

## MENTAL GOLF NOTES

- ✓ **The outcome is merely a by-product of the process.** Instead of looking for techniques, training devices or equipment to try out in hope of lowering your score, have patience and master what you are working on.
- ✓ **Start playing golf one shot at a time.** If you hit a good shot, GREAT. If you hit a bad shot, forget it and adjust your plan for making the best possible score on that hole.
- ✓ **Golf is a game! Golf is NOT a life or death situation.** So relax and stop worrying about the outcome. Learn to have fun on the golf course and train your mind to stay in the present. If you do, you will have less fear and shoot lower scores.
- ✓ **The best way to get a grip on the mental game of golf is to become very aware that your negative emotions upset your brain's chemistry and play havoc with your game.**
- ✓ **How do you get to the next level?** When you can play one shot at a time totally focused on your target with only positive expectations of making your shot if all goes as expected, you will be at the next level.
- ✓ **"Your present circumstances and score are the results of your past thoughts and actions. Your future circumstances and score will be the result of your present thoughts and actions."**
- ✓ **SUCCESS BEGINS WITH YOUR STATE OF MIND.** Set goals and work on a daily routine to reach these goals.