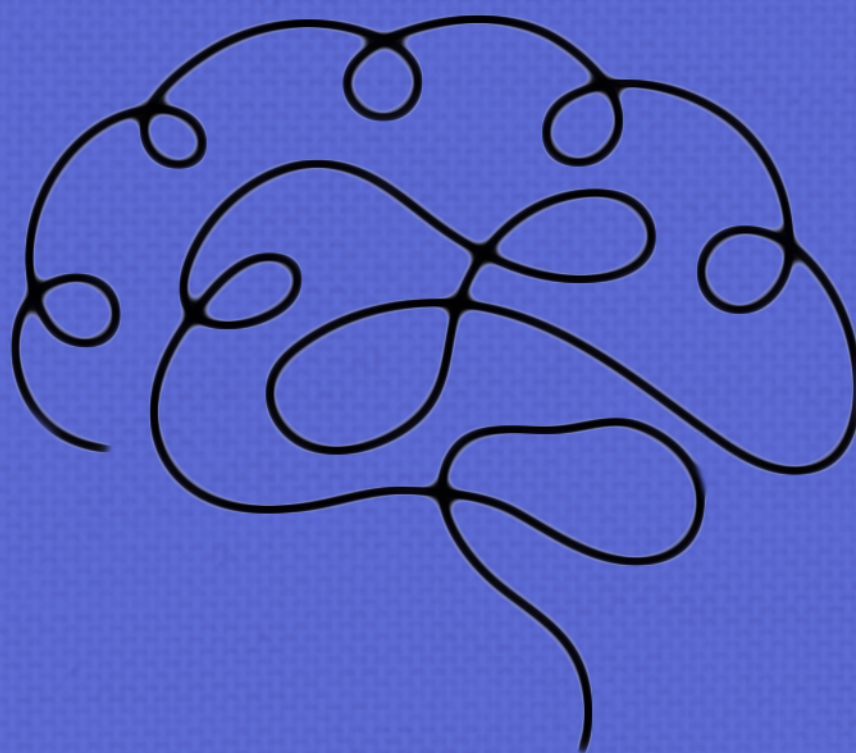


# MENTAL GAME



# 101

JOHN POTTER

# MENTAL GAME 101

## NERVES AND GAME PREP

FIRST AND FOREMOST, PREGAME NERVES OR JITTERS ARE NOT SIGNALING TOWARD AN IMMINENT POOR PERFORMANCE. NERVOUSNESS IS THE NATURAL FEELING OUR BODIES PRODUCE WHEN REACTING TO AN IMPORTANT SITUATION. LEARNING TO TURN OUR NERVES AND JITTERS INTO EXCITEMENT IS KEY.

5 MINUTES OF MINDFUL MEDITATION IS KEY TO TURNING THOSE NERVES INTO HELPFUL ENERGY:

CONFIDENT THOUGHTS ARE IMPORTANT WHILE FEELING THOSE PRE-ROUND NERVES.

BEGIN BY IMAGINING YOURSELF HITTING INCREDIBLE SHOTS IN IMPORTANT ON-COURSE SITUATIONS. IMAGINE YOURSELF OVERCOMING TOUGH LIES OR BAD BREAKS ESPECIALLY ON HOLES THAT YOU TEND TO STRUGGLE WITH. DON'T LET YOUR MIND WANDER INTO THOUGHTS ABOUT SCORES OR RESULTS (THOUGHTS ABOUT SCORES OR OUTCOMES BUILD NEGATIVE TENSION). BEGIN TO REPOSTURE YOURSELF, PHYSICALLY. STEADY YOUR BREATHING, AND BREATHE DEEPLY. KEEP YOUR CHIN UP AND A SMILE READY JUST BEHIND YOUR LIPS. LEARNING TO BE IN CONTROL OF YOUR BODY LANGUAGE IS JUST AS IMPORTANT AS ANYTHING ELSE YOU CAN DO TO STRENGTHEN YOUR MENTAL GAME.

# OVERCOMING FEELINGS OF INADEQUACY

IT'S NEVER THE CASE THAT YOU ARE NOT "GOOD ENOUGH".

