

The Country Club



of
*Life*TM

Est. 2003



*"If I Do What Most Won't -
I Will Enjoy What Most Never Will"*

Championship Course Playbook

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USING THE PLAYBOOK

We've designed the Beginner/Refresher Course with 9 holes designed to basically teach the beginner and reinforce the basics for the so-called journeymen. The course is designed to keep you on your toes and develop precision in your game. Caddies are not required but are welcome.

Each hole is made up of the following:

- **Description:** Each hole starts with a description based on its name. Read it slowly it carries an important game plan for situations you will encounter in life. Ponder the message keeping as your priority being on par with how you respond.
- **Game Plan:** The Game Plan is a tip of sorts on how you should be approaching the situation you are facing. Remember, you're playing the game of life to succeed. Keep focused and utilize your caddie so you stay on plan and keep your strongholds blocked out.
- **The Approach:**

Is There A Factor Dictating Direction?

When approaching a golf shot, the slope the golfer will be hitting the ball from will without question dictate the direction in which the ball will go, just as sure as water runs downhill. While we are living in a day when many believe they can have it all, or do whatever they make up their minds to do, they ignore factors that dictate the direction for their lives.

Determine Your Options / Pick Your Mistakes

Okay, your direction is clear - "accept it". Now, determine your options and pick your mistake. Since you've accepted the direction of the shot or decision will go, you've decreased your margin of error by 50%. However, since you can't control the outcome with either - only your execution, you must now pick your mistake in case your execution is less than perfect.

Always Play To Strength / Play Sure Shot / Choice

Following is a quote by Bagger Vance, *"Inside each and every one of us is our one, true authentic swing. Something we was born with. Something that's ours and ours alone. Something that can't be learned. Something that's got to be remembered."* "Whose" and "Who" are you? If you are not sure or maybe you've been searching a bit, see "Find Your Game" Assessment.

Play Within Yourself

If you're a golfer, you've probably heard the joke about the day Moses was playing golf as he faced a shot 275 yards over water. Rather than laying up as his caddie suggested, Moses said, *"If Jack Nicklaus can do it - so can I."* Moses proceeds to hit his shot into the water then goes up to the hazard, parts the water and gets his ball. After doing this several times the course ranger approaches Moses' caddie to ask him to speed up play. Seeing Moses part the water the ranger asked the caddie, *"Who does that guy think he is, Moses?"* The caddie answered, *"No, he thinks he's Jack Nicklaus"*. Play both games with the swing you was given - not the one you wish you had. God had a special purpose for you and only you. So to be successful you

need to bring **your** game.

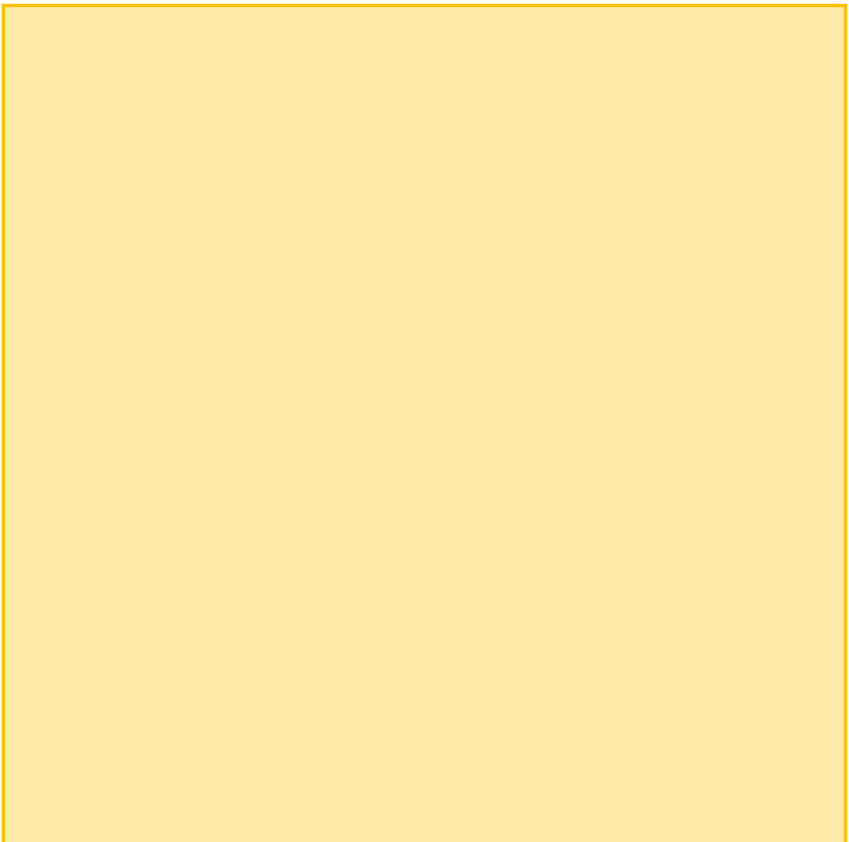
The Psychology: You will see there is a psychology noted on each hole. However, as you learn the various approaches, you may want to include one of the others with the situation you are confronting. (See "The Clubs and Sport & Life Psychology.")

Club Selection: The main premise of this coaching system is to train you to develop spiritual reflex responses. We want you to "Participate-in" and not "Anticipate" life by living in your head in as you are held captive by the holes you will play every day. (See "The Clubs and Sport & Life Psychology.")

Swing Thought / Affirmation: There is an affirmation provided for each hole carefully written out of a spiritual base. This is an invaluable practice. It may seem like a simple approach, however it really works if you work it. See "Staying In The Present" found in "The Clubs and Sport & Life Psychology."

Reference: Here you will find a training assessment suggestion to help you dig in to the specifics of the situation you are confronting. Club members can download this and all assessments from our website.

