



LEARN HOW TO USE YOUR MIND OVER THE BALL

1. In all aspects of life there is a time for **thought** and a time for **action**.
2. Moment of truth is when you are able to shift from thinking about doing something to actually doing it. I.e. Brain Surgeon– scalpel
3. **Over the Golf ball (OTB)** you must be totally present and through your senses completely engaged with your swing and the shot. This will help you find TRUST and leave clutter and doubt behind.
 - a. First, you need to know the difference between thinking and sensing. Discover the difference between thinking and sensing. Next time you eat, think about using your fork for a few bites and then eat without thinking. What did you sense? Example– You can think about the correct grip, or you can actually FEEL it. (Sense) When you ride a bike you don't THINK about how to ride, or when you walk.
 - b. Second, is to be able to stay PRESENT while you are over the ball for those few seconds before you swing. Don't let your mind wander. This is achievable but takes time to train it.
 - c. Third, you need to learn what works best for you to be sensory present over the ball. Discover what works for you. Examples– Feel the shot you want in your hands, See the shot, Hear the sound the shot will make.
 - d. Lastly, how engaged can you be for every shot? Act as if this is your last shot you will ever play in your life. Be present, concentrate. Don't think– but PLAY!! When walking, your mind is not focused on the mechanics of walking, you just do it.

The golf swing is not a thought it is a physical experience. For your best performance you must be present through your senses. To be PRESENT is to have a first-person experience. You are in the right here right now state, not concerned with outcome, or score, or the last bad shot you hit. There is only one you, if you are having a conversation with yourself OTB, now there are 2 of you and neither is focused on hitting the shot.

Research shows that for peak performance to occur, you need to be in touch with the right side of your brain, where intuition, imagery, perception and heightened sensory awareness reside.

Get rid of the “to-do list” over the ball (OTB). Most good players take between 4-9 seconds once they step into the shot until they begin their swing.

Leave doubt and fear behind! The golf course is your playground, let's PLAY!