IF YOU WANT TO STOP SUBCONSCIOUS NEGATIVE THOUGHTS FROM CREEPING IN, YOU NEED TO BE PROACTIVE AND CONSCIOUS ABOUT CREATING POSITIVE THOUGHTS.

"I SUCK..." NEEDS TO BECOME A THOUGHT MORE LIKE: "I KNOW I'M A GREAT PLAYER!"

"I DON'T FEEL GOOD TODAY" NEEDS TO BECOME: "I'M READY TO LOCK IN!"

"I'M NOT READY FOR THIS." NEEDS TO BECOME: "I TRUST IN MY TRAINING AND HOURS OF PRACTICE!"

PROACTIVE CONFIDENCE DRAWS ITS AUTHENTICITY AND STRENGTH FROM PAST AND CURRENT PREPARATION AS WELL AS PAST SUCCESS.

DON'T WAIT FOR A GREAT SHOT OR A GREAT HOLE TO BOOST YOUR CONFIDENCE. YOUR CONFIDENCE DOES NOT COME FROM THE GREAT SHOT THAT IS ABOUT TO HAPPEN - IT'S ALREADY THERE. YOU ALREADY HAVE IT.

LET'S TAKE THIS A LITTLE FURTHER.

WHO DO YOU BELIEVE YOU ARE AS A GOLFER?  
IS THIS AN IMAGE THAT WE CAN RESHAPE?  
DO YOU BELIEVE THAT YOU'RE A PLAYER WHO CAN COME IN CLUTCH IN KEY MOMENTS?  
DO YOU FEAR FAILURE UNDER PRESSURE?

YOUR PERSONAL BELIEFS SHAPE YOUR RESPONSE TO THESE IMPORTANT QUESTIONS.

## BELIEFS

BELIEFS GO DEEPER. BELIEFS HOLD STRONGER CONVICTION, DAY-TO-DAY, THAN YOUR PRACTICED, CONSCIOUS, AND DELIBERATE THOUGHTS ABOUT YOUR CONFIDENCE OR SELF. BELIEFS ARE CREATED THROUGH COUNTLESSLY REPEATED, CONSISTENT THOUGHTS, OVER TIME. THEY'RE NOT THE SAME AS THOSE THOUGHTS YOU HAVE TO PRACTICE.

CONSISTENT THOUGHTS ABOUT YOUR FAILURES OR INADEQUACIES CREATE DEEP-SEEDED BELIEFS THAT WILL BECOME NEARLY IMPOSSIBLE TO OVERCOME. CONVERSELY, CONSISTENT THOUGHTS ABOUT YOUR PAST SUCCESSES, CONSISTENT THOUGHTS ABOUT HOW YOUR COMPETITION JUST CAN'T MATCH THE HOURS OF DETAILED AND DILIGENT PRACTICE AND PREPARATION (TRUE OR NOT) THAT YOU'VE PUT IN, AND CONSISTENT THOUGHTS ABOUT YOUR ABILITY TO OVERCOME ANY ADVERSE SITUATION ON THE COURSE, WILL ALL LEAD TO DEEP-SEEDED BELIEFS THAT YOU ARE GOOD ENOUGH.

YOUR SELF BELIEFS NEED TO BREAK THE TIES BETWEEN THE SCORE YOU SHOOT AND THE SUBSEQUENT VALUE YOU PLACE ON YOURSELF. IF YOU PLAY WELL OR SHOOT A GREAT SCORE ARE YOU A BETTER, MORE SUCCESSFUL PERSON WHEN YOU LEAVE THE COURSE? LIKELY NOT. IN THE SAME WAY, DOES A BAD SCORE MAKE YOU A FAILURE IN LIFE WHEN YOU LEAVE THE COURSE? NO. OF COURSE NOT. WE'LL TALK MORE ABOUT SHAPING PERSPECTIVE IN THE "NO TIME" SECTION, AHEAD.