NOTES:



The Clubs for Playing the Game of Life
Developing Spiritual Reflexes

SURRENDER	
Driver	I admit that in the vastness of the universe I am a powerless person and living in my own power will eventually render my life unmanageable.
3 Wood Metal	I must come to believe that there is a <i>Power</i> outside myself that can restore the order/sanity in my life.
5 Wood Metal	I must make a commitment to turn my <i>Life and my Will</i> over to the care of the <u>Good Orderly Direction</u> that directs a winning life.
REFLECTION	
1 / 2 Hybrid Iron	I will quiet myself before God and make a <i>searching and fearless</i> moral inventory of myself and confront the cover-up I've been living under.
3 Hybrid Iron	I will admit to <i>God, to myself, and to another person who is trustworthy and TOTALLY committed to confidentiality</i> , the findings of my inventory, and break free from the cover-up I've been living.
4 Hybrid Iron	I will begin talking to the God of my understanding regularly, asking for awareness of the strongholds that have me in their grip as a result of the inventory.
5 Hybrid Iron	I will humbly ask God to remove the strongholds standing in the way of my <i>completeness and usefulness</i> . Those that cannot be removed I will block through strict accountability.
RECONCILIATION	
6 Iron	I will make a list of all persons I have harmed, and become willing to make amends to them all.
7 Iron	I will make direct amends to such people whenever possible, except when to do so would injure them or others. I must NEVER make an amends that will transfer my burden to another just to rest my own conscience.
8 Iron	I will continue to take daily personal inventory and when I am wrong, I will promptly admit it.
REACHING IN – THEN OUT	
9 Iron	Seek through prayer and meditation to improve my conscious contact with God, praying for the knowledge of God's will for me, and the power to carry it out.
Pitching Wedge	Having had a spiritual awakening as the result of these steps, I will carry this message to others <i>and practice these principles in all my affairs</i> .
AMAZING GRACE	
Sand Wedge	I will have a new and gracious perspective on life that will be the pathway to a new-found joy and completeness. I will comprehend the word serenity and realize that no matter how far down the scale I may have gone; I will see that my experience, strength, and hope can benefit others.
Putter	My whole <i>attitude and outlook on life</i> will change when I come to realize that God is now doing for me what I was trying to do for myself.

1st Hole

Lust

Par 4

Hole Description: The opening 7 holes have been named “The Seven Deadlies” and we get started with “Lust”. Lust is defined as *“An intense desire or need.”* This opening hole certainly lives up to its name. It is designed to mislead you by seductively playing up to those strongholds where you are most powerless and vulnerable, keeping you in a vicious cycle of self-sabotage. While this well designed course of life is filled with illusions, this hole is without a doubt the most deceptive of opening holes. Its designer has laid out the hole very seductively to entice you and discourage you right at the start. If you are not mentally tough with an immovable inner game fueled by a Gracious Perspective, this hole can take you out of contention right out of the shoot. This hole has ended the hopes and dreams of many in sport and life. It NEVER rewards a gamble.

Game Plan: Jack Nicklaus felt the first shot of the round was the most important since it set the entire round’s rhythm. Go to your "Game Plan" and review with your caddie who acts as your [Sponsor, Mentor or Accountability Partner] the Strongholds you have identified. Put blocks in place to avoid the illusion this hole sets up by reaching out to others who are being challenged by similar strongholds. The key is to put safeguards into place that will block you from flirting with trouble and possibly knocking it out of bounds completely. (i.e., setting internet browser controls)

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Mental Toughness / Inner Coaching

Club Selection: Driver, 1/2 Hybrid, 3 Hybrid, 8 Iron, Pitching Wedge

Swing Thought / Affirmation: I admit I am a powerless person and of my own power my life will be unmanageable.

Reference: Strongholds Assessment

1st Hole

Lust

Par 4

Meditation: While there are always the textbooks for both games, pro golfers have a saying, “*This is what works for me.*” While the textbooks are a good starting point, our natural tendencies will cause things to work differently for each of us. The only way to find out what works for us is we need to get in the action and when we fall short, dig down deep and with a burning G.R.I.T. **Greatness Responds Intensely to Testing and figure out what works for you.**

- What are those strongholds where you are most powerless and vulnerable, that when you dig deep thought cause you to remain in a vicious cycle of self-sabotage.?

- How do you feel **after** giving into those self-sabotaging lustful strongholds?

- The strategy is to think through what you are lusting about? How will that look for you? **BE SURE IT INVOLVES STRONG ACCOUNTABILITY.**

BUILD YOUR GRATITUDE LIST

2nd Hole

Gluttony

Par 4

Hole Description: Gluttony is defined as "*An addiction to excess.*" This hole requires a spirit of moderation and gratitude. From the tee there is the illusion that makes the hole look very non threatening, and wets the appetite to go for broke - to have it all. If you bite you'll regret it every time. Upon completing this hole, and you look back to the tee, the illusions are clear. This hole must be managed well through an immovable gracious perspective and strong accountability. Plan to leave a bit on the table and you'll come out with par.

Game Plan: Go to your "Game Plan" and admit your powerlessness over those strongholds that have you in their grip. Ask your caddie who acts as your [Sponsor, Mentor or Accountability Partner] to remind you to take it easy and believe in the method that works best for you.

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: See: Maintaining A Gracious Perspective and Believe In Your Method.

Club Selection: Driver, 3 Metal, 4 Hybrid / Iron, 5 Hybrid / Iron

Swing Thought / Affirmation: I am self-controlled and alert, aware the Evil One prowls around like a roaring lion looking to devour me.

Reference: Strongholds Assessment

2nd Hole

Gluttony

Par 4

Meditation: Unless you're perfect there are areas of your life that you tend to take to excess.

- Have you identified what those areas are?

- How do you usually feel when you take things to excess, and why do you think or feel you can't help yourself at times?

