PAR Life Skills Lesson 8: Staying Cool Using the 4Rs

Last time we talked about using the Three Tips For Having Fun to control your emotions and to keep a good attitude while you learn something new.

Today's Life Skill is another way to help control your emotions. In a process The First Tee calls the 4R's, you will learn how to keep control of your emotions on and off the golf course.

How can we STAY COOL?

Sometimes, learning something new can come to us very easily. Maybe when we were first learning to play golf, we were able to get the ball in the air without any problem. However, now as we try to get better, to lower our scores, or to make the ball go where we want it to, golf is getting more and more frustrating.

This does not just happen on the golf course. It can happen anytime we are attempting to get better at something we have learned how to do.

Staying Cool while we work through frustrating and tough situations is the best way to get better. At The First Tee, when we are confronted with a tough situation, we Stay Cool by using the 4Rs.

What are the 4Rs?

The 4Rs help us to stay under control and to Stay Cool no matter how frustrating or tough the situation is that confronts us.

We can use the 4Rs in difficult situations.

Imagine you just hit your ball into the water hazard in front of the green:

- **REPLAY** - Whoa, what just happened? I usually hit my seven iron 150 yards and thought it was the perfect club for this shot. I took a good practice swing and was really confident. What happened?
- **RELAX** - Man, I feeling like breaking this seven iron in half, I'm so mad! OK, wait a minute. I'd better take a couple of deep breaths and count to ten before I do something really stupid.

- **READY** - That's better. I need to hit my next shot from here. Focus. Oh, wow! I forgot the wind is right in my face. No wonder the seven iron went in the water. I made a good swing, it just wasn't enough club.

- **RE-DO** - I'm going to imagine taking that same swing because it really felt good. Only this time, I will hit the six iron to account for the wind. GREAT SHOT!

As you can see, our player was able to use the 4Rs to think more clearly about what had happened in order to make their next attempt better.

The 4Rs will help you, not only on the golf course, but wherever you find yourself needing to make a difficult decision.

Reminder: You can use the 4R’s to remember what you are doing well!!