## ON-COURSE (IN GAME) FOCUS

HERE WE GO AGAIN. IT ALL STARTS WITH BODY LANGUAGE. POSITIVE BODY LANGUAGE TRIGGERS ENDORPHIN PRODUCTION THAT IS HELPFUL, THOUGH OFTEN NOT *IMMEDIATELY* TIED TO POSITIVE THINKING. "FAKE IT 'TILL YOU MAKE IT" IN THIS APPLICATION IS THE IDEA THAT CREATING POSITIVE BODY LANGUAGE WILL EVENTUALLY LEAD TO MORE POSITIVE THINKING AND, SUBSEQUENTLY, MORE FAVORABLE RESULTS. PRETTY SOON THE FORCED SMILES BECOME REAL.

CREATING POSITIVE BODY LANGUAGE STARTS WITH A REALIZATION THAT YOU MAY BE PROJECTING DEFEAT TO YOUR COMPETITORS WITHOUT EVEN REALIZING IT. LET'S BEGIN PROJECTING CONFIDENCE. WHEN I SAY PROJECT CONFIDENCE, I DON'T MEAN COCKINESS - BE SURE YOU DON'T CROSS THE LINE. COCKINESS IS A BREEDING GROUND FOR UNEASE WITHIN THE PAIRING GROUP AND LEADS TO GREATER MENTAL STRUGGLES IN THE FUTURE.

START WITH STEADYING YOUR BREATHING. BE AWARE OF THE DEPTH AND FREQUENCY OF YOUR RESPIRATIONS. OFTEN YOU CAN CONTROL YOUR JITTERS BY REGULATING BLOOD PRESSURE. THAT IS WHERE BREATH CONTROL COMES IN. IF YOU ARE STRUGGLING TO REIGN IN YOUR STEADY, DEEP BREATHING, TAKE YOURSELF, MENTALLY AND MOMENTARILY, OUT OF A GAME SITUATION WITH A SCORE ASSOCIATED AND INTO A PEACEFUL SITUATION - AWAY FROM THE COMPETITIVE FIELD (THINK LOUNGING ON A BEACH). SECOND, MAKE CONVERSATION WITH YOUR PLAYING PARTNERS. FORGET ABOUT HOW "COOL" YOU THINK YOU ARE AND HOW YOU MIGHT NOT EVER PURSUE CONVERSATION WITH THIS OTHER PERSON OUTSIDE OF THE SITUATION THAT YOU ARE PAIRED TOGETHER ON A GOLF COURSE. YOU ARE PAIRED TOGETHER. YOU'RE NOT TOO COOL TO CHAT WITH YOUR PARTNERS. IT RELAXES YOU AND PUTS YOU INTO A RHYTHM THAT RELEASES SIMILAR ENDORPHINS TO POSITIVE BODY LANGUAGE. I MEAN THIS EVEN FOR

## ON-COURSE (IN GAME) FOCUS

YOU INTROVERTS OUT THERE. NOT ONLY IS IT GOOD FOR YOUR ATTITUDE (AND RESULTING THINKING PATTERNS), BUT IT CAN PLAY MIND GAMES WITH YOUR COMPETITION. BY PROJECTING RELAXATION AND CONFIDENCE, YOU PUT YOUR COMPETITORS MORE ON EDGE.

# PRE-SHOT ROUTINE

1.WHAT IS MY SITUATION?

2.WHAT ARE MY OPTIONS?

3.WHAT SHOT AM I GOING TO HIT?

4.WHAT IS MY TARGET?

YOUR PRE-SHOT ROUTINE MUST BE CONSISTENT SHOT TO SHOT. THERE MUST BE RHYTHM TO YOUR MOTIONS - YOUR UNIQUE RHYTHM, NOT A FORCED RHYTHM OR SOMEONE ELSE'S RHYTHM. YOUR ROUTINE MUST BE ANALYTICAL AND "LEFT-BRAINED" TO A POINT (THE POINT WHERE YOU ADDRESS THE BALL) AND THEN SWITCH TO CREATIVE, FOCAL, "RIGHT-BRAINED."

IF AT SOME POINT YOU FEEL DISTRACTED OR NOT COMMITTED, STEP OUT OF THE ROUTINE, TAKE A DEEP BREATH, AND RECOMMIT. START FROM THE TOP.