- The strategy is to think through what you are glutinous about? How will that look for you? **BE SURE IT INVOLVES STRONG ACCOUNTABILITY.**

BUILD YOUR GRATITUDE LIST

3rd Hole

Greed

Par 5

Hole Description: We define Greed as, “*a spiritual void driven by a toxic F.E.A.R. and deception.*” If you play golf you've undoubtedly heard the expression “*Don't get greedy.*” After two very difficult starting holes you come to the first Par 5 and immediately the urge to make a move on the competition sets in and you think “*Time to get greedy,*” even though you know more times than not, it doesn't pay off. When driven by a spirit of greed the gain is usually short-lived. It develops in us an unconscious competence to self sabotage ourselves that will eventually take back the gain...and then some. Playing this course requires precision ball striking. If you have not precisely discovered the bottom of your swing, you will NEVER play with accuracy. In life, if you have not discovered your bottom in life, it's time to “**FIND YOUR GAME**” *or* **PICK IT UP!**

Game Plan: A Gracious Perspective unlocks the fullness of life - NOT MORE of something. “JOY” is the goal. Joy goes a step beyond happiness. Happiness is a sort of atmosphere (or high if you will) you can “exist” in for a while. Happiness however requires more and more of itself in order to maintain levels of existence. Joy on the other hand is a “Light” that fills you with hope and faith and love. Happiness is attached to externals (the greed for MORE) and seems to ebb and flow as circumstances and whims come and go. Joy is a constant since it is tethered to our hearts by Spirit and Gratitude.

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Maintaining Perspective - Build a Rock Solid Gratitude List

Club Selection: Driver, 3 Metal, 5 Metal. 1/2 Hybrid/Iron, 3 Hybrid Iron, Pitching Wedge, Sand Wedge, Putter

Swing Thought / Affirmation: I am a grateful person and I believe true wealth of all kinds comes from giving. For it is in giving that I truly receive.

Reference: Strongholds Assessment

3rd Hole

Greed

Par 5

Meditation: Not so fast! Of course there are areas of your life where you are greedy. How free are you with your time? What time? I'm jammed all the time. How often do I free my mind from myself and my needs and reach out to others? Getting the drift? There are many ways we can be greedy that have nothing to do with money or wants. Dig deep. Free yourself. You need distance on this hole. Distance between yourself and greed.

- What are your natural strongholds that when you give it deep thought cause you to fall short and show your greed?

- How do you feel when you hoard things for the sake of self, or things that really make no difference to you, when they could have been used for the betterment of others? Matthew 25:40

- The strategy is to think through what you are greedy about? How will that look for you? **BE SURE IT INVOLVES STRONG ACCOUNTABILITY.**

BUILD YOUR GRATITUDE LIST

4th Hole

The Way of the Sluggard

Par 4

Hole Description: This hole will require a precise layup. So before you pull the trigger, step back and re-think your approach. Laziness at this course is defined as "*Willing to settle for mediocrity.*" By now if you have not managed the first three holes, you're beginning to feel sluggish and defeated. Don't blame the conditions. You're reaping what you've BEEN sowing, but there's time to recover. Bad breaks happen to everyone, the key is to be in rhythm with life so you can bounce back. Here's a tip. Even if you know "Whose" you are, you may not be comfortable with "Who" you are, and your inner conflict is stopping you from "Finding YOUR Game" and achieving success. Laziness leads to a victim and entitled mentality which doesn't have a prayer on this demanding course. Acceptance is your key.

Game Plan: Exercise your body and your mind daily so they will be well-conditioned. Grandiosity is an acute form of denial. "Accept" who you are and play life from where you are. Live in Day-Tight-Compartments. Do what needs to be done and do it with humility. Practice, Practice, Practice a Gracious Perspective. A Spirit of Gratitude is great exercise for the heart.

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Mental Toughness / Inner Coaching

Club Selection: 3/5 Metal, 1/2 Hybrid / Iron, 3 Hybrid / Iron, Pitching Wedge / Putter.

Swing Thought / Affirmation: I am filled with energy and purpose since I work for God and not the accolades of others or my personal ideals.

Reference: Strongholds / H.A.L.T. Assessments

4th Hole

The Way of the Sluggard

Par 4

Meditation: Does your ideal in life come from a desire to serve God or the accolades and things of the world? Working towards worldly gain will lead to enslavement and defeat. Working for God will provide constant energy fueled by His grace.

- Discouragement is a cancer. Do you REALLY want to feel better? Get off the couch or the chair “*pick up your mat*” and **JUST DO IT!**

- What does victory look like now? Be Real - Not Grandiose. Grandiosity is typically the cause of the paralysis. So, now that you’re reaching for the stars, CLOSE ACCOUNTABILITY will assure you keep your feet on the ground. What will this look like?

- The strategy is to think through what you are lusting about? How will that look for you? **BE SURE IT INVOLVES STRONG ACCOUNTABILITY.**

BUILD YOUR GRATITUDE LIST

5th Hole

Justified Resentment

Par 3

Hole Description: *"Tis said that wrath is the last thing in a person to grow old."* You're just about halfway through the front nine. How's it going? If you're the type with a high wrath level and you can justify it, this hole will finish you. If you are firm that you are a descendant of Jesus Christ, and have received His forgiveness for killing Him through your sins, you have received the most important and valuable mulligan of your life. Now it's time to head directly to the practice tee and dig out of the dirt precisely what it is that justifies your resentment and vengeful wrath towards others. Don't do it and you're sure to live in misery and a torturous un-fulfillment.

Game Plan: Following is a hint. When digging it out of the dirt, give special attention to the F.E.A.R. Assessment. False Evidence Appearing Real (F.E.A.R.) is most likely the deceptive culprit justifying your pitiful self. This hole is unforgiving and you better make sure every part of your game is in shape or this hole will chew you up and spit you out. It's very deceptively designed. Tee to green a clever illusion has been created. Upon completion of the hole, looking back to the tee you'll see the fear it instilled in you that appeared so real you could touch it, isn't even there once you played the hole - On Its Terms.

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Maintain Perspective, Gratitude List

Club Selection: Driver, 3 Metal, Pitching Wedge, Sand Wedge, Putter

Swing Thought / Affirmation: I have broken my slavery from all justified bitterness, rage, anger, and slander, along with every form of malice through Christ who took on my sins so I would be forgiven. Who am I not to forgive!

Reference: F.E.A.R. Assessment

5th Hole

Justified Resentment

Par 3

Meditation: Justified Resentment is terminal in the long run. It hurts us far more than it hurts our victims. Why? In order to keep it alive we must take from ourselves. Yet, we just can't live without it. Some of us indulge more than others. Some of us Rage - Some of us Sulk. Either way, if you are of the human race, this "Reaction" comes from somewhere. Champions in top form "Respond" to life - they don't "React". Let's dig in and discover your trigger here.

