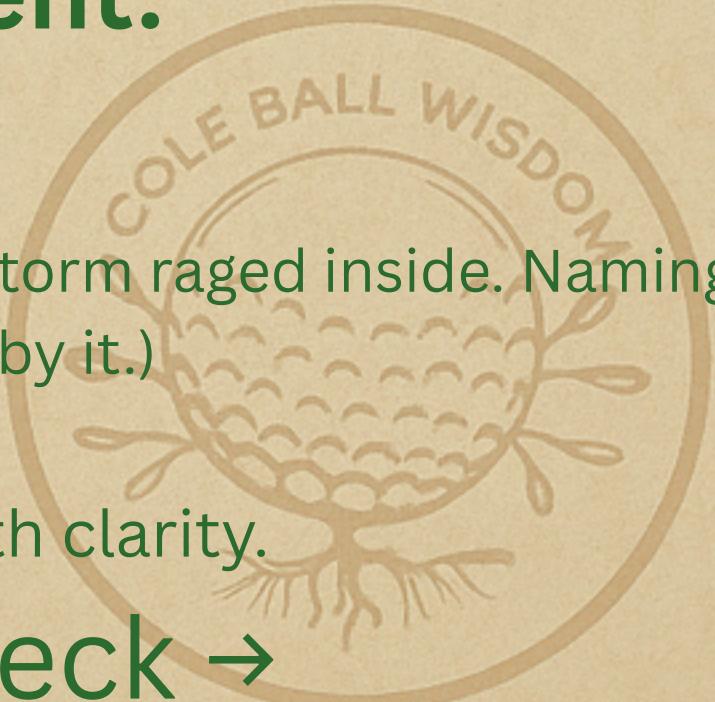
**You can't control the wind – but you can play with it.  
Emotions are weather, not truth. They'll blow  
through if you let them.**

**Pause and name what's stirring in you today – three  
feelings, without judgment.**

(From the Rough: There were days I smiled on the outside while a storm raged inside. Naming the wind helped me stop being blown around by it.)

When you're ready, take your next shot with clarity.

[Book Your Alignment Check →](#)



# Day 4 – The Lay-Up: Discipline Over Ego



**There's no shame in laying up.**

**Not every shot needs fireworks – just quiet progress.**

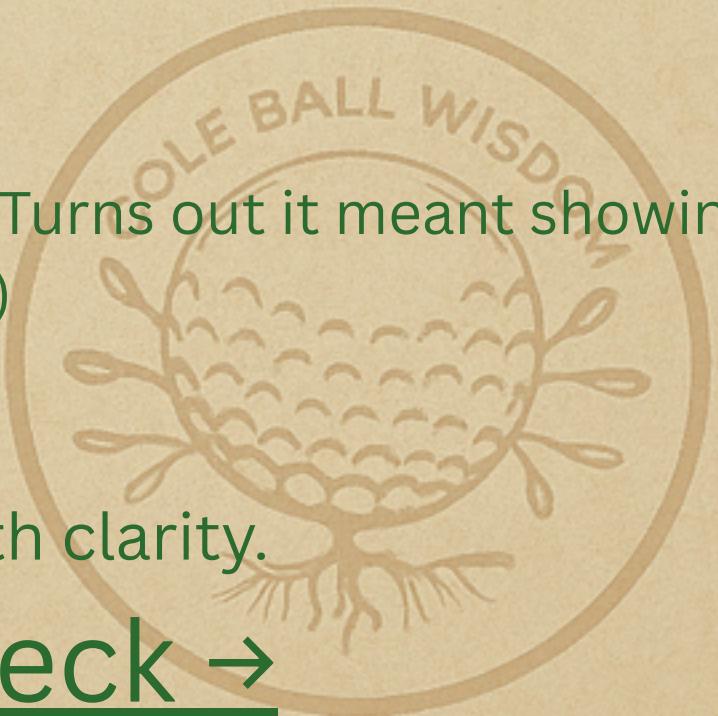
**You don't have to prove anything today.**

**Play smart. Choose the path that gets you there whole,  
not just fast.**

(From the Rough: I thought being a great dad meant being perfect. Turns out it meant showing up – especially when I didn't feel ready.)

When you're ready, take your next shot with clarity.