1. ARE YOU IN A SCORING POSITION THAT REQUIRES GREATER RISK HERE? WHAT TYPE OF CONDITION IS THE BALL RESTING SITTING IN - FLAT? FAIRWAY? UP-/DOWN/SIDE HILL? HOW IS YOUR FOOTING? WHAT EXTERNAL INFLUENCES DO I NEED TO CONSIDER? WIND? HEAT? MOISTURE?

2. CONSIDERING THE SITUATION, CAN I STILL HIT THE SHOT I WANT (THE SHOT WITH HIGH HISTORICAL PROBABILITY OF SUCCESS)? DO I NEED TO AIM RIGHT/LEFT OR ADJUST WEIGHT TRANSFER, WRIST INVOLVEMENT, HIT A DRAW OR FADE OR HIGHER OR LOWER DUE TO EXTENUATING CIRCUMSTANCES?

3. THIS IS WHERE COMMITMENT TO SHOT IS SO IMPORTANT. YOU HAVE DONE THE CRITICAL THINKING IN CONSIDERING THE SITUATION AND WHAT SHOT WILL GIVE YOU THE BEST RESULTS, NOW SEE THE SHOT IN YOUR MIND - ACTUALLY DRAW IT WITH "TOP TRACER" AND REPLAY IT SEVERAL TIMES BEFORE YOU HIT. YOU HAVE ALREADY DECIDED THIS IS THE SHOT TO HIT. NO MORE SECOND GUESSING. COMMIT WITH CONFIDENCE.

4. PICK A TARGET AND STARTING LINE THAT MAKES SENSE AND ACCOMMODATES THE SHOT YOU ARE GOING TO HIT. YOUR SHOT TARGET, AS BOB ROTELLA EXPLAINS, SHOULD BE ELEVATED AND BEYOND YOUR ACTUAL INTENDED TARGET (I.E. NOT JUST THE STAND OF TREES BEHIND THE GREEN, BUT A SPECIFIC LEAF ON A SPECIFIC TREE).

# POST-SHOT ROUTINE:

1. EXAMINE INTERNAL VS EXTERNAL
2. SHOT ANALYSIS
3. EMOTIONAL CONTROL
4. RECOMPOSE

1. INTERNAL FACTORS ARE THINGS THAT YOU CONTROL. TEMPO, MECHANICS, ALIGNMENT, TARGET SELECTION, COMMITMENT TO SHOT, ETC. EXTERNAL FACTORS ARE THINGS LIKE A SUDDEN GUST OF WIND, A SPRINKLER HEAD, A ROCK UNDER THE BALL YOU COULDN'T SEE, ETC.

HOW WE RESPOND TO INTERNAL AND EXTERNAL OUTCOMES PLAYS A HUGE PART IN YOUR MENTAL CAPACITIES FOR THE REST OF THE ROUND. INTERNALIZING EXTERNAL FORCES OR OUTCOMES CAN LEAD TO FAKE AND INFLATED CONFIDENCE OR, MORE LIKELY, ANGER AND DOUBT AS TO YOUR ABILITIES. YOUR GOLF BALL HITTING A SPRINKLER HEAD IN THE MIDDLE OF THE FAIRWAY AND BOUNCING OUT OF BOUNDS HAS NOTHING TO DO WITH YOUR ABILITY AS A GOLFER OR THE QUALITY OF SHOT YOU JUST HIT. THAT MEANS IT HAS NO BEARING ON YOUR ABILITY TO HIT A QUALITY SHOT ON THE NEXT ONE. CONVERSELY, INTERNALIZING AN OUTCOME THAT WORKS IN YOUR FAVOR BY AN EXTERNAL FACTOR GIVES A FALSE SENSE OF ACCOMPLISHMENT (THAT DEEP DOWN WE KNOW WASN'T OUR DOING) THAT WILL COME BACK TO BITE YOU DOWN THE LINE.

