

MENTAL GAME ON COURSE PLAY

The mental side of golf is often overlooked by the average golfer. Having a mental routine is just as important as developing a physical routine. Often times we physically perform poorly due to poor mental thoughts.

Thoughts precede motion, so it's important to develop a mental routine before, during, and after shots.

1. OVER EACH SHOT- STATE A CLEAR INTENTION FOR WHAT YOU WANT.
2. AFTER SHOT- RESERVE JUDGEMENT- FEEL CORRECTED MOTION- MOVE ON.
3. THE GOLF COURSE IS MY PLAYGROUND - GO PLAY! ENJOY THE GOOD SHOTS!

MENTAL CHECKLIST

1. Pre-Round

- Play with the game you have **TODAY**
- Have 1 empowering commitment and **STICK** with awareness of it.

2. Between Shots

- Be focused when time to hit. Then on vacation in between shots
- Good Memories of past success, remind yourself, store good memories to use later
- Positive Self Talk- Not obsessed with perfection. Thoughts create feelings and feelings create behavior patterns. Think something repeatedly and it becomes **REALITY**
- Post Shot Routine- (Feel Corrected Motion, It's History- Move on- LET IT GO)

3. Between Holes

- Control Emotional Reactions- Good Shots: Live the great shots, Bad shots analyze from a third-person objective perspective.
- 3 holes at a time - 1 shot at a time. You can't control what happens, **YOU CAN** control how you **REACT** to what happens.

MENTAL GAME PROFILE

Get started on improving your mental game with "The Mental Golf Workshop Profile." This is an online process that is quick and yet very comprehensive. The profile allows golfers to get "inside their own heads" and provides a clear understanding of what their mental golf "personality" is. The report addresses five key areas of the game:

- Preparing for a round
- Mental tendencies when playing shots
- Golf temperament
- Course management style
- Working with instructors

The process is simple :

1. Go to www.mentalgolfworkshop.com
2. Use **swingmd** as the access code
3. Pay with a credit card (The fee is \$69.95)
4. Answer the questionnaire and submit your answers (takes about 10-15 minutes)
5. Your profile will be emailed to you in a matter of minutes.

I highly recommend this profile. You can see testimonials, sample pages and other information about the profile on their website at www.mentalgolfworkshop.com