[Book Your Alignment Check →](#)



# Day 5 – In the Bunker: Respond, Don't React



**This lie isn't the end.**

**Rushing will only dig you deeper.**

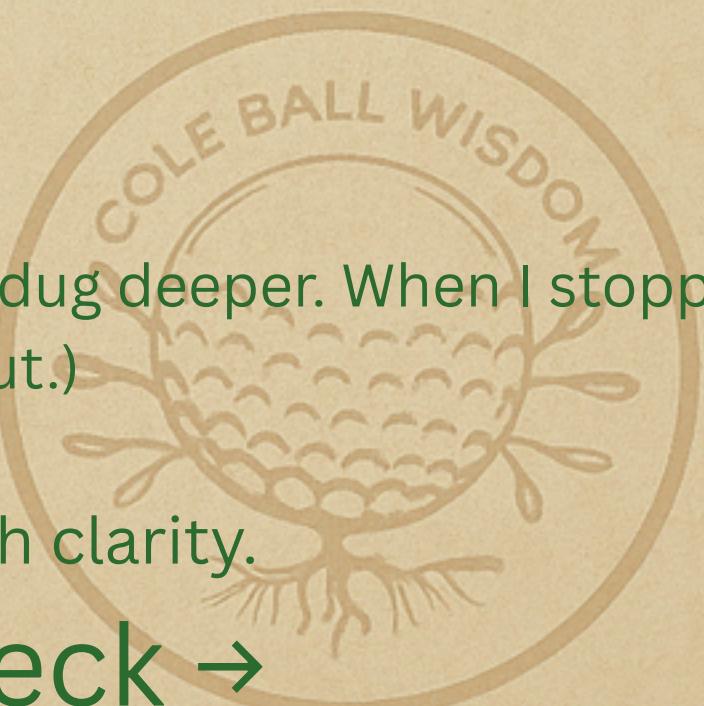
**Breathe. Let the sand settle before you swing.**

**Respond, don't react – it's how you climb out.**

(From the Rough: At my lowest, I kept swinging harder – and only dug deeper. When I stopped, breathed, and reset... I finally climbed out.)

When you're ready, take your next shot with clarity.

[Book Your Alignment Check →](#)



# Day 6 – The Long Putt: Trusting the Process



**You can't force the ball in.  
Roll it true. Let time do its work.  
Keep showing up – small, steady strokes  
create momentum.  
Consistency is where confidence is born.**

(From the Rough: Recovery taught me that small daily wins matter more than heroic comebacks.)

When you're ready, take your next shot with clarity.

[Book Your Alignment Check →](#)



# Day 7 – The 19th Hole: Reflect & Reset



**This round is done.**

**Set the card aside and sit with what you've learned.**

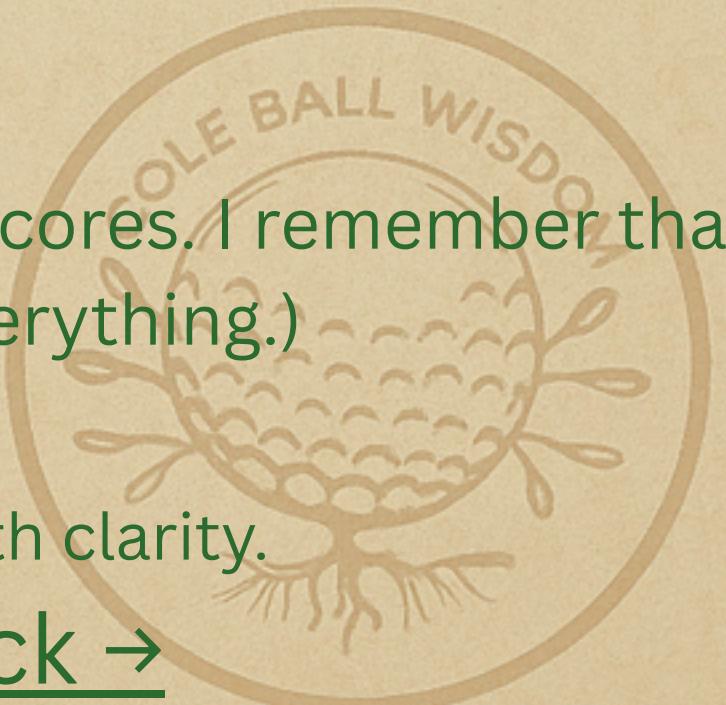
**You showed up. That matters.**

**Now breathe deep... and begin again.**

(From the Rough: Looking back, I don't remember the scores. I remember that I kept showing up – and that changed everything.)

When you're ready, take your next shot with clarity.

[Book Your Alignment Check →](#)



# Your Next Shot Starts Here

You made it through the 7 days. That alone proves something: you can show up, reset, and keep moving forward.

Now it's time to take this off the page and into real life. You don't have to do it alone! That's what I'm here for.



**Book 1-on-1 Coaching →**

**Schedule here**

- Explore apparel & gear →  
[shop.golfballwisdom.com](http://shop.golfballwisdom.com)
- Join the movement → [@golfballwisdom](https://www.instagram.com/golfballwisdom)



**Focus. Grow. Thrive.**