2. YOUR SHOT ANALYSIS STARTS THE SECOND THE CLUB IMPACTS THE BALL. BEGIN TO THINK ABOUT WHETHER OR NOT THE CONTACT WAS SOLID OR POOR AND WHAT MOVEMENTS IN YOUR SWING MAY HAVE CAUSED SUCH AN IMPACT. POOR IMPACT CAUSED BY AN OBVIOUS ERROR (COULD BE TEMPO, ROTATION, HAND OR WRIST FUNCTIONS, BALANCE) CAN HELP TO PREVENT THE ERROR FROM HAPPENING AGAIN. SOLID IMPACT BUT ERRANT SHOTS SHOULD BE SCRUTINIZED. SIMILARLY, IN AN ATTEMPT TO DETERMINE THE CAUSE OF THE DIRECTIONAL ERROR. WAS IT POOR ALIGNMENT? POOR CLUBFACE CONTROL? A PATH ISSUE THAT YOU'VE BEEN BATTLING? A POOR LIE (EXTERNAL)? SUCCESS FROM INTERNAL FACTORS SHOULD BE REMEMBERED AND ADDED TO THE "PERSONAL BELIEF" BANK.

3. EMOTIONAL RESPONSE IS NOT ONLY OK, BUT NECESSARY. THIS MAY FLY IN THE FACE OF WHAT I SAY ABOUT THE POWER OF POSITIVITY, BUT GETTING UPSET AFTER A BAD SHOT IS OK. THE KEY IS TO NOT LET THE SENTIMENT LINGER. GIVE YOURSELF NO MORE THAN 10 SECONDS TO BE UPSET, SAY YOUR FRUSTRATED WORD TO YOURSELF, SMACK THE GRIP OF YOUR CLUB ACROSS YOUR BACK, OR PERFORM WHATEVER PUNISHMENT YOU FEEL IS APPROPRIATE (OBVIOUSLY WITHIN REASON AND WITH RESPECT FOR OTHERS AND THE COURSE). FAKING POSITIVITY AFTER A POOR GOLF SHOT WILL EVENTUALLY LEAD TO MINIMIZING THE IMPORTANCE OF THE EVENT OR YOUR SCORE IN IT. WE WOULDN'T PUT IN ENDLESS HOURS OF WORK AND PREPARATION IF THE RESULTS DIDN'T MATTER. GET UPSET AND THEN GET OVER IT. TAKE YOUR MIND BACK TO A PLACE AWAY FROM GOLF AND TOWARD POSITIVITY. EVERY GOLFER - EVEN THE GOLFER WHO WINS THE TOURNAMENT - WILL HAVE SEVERAL BAD SHOTS THAT THEY'LL BE ABLE TO RECALL WHEN THEY FINISH. THAT ONE WAS ONE OF YOUR BAD SHOTS. NOW RECOMPOSE.

IN THE SAME WAY, RIDING THE "HIGH" OF A GOOD SHOT CAN BOOST YOUR ADRENALINE AND PUT YOUR MIND IN A PLACE OF FALSE SECURITY OR COCKINESS THAT TAKES THE FUTURE BAD SHOTS AND TURNS THEM INTO A TRAIN WRECK. YOU WILL HIT A BAD SHOT AT SOME POINT - EVEN AFTER HITTING AMAZING SHOTS. GET OVER THE GOOD ONES THE SAME AS THE BAD ONES. MIND AWAY FROM GOLF, BACK TO POSITIVITY. BACK TO WORK.

4. RECOMPOSING AFTER YOUR SHOT ANALYSIS AND EMOTIONAL RESPONSE CAN BE DIFFICULT. IT TAKES TIME AND PRACTICE TO LEARN TO COMPARTMENTALIZE ON-COURSE SITUATIONS. BEGIN BY THINKING ABOUT DIVIDING UP YOUR TIME INTO TWO SEGMENTS:

1. "GO TIME" - YOUR TIME SPENT IN PRESHOT, THE SWING, AND POST-SHOT.