- There are strongholds in all our lives where we have been made to feel inadequate. Maybe even "less than." This is going to take a lot of courage, but would you list some?

- How do you feel now? Why you think or feel you "REACT" the way you do? What are you afraid of? What are you protecting yourself from?

- The strategy is to think through what you're justified anger and resentment is about? How will that look for you? **BE SURE IT INVOLVES STRONG ACCOUNTABILITY.**

BUILD YOUR GRATITUDE LIST

6th Hole

Envy

Par 5

Hole Description: Envy is defined as, "*Painful or Resentful entitlement of an advantage enjoyed by another joined with a drive to possess the same advantage.*" Envy has deceptively disguised itself today as a measure of status. We drive power cars and SUV's, wear status clothing, attempt to brand false images of ourselves in order to be accepted etc. while we protect who we really are under our false facade. Problem is, the real players in both games can spot another real player a mile away, and this hole is designed to expose a fraud. If you do not know both "Whose" and "Who" you are - and **Accept** it, this hole will slowly destroy you. It's jam packed with deceptive illusions that if you buy into today's striving to "Have it all" attitude, it will lead to chronic and tormented un-fulfillment.

Game Plan: You **MUST** believe in your method and play this hole from within yourself. Par - even a Bogey gains ground on the field here. Reach out to and encourage someone daily to maintain a gracious perspective. **BE CAREFUL** however not to reach out to someone that may be materially void compared to you. Their inner games may be richer than yours will ever be. It's the only way to manage this hole.

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Believe In Your Method, Mental Toughness, Inner Coaching

Club Selection: 6 Iron, 7 Iron, 9 Iron, Pitching Wedge

Swing Thought / Affirmation: I know what it is to be in plenty and I know what it is to be in want. My joy is complete in Christ Jesus.

Reference: Quality of Life Assessment

6th Hole

Envy

Par 5

Meditation: There's the old saying, "*The grass is always greener on the other side of the street.*" Well, here at the club we "Keep It Green." This means we play both games with reverence and humility **NEVER FORGETTING** where we were before we got our acts together thinking life owed us.

- The key word here is "Entitled." Take notice to how often you use the word "Entitled" or tell someone they are. Pay very close attention. Get your caddie on the job also. You're going to be surprised.

- An attitude of "Entitlement" puts us on the emotional welfare role and cunningly watches us sink lower and lower down the dependency spiral. How do you feel when you get your way? Be honest! Get your caddie on your baggage here too.

- The strategy is to think through what you're envy is about? How will that look for you? **BE SURE IT INVOLVES STRONG ACCOUNTABILITY.**

BUILD YOUR GRATITUDE LIST

7th Hole

Pride

Par 3

Hole Description: You've probably heard the expression, "*Pride goes before the fall.*" We define pride, "*a feeling or deep pleasure or satisfaction derived from one's own achievements.*" If you allow yourself to become prideful, this hole is certain to humiliate you and you will surely fall. This hole is cleverly designed to put a false confidence - even cockiness in you so it can take you off your game. This hole will expose your weaknesses and character defects and fill you with an arrogance you desperately need to hold up the façade the last hole (Envy) began to shape. This hole will chew you up and eventually spit you out without you even knowing it. Many have picked up here and walked into the clubhouse - some even giving up the game.

Game Plan: After the first six holes you should be finding nothing to be cocky about. However, some of us are in such enslavement to our weaknesses and character defects that it takes our ears really being trimmed by life. The game plan in preparing for this hole is to find the courage break through the fake façade and finally begin living the abundant life God has planned for you solely for His purpose. You will need depth, precision and humility to play this hole consistently since your approach can be quite varied due to the hazards to be faced.

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Maintain Perspective, Gratitude List,

Club Selection: Driver, 3 & 5 Metals, 9 Iron,

Swing Thought / Affirmation: Where there is pride, there comes disgrace; but comes wisdom to those who have humility.

Reference: Surrender Assessment

7th Hole

Pride

Par 3

Meditation: Are you catching on to the way we think here around the club yet? We know due to the depth of Spirit we have gained that we are capable of anything, and as a result we never trust ourselves - Just God and we rely on our higher power which is our caddie. We have confidence in ourselves only due to the abilities God has given us. Our caddie will assist and encourage us to keep our focus on God. We are all prideful. If you think you're not, one day keep a log of how many times you think about yourself, you're boastful or you embellish or fabricate something. Chances are you will be shocked - unless you're too far gone.

- What are your natural tendencies that when you give it some deep thought cause you to fall short and become prideful? Why?

- How do you usually feel when hit with pride and why do you think or feel you can't help yourself at times?

- The strategy is to think through what you're envy is about? How will that look for you? **BE SURE IT INVOLVES STRONG ACCOUNTABILITY.**

BUILD YOUR GRATITUDE LIST

8th Hole

Love

Par 4

Hole Description: We now come to the part of the course the bible calls, "Fruits of The Spirit." The first seven holes were designed to be very treacherous, seductive and craftily deceptive. These next holes are very straight forward. They will however continue to test your character. They are by no means easy but they are fair. Their difficulty will lie within us.

Human "Love" is defined, *"Love is a variety of different feelings, states, and attitudes that ranges from interpersonal affection."* Human love is not only conditional, it is also mercurial. We love based on feelings and emotions that can change from one moment to the next. The Bible tells us that "God is Love" and His love is unconditional. While human love is ever changing, God's love for us never quits. NOTHING we do can make God stop loving us. There are no illusions on this hole except those we put in based on our swing (human) flaws.

Game Plan: This is another hole that will chew you up if you have not come to terms with your flaws from holes one through seven. This hole can be very rewarding if it is not approached with conditions. If you tee it up with conditions chances are you may not finish the hole. You're not going to fake this hole out. It is designed with every hazard imaginable that will test you constantly. If you don't bring an authentic game you're sure to be found out.

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Believe In Your Method / Mental Toughness / Inner Coaching

Club Selection: 6, 7, 9 Irons, Pitching Wedge

Swing Thought / Affirmation: *"Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, and endures all things. Love never ends."*

Reference: Personality, Spiritual, Financial Personalities Assessment

Meditation: Love, one of our most sought after needs yet one of the most difficult for many. It's very complex due to the compilation of emotions that underlie it. Yet, the bible tells us, "God Is Love."

