

# Commitment Contract

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**WHAT:** School, College, Personal, Golf, Technical, Fitness, Mental, Performance, Practice, Family

**HOW:** Process, Effort, Grit, Mindset, Focus, Stats, Prepare, Performance, Review, Regulate, Commit.

**WHY:** Motivation, Purpose, Pride, Giving Back, Inspire, Mastery, Passion, fulfillment.

Coach.....

Player.....