2. "NO TIME" - ALL OF THE OTHER TIME SPENT ENGAGING WITH OTHER PLAYERS, THE NATURE AROUND YOU, COUNTING YOUR BLESSINGS, NOT THINKING ABOUT YOUR SCORE OR BOGEY YOU ALWAYS SEEM TO (THINK THAT YOU) MAKE ON THAT NEXT HOLE.

ALLOW YOURSELF "GO TIME" IN THAT MINUTE OR SO ON EITHER SIDE OF PERFORMING YOUR GOLF SHOT BUT BE COGNIZANT AND DELIBERATE ABOUT SWITCHING TO "NO TIME" ONCE YOUR POST-SHOT ROUTINE IS COMPLETE.

## WHAT IS "NO TIME" ?

I DEFINE "NO TIME" AS THE TIME SPENT IN BETWEEN GOLF SHOTS - OR TIME SPENT NOT IN "GO TIME". IF YOU'RE IN "GO TIME", YOU ARE ACTIVELY INVOLVED IN YOUR PRE SHOT ROUTINE, HITTING A GOLF BALL, OR POST-SHOT ROUTINE. EVERYTHING ELSE - BETWEEN SHOTS, BETWEEN HOLES, IS "NO TIME".

ONE OF THE THINGS THAT MAKES GOLF THE GREATEST GAME EVER PLAYED IS THE CALM BETWEEN SHOTS. BEING OUTDOORS WITH THE FRESH AIR, GRASS, TREES, BIRDS SINGING, WATER TRICKLING, BREEZE RUSTLING THROUGH THE LEAVES, IS UNIQUE IN THIS GAME. LEARNING TO ENJOY THE WALK MAY BE ONE OF THE MOST DIFFICULT THINGS IN THE GAME FOR A COMPETITIVE GOLFER TO MASTER. COMPETITIVE PEOPLE, BY NATURE, WILL TAKE THEIR PERFORMANCE VERY SERIOUSLY - OFTEN MISSING THE BEAUTY AND CALM AROUND THEM DUE TO THEIR HYPERSENSITIVITY TO PERFORMANCE AND ATTENTION TO SCORE. THIS HYPER-ATTENTION TOWARD PERFORMANCE IS A BREEDING GROUND FOR TENSION AND WILL ULTIMATELY LEAD TO NEGATIVE TENSION AND A FEELING THAT THEY NEED TO TAKE CONTROL WHEN THINGS GO SIDEWAYS - WHICH THEY WILL, AT SOME POINT. WALTER HAGEN, ONE OF THE GAME'S HISTORICAL GREATS, WAS ONCE QUOTED SAYING THAT HE'LL "ALLOW MYSELF 7 MISTAKES PER ROUND" AND STILL CONSIDER HIS ROUND AS ONE ON TRACK TO SHOOT A CAREER BEST. IN ALLOWING MISTAKES TO HAPPEN, HE WAS FREEING HIMSELF FROM THE TENSION THAT SURROUNDS ASSOCIATING A MISTAKE WITH FEELINGS OF INEPTITUDE, A LACK OF ABILITY, OR NOT A FEELING THAT SOMEONE LIKE HIM COULD NEVER COME IN CLUTCH. THIS IS NOT TO SAY THAT WE SHOULDN'T BE UPSET ABOUT MISTAKES HAPPENING. COMPLACENCY HAS NO PLACE IN PURSUING GREAT GOLF. THIS IS WHY WE NEED TO BE CAREFUL AND DELIBERATE ABOUT OUR POST-SHOT ROUTINE (PG 8-10).

ENJOYING THE WALK PUTS THE FOCUS OUTSIDE OF THE RESULT. A RELIGIOUS PERSON OR ONE WITH A SPIRITUAL WORLDVIEW CAN OFTEN SEPARATE THEMSELVES FROM THE SITUATION AND FIND PERSPECTIVE MORE READILY OR EASILY THAN SOMEONE WHO HAS NOT SPENT TIME IN MATURING A SPIRITUAL ASPECT OF THEMSELVES.