- Do you believe you're loved? Ponder this. Don't just answer yes or no.

- How are you when it comes to loving people who are hard to love?

- What is it that has worked or not worked for you when you have felt loved and felt love for another?

- If you have children or grandchildren, how can you feel that love for all God's children?

BUILD YOUR GRATITUDE LIST

9th Hole

Joy

Par 4

Hole Description: Here at the club we seek Joy rather than Happiness. Joy is a step beyond happiness. Happiness is an atmosphere (or high if you will) you can "exist" in for a while. Happiness however requires more and more of itself in order to maintain current levels of existence. Joy on the other hand is a "Light" that fills you with hope and faith and love. Happiness is attached to externals and seems to ebb and flow as circumstances and whims come and go. Joy is a constant since it is tethered to our hearts by Spirit and Gratitude.

Game Plan: Your "Gratitude List" is your game plan. There you will find your "sure shots" which you must rely on and you should be able to make up some ground against par on this hole. Always be mindful, "Gratitude unlocks the fullness of life."

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Maintain Perspective / Believe In Your Method

Club Selection: Driver, 3 & 5 Metals, 8, 9, Irons, Pitching & Sand Wedges

Swing Thought / Affirmation: Gratitude unlocks the fullness of life and makes my joy complete.

Reference: Personality, Spiritual, Financial Personalities Assessment

9th Hole

Joy

Par 4

Meditation: Hopelessness is at epidemic levels today. Industries that sell "things" to make us happy are only making the sellers happy as they convince us their products will change our life.

- Start building a Gratitude List. Shape it around a Gracious Perspective. A good golf swing has a trigger that gets it in motion. Think of an organization you can serve that can be your trigger to shape that perspective.

- If you're breathing on your own you have much to be grateful for. Build from there and you will begin to feel a joy money can't buy. Joy is a practice we can't do without. Do a time budget and you'll find you have more time then you think. You may feel giving up your precious time will cost you. Do it and it could yield more birdies than ever. It's a funny phenomenon how it works. The rewards will far outweigh what you see as risk.

- Determine what it is it that will work for you so you will be victorious and joyful regularly? **ADOPT A GAME PLAN THAT WORKS FOR YOU - BE SURE IT INVOLVES STRICT ACCOUNTABILITY** and you will play at peak performance.

BUILD YOUR GRATITUDE LIST

10th Hole

Peace

Par 5

Hole Description: Peace is defined, “*freedom from disturbance - quietness and tranquility.*” The key word here is “Freedom.” True peace in life is achieved by “accepting” life on life’s terms, and this hole requires you to “play it as it lies” if you want to come off the green with par. We cannot buy peace at any price. The price of peace was paid by Christ at the crucifixion. Jesus said, “*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*” “Peace” is spiritual and can only be found inside of yourself and is a byproduct of gratitude. Living life on life’s terms requires that we play both games with rigorous honesty, that we put “principles” above “personalities,” “circumstances” or “situations”. This rigorous truth combined with immovable principles will form a peace within us driven by our Spirit natures, “*And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*”

- Philippians 4:7

Game Plan: While a beautiful hole, it's not without its illusions. Your mind must be free of sounds of silence before getting on the tee. The game plan here is you must play it right down the middle. This hole WILL NOT allow manipulation. If you flirt with the trouble or bite into the illusions - it WILL bite you - eventually.

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Staying In The Present, Inner Coaching

Club Selection: Driver, 3/5 Metals, 1-5 Hybrids, 6/7 Irons, SW, Putter

Swing Thought / Affirmation: (Jesus Talking to You) “*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*”

Reference: Quality of Life Assessment

10th Hole

Peace

Par 5

Meditation: We live in a time of relativism. We aim to have it all. If it feels good we do it because we've bought into the myth that things are different today. Fact is there is nothing new under the sun no matter what the world tells us.

- Give close thought to those areas of your life where you may be hiding and blocking Christ's peace. Secrets will keep you from playing to your full potential. Note areas where you may be coming up short.

- How do you feel when you think about listening to the sounds of your silence secrets?

- Get with your caddie. Meet those secrets head on. Stop the mind games. The truth will free you. *Just Do It!*

BUILD YOUR GRATITUDE LIST

11th Hole

Forbearance

Par 3

Hole Description: Forbearance is defined as *“The action of refraining from exercising a legal right, especially enforcing the payment of a debt.”* Ah – Rights! There are no rights on this course and it is far from forgiving unless you are willing to forgive those who trespass against you. Playing life with a forbearance principle is critical to maintaining your peace *and true success*. Focusing on rights, entitlements and keeping track of wrongs will rob you of the fullness of life. And eventually you will pick up. *“It is mine to avenge says the Lord.”*

Game Plan: A carefully drafted Gratitude List is the basis for a joy-filled life. Christ came to unconditionally love you by feeling your sin. Seeing others through your sins is the pathway to true forgiveness. Review and update your gratitude list often. Journal daily the various ways you felt blessed during the day. Be grateful even during times of hardship – some of the richest blessings can be found during these times. When stress mounts or you are feeling overwhelmed, depressed or even defeated, open that gratitude list and if you can be thankful for nothing else, be thankful you have the sight to read it. That’s a lot!

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Maintain Perspective - Gratitude List, Keep It Simple

Club Selection: 4/5 Hybrids, 6/7/8/9 Irons, PW/SW, Putter

Swing Thought / Affirmation: As one who has received forbearance, who am I to hold another in my debt?

Reference: F.E.A.R. Assessment

11th Hole

Forbearance

Par 3

Meditation: When we think about forbearance we tend to equate it to money. However, we must look at this hole with exactness, clear from any of the illusions that have been set up. While we have named this hole "Forbearance." the key to success here is the word "Refrain." This hole sets up to draw out those character defects we will only regret unless we refrain from taking the bait. Forgive - **As You Have Been Forgiven. NO EXCEPTIONS!**

- What are your natural tendencies that when you give it some deep thought cause you to fall short and show your powerlessness over refraining from saying or doing something you will only regret later?

