

Legacy Golf Journal

This journal is designed to help you build awareness, discipline, and resilience on and off the course. Log your rounds, reflect on your progress, and align your performance with your values.

Mission: Pursue excellence with intention, discipline, and purpose - in action, in leadership, and in life.

Week 1 Performance Log

Date:

Course:

Score:

Fairways Hit:

Greens in Regulation:

Putts:

Penalty Strokes:

Reflection Prompts:

- What decision today reflected my discipline?
- Where did I show up with integrity on the course?
- What tested my patience or composure?
- What did I learn about myself from this round?
- What will I carry forward into next week?

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Week 2 Performance Log

Date:

Course:

Score:

Fairways Hit:

Greens in Regulation:

Putts:

Penalty Strokes:

Reflection Prompts:

- What decision today reflected my discipline?
- Where did I show up with integrity on the course?
- What tested my patience or composure?
- What did I learn about myself from this round?
- What will I carry forward into next week?

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Week 3 Performance Log

Date:

Course:

Score:

Fairways Hit:

Greens in Regulation:

Putts:

Penalty Strokes:

Reflection Prompts:

- What decision today reflected my discipline?
- Where did I show up with integrity on the course?
- What tested my patience or composure?
- What did I learn about myself from this round?
- What will I carry forward into next week?

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Week 4 Performance Log

Date:

Course:

Score:

Fairways Hit:

Greens in Regulation:

Putts:

Penalty Strokes:

Reflection Prompts:

- What decision today reflected my discipline?
- Where did I show up with integrity on the course?
- What tested my patience or composure?
- What did I learn about myself from this round?
- What will I carry forward into next week?

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Week 5 Performance Log

Date:

Course:

Score:

Fairways Hit:

Greens in Regulation:

Putts:

Penalty Strokes:

Reflection Prompts:

- What decision today reflected my discipline?
- Where did I show up with integrity on the course?
- What tested my patience or composure?
- What did I learn about myself from this round?
- What will I carry forward into next week?

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Week 6 Performance Log

Date:

Course:

Score:

Fairways Hit:

Greens in Regulation:

Putts:

Penalty Strokes:

Reflection Prompts:

- What decision today reflected my discipline?
- Where did I show up with integrity on the course?
- What tested my patience or composure?
- What did I learn about myself from this round?
- What will I carry forward into next week?

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