PASTOR JOHN MARK COMER AUTHORED A BOOK, THE RUTHLESS ELIMINATION OF HURRY, IN WHICH HE TALKS ABOUT OUR INABILITY TO CONNECT WITH GOD OR GREATER PURPOSE (IN THIS CASE, SPECIFICALLY NATURE AND THE BLESSINGS AROUND US) OR WHY IT'S SO DIFFICULT TO DO IN A WORLD WHERE WE INCREASINGLY NEED INSTANT GRATIFICATION. INSTANT ANSWERS. INSTANT SUCCESS. LEARNING TO SLOW DOWN AND "SMELL THE ROSES" IS A LOST DISCIPLINE. TO PLAY CONSISTENT, HIGH-QUALITY GOLF, AT A HIGH LEVEL, OVER ANY SUSTAINED PERIOD OF TIME, WE NEED TO LEARN AND PRACTICE THIS DISCIPLINE. SECULAR AND RELIGIOUS EXPERTS ALIKE WILL BOTH AGREE THAT TRAINING YOUR MIND TO DISASSOCIATE YOUR SCORING OR RESULTS FROM YOUR SELF WORTH (AND CONSEQUENTLY YOUR ON-COURSE ATTITUDE AND SUBSEQUENT TENSION) IS NECESSARY TO CONSISTENT SUCCESS (SEE "BELIEFS", PG. 3)

## BATTLE WITH YOUR "B" GAME

UNFORTUNATELY, THERE ARE GOING TO BE DAYS, LIKELY MANY DAYS, ON THE COURSE OR PRACTICE RANGE THAT YOU DON'T HAVE YOUR BEST STUFF. NO MATTER THE PREPARATION, IT'S INEVITABLE. WHETHER YOU'RE NOT FEELING AS LOOSE OR STRETCHED OUT, OR MABE YOU'RE WORKING THROUGH A SWING THOUGHT OR CHANGE, NURSING AN INJURY, OR JUST SIMPLY CAN'T GET THE BALL TO DO WHAT YOU WANT IT TO AS EASILY AS SOME OTHER DAYS, YOU JUST SEEM TO HAVE YOUR B GAME. HOW DO WE PREPARE, GET EXCITED FOR, OR SIMPLY HANG ON, IN THESE SITUATIONS?

REMEMBER THAT TENSION, JUST THE SAME AS ON OUR BEST DAYS, IS NEVER HELPFUL (REFER BACK TO "IN GAME" FOCUS FOR MORE). KEEP PERSPECTIVE. YOU ARE NOT ALONE IN YOUR STRUGGLES OUT THERE. DON'T INTERNALIZE THEM. YOU DON'T "SUCK" BECAUSE OF A FEW BAD SHOTS HERE AND THERE. REMEMBER THAT (FOR THOSE OF YOU IN A TEAM SETTING) YOUR SCORE OR PERFORMANCE MIGHT STILL BE NEEDED! WE DON'T WANT TO LET DOWN OUR TEAMMATES OR EXPRESS TO THEM THAT WE'VE GIVEN UP BASED ON OUR POOR BODY LANGUAGE. IT'S NOT THE GOLFER WHO SHOOTS A 65 WHO IS THE ONE OUT THERE GRINDING AND STRUGGLING ON THE COURSE THAT DAY. IT'S THE GOLFER WHO IS WORKING HARD TO TURN A DOUBLE BOGEY SITUATION INTO A BOGEY OR A BOGEY INTO A PAR THAT IS GOING TO MAKE THE DIFFERENCE. BIRDIES AREN'T OFTEN THE DIFFERENCE MAKERS - THE BIG NUMBERS (MOST OFTEN) ARE. IF NOT FOR THE DAY'S IMMEDIATE RESULT, IT FOSTERS GROWTH IN CONFIDENCE AND SELF-BELIEF FOR THE FUTURE IF YOU MAKE THE DECISION TO NOT GIVE UP OUT THERE BECAUSE YOU DON'T HAVE YOUR A-GAME. LEARNING TO LOCK-IN AND COMMIT TO SALVAGING A PERFORMANCE ON THOSE TOUGH DAYS, ADHERING TO THESE PRINCIPLES, WILL LEAD TO FUTURE BELIEFS THAT YOU CAN TURN THE DAY AROUND AND COME OUT ON TOP.