- How do you usually feel when you succumb to this defect of character?

- What is it that causes you to fall short in these areas of your character and how can you put these defects into remission by blocking them? **BE SURE IT INVOLVES ACCOUNTABILITY - YOU CANNOT DO THIS ONE ALONE.**

BUILD YOUR GRATITUDE LIST

12th Hole

Kindness

Par 3

Hole Description: There's a Proverb that says, *"A person who shows kindness even to an enemy benefits themselves, but a cruel person hurts himself – not the other person, they can usually care less."* This hole is designed to get under your skin just like certain people, places and things in your life do. This hole has aggravated many of our members to where they see red. Unfortunately, many of them continue to face this hole with a long memory of what this hole has cost them and the aggravation that came with it. Some even come here with a sense of entitlement or being owed something. Their chances are less than nil. They will tell you, *"This hole gets me every time, I don't know what it is."* If you're one who shares this attitude, you had better get to the practice tee with your caddie (or accountability partner or life coach) after the round and dig out of the dirt what it is that is holding you hostage.

Game Plan: When you face this hole do so with a slow deep breath. Be prepared with a positive affirmation as described below. Life and golf are funny games. We will usually do what we think...and believe. Look back at past results when you allowed yourself to fall prey to the trap this hole sets up. Has there really been a gain? What is it that's really eating at you?

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Maintain Perspective, Gratitude List, Inner Coaching

Club Selection: Driver, 3/5 Metals, 9 Iron, PW/SW, Putter

Swing Thought / Affirmation: *"As one chosen by God, holy and dearly loved, I have been clothed with kindness."*

Reference: Personality, Spiritual, Financial Personalities Assessment

12th Hole

Kindness

Par 3

Meditation: Back to Back Par 3's designed to hustle you. Up until now the holes have been taunting you seeing if you can refrain from biting at their hustle. Now you're going to be asked to smile at this hole since "Instructor Wisdom" should be sinking in by now. Take that deep breath now. Put a smile on your face and a Song in your heart. You're running out of holes. In fact, in life, you have no idea just how many holes you have left.

- What are your natural tendencies when run up against someone that is not on your top ten list or perhaps has your number? You know, that person whose presence just gets under your skin. Do you find it to be a real effort to be kind to them?

- How do you usually feel when you succumb to the hustle and grump at another child of God?

- What do you think might work for you so that this hole doesn't win out? As always, BE SURE IT INVOLVES ACCOUNTABILITY.

BUILD YOUR GRATITUDE LIST

13th Hole

True Goodness

Par 4

Hole Description: While you may think this hole is a slam dunk, it requires a lot more local knowledge than you might think. To see if you are seeing this hole's layout for what it really is, you need to answer the question, "What is 'Goodness'?" If you answer that it's doing good for someone or being nice to someone, step back and take another look. "True Goodness" is an act of humility that you extend to others through your experience, strength and hope. If goodness comes from within you rather than just being an act, not only will you not fall off the changes in your life you want to make, but they will deepen in you because you have acted out of humility. Local knowledge will teach you this hole requires a lot more depth in your game than you may have thought at first glance. Why, due to the various elements that comes into play on this hole? If you want an easy par, you are going to have to show goodness not only to those whom you like, but in particular those you do not like, and that is extremely difficult for some.

Game Plan: Since Goodness is an act of humility – you can beat par on this hole if your game has developed enough depth from digging deep into the secrets of our own lives and feeling the pain. That's how you build humility and that's why you extend that goodness to others. While this hole can yield a birdie, it doesn't do so easily.

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Maintain Perspective, (Gratitude List), Inner Coaching

Club Selection: Driver, 6/7/8/9 Irons, PW, Putter

Swing Thought / Affirmation: Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.

Reference: Personality, Spiritual, Financial Personalities Assessment

13th Hole

True Goodness

Par 4

Meditation: In order for us to live with a Spirit of humility, we must practice a gracious perspective daily. Most of us live in our heads the majority of the time. Can you remember a time when you may have been obsessing about something then something else happens and what you had been obsessing on isn't even a concern? A gracious perspective acts like a shock absorber when the winds of life roar their heads. Practicing this valuable life basic will allow you to show kindness which is generated from the humility of a gracious perspective.

- Have you ever given notice to how much time you spend living in your head? When you really come right down to it, the more we live in our heads the more of this life we miss. Begin taking notice to how much time you spend in your head each day.

- The next time you respond in an unkind way, stop and take notice to where you were living. Were you living in peace? If you were, the bet is you weren't living in your head and if you were living in your head, the bet is you were in your head and just functioning - not living.

- What do you think will work for you to help you overcome your current condition? BE SURE IT INVOLVES ACCOUNTABILITY.

BUILD YOUR GRATITUDE LIST

14th Hole

Faithfulness

Par 4

Hole Description: This hole looks like another cake walk – but don't get cocky. As with #13, you are playing the part of the course highly affected by the elements, so bring your spiritual depth. With the self-centered and materialistic world in which we now live, where many people's only goals and ambitions are to get as much as they can out of this life while they still can – par on this hole will be in very short supply for many. If you are not right with God, you will never be able to turn your mind anywhere but on yourself and that will kill you on this hole. Faithfulness like Goodness are spiritual qualities – not reactions to a situation. You can think about when to be faithful to something outside yourself, life doesn't give you that kind of time to think when pressure sends its swirling gusts your way or unfair circumstances pour down on you. Only depth of spirit will match par on this hole.

Game Plan: Par is a great score on this hole and to achieve it you must have your spiritual reflexes finely tuned. It's said, "Obedience is the pathway to faith." Aside from the materialistic world we now live in, lack of obedience can be justified for self-gain. Without a finely tuned Spirit of obedience, par on this hole will be a pipedream. You will be one of those who say, "I try to have faith!" In other words, you need to bring your game for par here. "Keep It Real Simple".

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Staying In The Present, Keep It Simple

Club Selection: Driver, 6/7/8/9 Irons, PW, Putter

Swing Thought / Affirmation: "I will obey my LORD with all my heart and do not lean on my own understanding. In all my ways acknowledge Him, and He will make my paths straight.

Reference: The Hard Re-Set Assessment

14th Hole

Faithfulness

Par 4

Meditation: You know the saying “Where there’s a WILL - there’s a way?” It’s our bondage to our will that keeps us short on faith in God, however not short on faith in general. **NO ONE FLIES ON THEIR OWN LIKE SUPERMAN.** Whether we’ve realized it or not, our faith is unconsciously in something cleverly disguised by an imposter called “self-confidence.”

- What are some of the things you have faith in that you have convinced yourself is “self-confidence?”

- Why is it that you are Powerless over allowing “Your Way” to take over instead of waiting on God and playing life as it lies according to “His Will”? When you think of it, when we take back our wills, it’s like preferring your lie on the golf course. Problem is playing that way you will never find out your true abilities and it’s no different in life.

- Your “Will”, that part of your mind over which you have control, how might you begin to train it to following the true “Way”, “Truth” and “Life”? **YOU WILL DEFINITELY NEED CLOSE ACCOUNTABILITY HERE. DON’T ATTEMPT THIS HOLE WITHOUT IT. IF YOU DO, YOU’RE BOUND TO TAKE A GAMBLE RIGHT AT THE WRONG TIME.**

BUILD YOUR GRATITUDE LIST

15th Hole

Gentleness

Par 3

Hole Description: When you think of Gentleness, don't get confused with weakness. In the big competitions of both games, touch and feel are critical to victory. The quality of gentleness is another major quality needed if you are to win in life – but you need a complete and well-rounded game. In our world today so many people have been beat up and hurt in their dealings with other people – that just a gentle word, a gentle touch from another can really open up the door for that person to be able to receive Christ's love and healing, into their lives.

Game Plan: Once you really start walking in the Holy Spirit with its divine fruits living and flowing through you – you will really be able to feel when you should handle a certain person or a certain type of situation with more of a touch of gentleness rather than with any kind of stern rebuke. Tough love is a term we hear a bit too often these days, and our observation has shown that those who pride themselves on tough love are many times just dumping their own unresolved life's bucket on others. Only a sound spiritual game will allow you to discern who these people are at the outset. Without a strong spiritual game steeped in depth, this meek looking hole can put an end to your round.

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Maintain Perspective, (Gratitude List)

Club Selection: 6/7/8 Irons, Putter

Swing Thought / Affirmation: “A gentle word turns away wrath, but a harsh word stirs up conflict and lacks obedience.”

Reference: Gratitude Assessment

15th Hole

Gentleness

Par 3

Meditation: Gentleness is a strong hand with a soft touch. It is a tender, compassionate approach toward others' weaknesses and limitations. A gentle person still speaks truth, sometimes even painful truth, but in doing so guards their tone so the truth can be received.

- What is the “Quality” of your Gentleness? Do you have a soft touch towards others?

- What do you think is the reason for your poor touch towards others at times?

- Whether it's in life or golf a soft touch is paramount for well-rounded games. After careful and prayerful self searching, what do you need to do to develop a more consistent touch? BE SURE IT INVOLVES ACCOUNTABILITY.

BUILD YOUR GRATITUDE LIST

16th Hole

Self-Control

Par 5

Hole Description: The Greek root of "Self-Control" is – “proceeding out from within oneself, - but not by oneself”. The key words here are – “but not by oneself”. Self-Control can only be achieved in practice by the renewing of our mind through the Power of the Holy Spirit. “Self” can only be overcome by “Spirit” – NEVER by flesh. Life, golf, and any other sport for that matter, require mental and spiritual reflex. While determination does work it is typically short-lived since determination comes from the flesh. “Egkráteia” (eng-krat'-i-ah) - "true mastery from within". True mastery in all games requires an immovable “Commitment”.

Game Plan: With just three holes remaining, this hole is designed to seduce you. Here’s the game plan, (“Commitment” is the bridge between “Thought” and “Accomplishment”). Stay on Plan - Focus. “Commitment” is also the key ingredient for a life in the Spirit. True Mastery in all games have “IT” – (Intercessory Triumph). That little piece of greatness that can’t be seen or explained.

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Stay In The Present, Believe In Your Method

Club Selection: 6/7/8 Irons, Putter

Swing Thought / Affirmation: “A person without self-control is like a house that has been broken into and left without walls to protect itself.”

Reference: Life Balance Assessment

16th Hole

Self-Control

Par 5

Meditation: It's been said, "Golf is 90% Mental" - and so is life. Believe you can do something and you most likely will in either game. "Self-Control" in both games is learned - usually by experience if you want to win. This hole's difficulty comes from what we lack from within. Hopefully by now with holes running out you have some good reflexes (Physical & Spiritual) under keen development.

- What have been the swing and character flaws that have kept you from playing both games from within yourself?

- Have you been practicing the renewing of your mind? This is critical! There's only 3 holes left so you better be playing from within yourself. What will work for you? Did deep! If you're honest—you will get your answer.

- How do you want to be remembered? Fact is your legacy has a roadmap that's all based on how you finish. Finish strong and you will leave a winning legacy. Finish weak and your legacy could be one that you will be lea then proud of. How do you apply your findings so that you can finish strong? BE SURE IT INVOLVES ACCOUNTABILITY.

BUILD YOUR GRATITUDE LIST

17th Hole

The Breath of God

Par 4

Hole Description: “Ruach” – “The Breath of God.” You have fought the good fight in life and you are close to finishing the round. The cleansing breath of God has developed quite a new game in you. You no longer flirt with the out of bounds stakes in life? God has shown you spinning isn’t winning. You have been blessed by inconveniencing yourself in service to another as you honor God and your gratitude list overflows. BE CAREFUL! You’re not quite finished yet. If you get cocky or take this hole lightly, it can actually destroy you and everything you’ve worked for thus far.

Game Plan: The game plan here is to “FOCUS”, while the elements are fierce on this hole – they can be cleansing and freeing only if you have respect for them. While no one has ever seen The Holy Spirit, no one has ever seen the wind either, yet we have respect for the wind because we have seen and experienced its affect. If you play this hole “on its terms” it is designed to empower you.