THROUGH YEARS OF PLAYING, COACHING, AND WATCHING COMPETITIVE GOLF, ONE THING HAS BECOME VERY CLEAR TO ME: WHEN A GOLFER IS HAVING AN AMAZING ROUND OF GOLF (SOMETIMES CAREER DAYS, TOURNAMENT WINNING DAYS), TENSION IS ABSENT. ABSENT FROM THEIR BODY LANGUAGE, THEIR SWING, THEIR CONVERSATIONS, THEIR DECISION MAKING, EVERYTHING. THAT BATTLING ADRENALINE. THERE IS A DEFINABLE DIFFERENCE BETWEEN ADRENALINE AND TENSION. UNDERSTANDING THE DIFFERENCE BETWEEN THE TWO, LEARNING TO BECOME AWARE OF HOW EACH MAY SHOW UP IN YOUR GAME, AND LEARNING HOW TO UTILIZE ADRENALINE AND REMOVE TENSION IN YOUR ROUND IS IMPORTANT. THESE AFOREMENTIONED DISCIPLINES AND PRACTICES WILL HELP YOU IN YOUR JOURNEY TO BECOME STRONGER, MENTALLY, AS A COMPETITOR ON AND OFF THE COURSE OR FIELD.

## WORK IT OUT IN YOUR GAME

WHAT DO YOU FEEL IS THE CAUSE OF NERVES BEFORE A MATCH FOR YOU? FEAR OR FAILING YOUR FRIENDS OR PARENTS? FEAR THAT YOU'RE NOT GOOD ENOUGH TO COMPETE WITH SOME OF THESE OTHER PLAYERS? POOR PREPARATION?

WHERE DO YOU FIND YOUR MIND BEGINNING TO WANDER OFF-TRACK DURING YOUR ROUND? IS IT IN RESPONSE TO AN EAGLE OR BIRDIE? A GREAT DRIVE OR APPROACH SHOT? OR MAYBE IT'S AFTER BACK TO BACK BOGEYS OR DOUBLES? THINK CAREFULLY. THE SITUATION THAT YOU IDENTIFY IS THE SITUATION WE NEED TO TAKE ADVANTAGE OF NEXT TIME.

WHY IS IT SO DIFFICULT TO KEEP YOUR MIND AWAY FROM SCORE/PERFORMANCE DURING "NO TIME". THIS IS THE KEY TO IT ALL. SEPARATING "GO TIME" AND "NO TIME" IS SOMETHING ALL THE GREATS HAVE BEEN ABLE TO DO AND SOMETHING THAT WILL ALLOW YOU TO TAKE YOUR GAME TO THE NEXT LEVEL. WHAT STEPS CAN YOU TAKE TO PRACTICE POSITIVE AND FOCUSED (ALBEIT, AWAY FROM THE PERFORMANCE) "NO TIME"?

# NOTES

“...FORGETTING WHAT LIES BEHIND AND STRAINING FORWARD TO WHAT LIES AHEAD, I PRESS ON TOWARD THE GOAL FOR THE PRIZE OF THE UPWARD CALL OF GOD IN CHRIST JESUS.”  
PHILIPPIANS 3:13-14

**MNTP GOLF EXPLORES THE  
EXTREME IMPORTANCE OF  
MENTAL ACUITY IN THE GAME  
OF GOLF. FROM SIMPLE BODY  
LANGUAGE TO CRITICAL SHOT  
ANALYSIS AND EVERYTHING IN  
BETWEEN. WHY IS IT SO  
DIFFICULT TO BE CONFIDENT?  
WHY IS IT SO DIFFICULT TO  
KEEP MY EYES OFF THE  
SCORECARD?**

**THIS "LEVEL 100" MATERIAL IS  
THE GATEWAY TO PLAYING  
BETTER COMPETITIVE GOLF.**

*"COMPETITIVE GOLF IS PLAYED MAINLY ON A  
FIVE-AND-AND-HALF INCH COURSE - THE  
SPACE BETWEEN YOUR EARS." - BOBBY JONES*