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Maintain Perspective, (Gratitude List)

Club Selection: Driver, 1/2/3/4/5 Hybrids, Putter

Swing Thought / Affirmation: “Flesh gives birth to flesh, but the Spirit gives birth to spirit.”

Reference: The Hard Reset

17th Hole

The Breath of God

Par 4

Meditation: Two holes remain and a repeat question is in order. “Have you fought the good fight in life or have you gone through flirting with the out of bounds stakes? “ If it’s the latter—YOU’RE OUT OF TIME. If the winds in life have reared their ugly heads, you’re only chance will be to rise by going right into those winds as a plane ascends during takeoff. As the saying goes when the winds are Challenging, “When It’s Breezy—Swing It Easy.” YOU HAD BETTER ACCEPT YOUR LOSS OF DISTANCE IN LIFE BECAUSE ALL THE POWER OF YOUR FLESH WHICH MAY HAVE HELPED WITH THE GAMBLE YOU’VE PLAYED THUS FAR WILL NOT HELP YOU NOW.

- “WHOSE” are you? Who or What is the god of your understanding? GIVE THIS A GREAT DEAL OF TIME AND RIQOROUS HONESTY. Your answer is not to be the catechism’s definition.

*You are who you are for a reason.
You're part of an intricate plan.
You're a precious and perfect unique design,
Called God's special woman or man.*

- “WHO” are you?

- Have I finally become honest enough with myself and have I accepted my limitations in order to help others become honest through my experiences, strength, and hope in life?

BUILD YOUR GRATITUDE LIST

18th Hole

Victorious Truth

Par 4

Hole Description: This round is drawing to a close and you're about to take your final walk. If you've played the course down the middle without flirting with the out of bounds lines, you will hear the words, "Well Done Good and Faithful Servant." The bible tells us that as Jesus prepared the apostles for His return to the Father, He left them with the following message, "I will ask the Father, and he will give you another advocate to help you and be with you forever, the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you." "The world cannot accept him, because it neither sees him nor knows him..." Faith believes when you cannot see. The wind on the golf course is the most difficult of all the elements. Yet, no one has ever seen the wind – yet, we give it great respect. Today due to the god of knowledge, truth has become whatever we want it to be for the most part. We are living in the flesh because we cannot see evidence of the Spirit. When we talk about spiritual experiences today it's more from the feel good of "*What-everrrrr!*" It's more of a high rather than a revelation. Approach this hole from the flesh and you will make a high number and finish weak.

Game Plan: "Then you will know the truth, and the truth will set you free." This is a statement that gets thrown around loosely along with "The truth hurts." Both statements however are very misunderstood. For truth to be victorious it is not some judgment you put on someone else by being rigorously honest with their life – rather it's what you discover about yourself. Sure it hurts, however it's a healing hurt that fees and transforms us.

The Approach:

- Is there a factor dictating direction?
- Determine options / Pick mistake.
- Always play to strength. Play sure shot / choice.
- Play within yourself.

The Psychology: Maintain Perspective, (Gratitude List), Stay In The Present, Inner Coaching, Mental Toughness, Believe In Your Method, Keep It Simple

Club Selection: Driver, 6/7/8 Irons, Putter

Swing Thought / Affirmation: "Lord, lead me in your truth and teach me, for you are the God of my salvation."

Reference: Find Your Game

18th Hole

Victorious Truth

Par 4

Meditation: The parallels between life and golf are striking. One of these parallels is that our round of life is a “Match Play” event verses “Stroke Play”. In a match play competition you may either win or lose and the match can be very short. We can have a disastrous hole and only that one hole ends up in the loss column. Problem is we don’t know before we tee off if we will go the distance. Therefore, it will be only pure old fashioned truth that can prepare us to be victorious for the road ahead. This type of preparation has proven to be the only game plan that will put us in the position to be victorious no matter how long the match takes.

- How seriously are you taking your final walk up this final hole?

- How well have you prepared to play this game called “Life”? Are you prepared for either a short round or to go the distance or do you plan to microwave your preparation - IF YOU’RE GIVEN THE CHANCE?

- Pay close attention to the name of this hole, “Victorious Truth.” When it’s your turn to walk up the final fairway of life (for illustration sake let’s say your final fairway will be as your casket rolls to it’s final resting place), will there be tears, will your eulogy be one of heavenly theology or will there be applause and celebration due to your heavenly assurance?

BUILD YOUR GRATITUDE LIST

LOCAL RULES

*"That's life, that's what people say.
You're riding high in April - Shot down in May.
But I know I'm gonna change their tune,
When I'm right back on top in June."*

- **When life gives you a bad break...** If you can't overcome the situation, use it for the betterment of another person, place or thing. There is no greater tragedy in life than allowing a life learning experience go waste to self-pity and/or self-centeredness, deception, manipulation, etc.
- **When angry remember...** Put off reacting until tomorrow what has you angry now, especially if you're planning to get verbal. You can always say it then. Chances are when tomorrow comes you will not need to say it. If you do it's your problem. **NEVER REACT!**
- **When someone hurts and / or wrongs you...** Look at the hurts and / or wrongs YOU have caused others. (Visit "The 'KNOW' Sin Zone" if you haven't done so already to identify yours.) DO NOT minimize and score your hurts and / or wrongs against theirs. If you're being rigorously honest with yourself you will grieve for them. God will avenge. Life will square up with them. Not in your time - But when **Life** is ready. Want to break par here, MASTER this one.
- **PRACTICE and ELIMINATE the word "Entitled" from your vocabulary...** We are entitled to nothing in life and the faster we understand and accept this fact, the more so-called "lucky" breaks we'll get. As Ben Hogan said, *"The more I practice the luckier I seem to get."*
- **ALWAYS remain calm...** When life mounts a charge, step back. Plan DON'T Project. Take one issue at a time. Don't fall victim to a gang on.
- **"INSULATE" NEVER "ISOLATE"...**
 - Speak or meet with your accountability partner regularly.
 - Get involved in an encouraging environment.
 - If you tend to be on the internal side, reaching out to someone who has a concern you are familiar with is the way to go for you.
- **SUICIDE IS ALWAYS A LONG TERM SOLUTION TO A SHORT-TERM PROBLEM. NO EXCEPTIONS!**