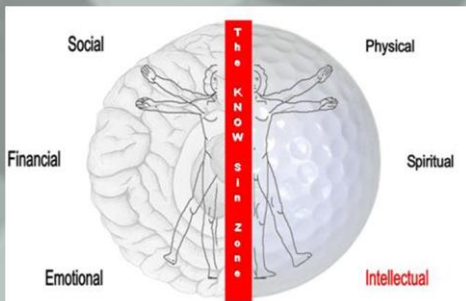


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OVERVIEW

Satan, The Devil, Lucifer, does he actually roam our world today? When polled, an overwhelming number of people felt the thought of a devil was fictitious, a Disney like character. Yet, when Saddam Hussein was killed an overwhelming number of people polled felt he was in hell. How could this be?

This "*fictitious, Disney-like*" devil just happens to be sitting on a huge lead as he deceptively coasts to an easy victory in "*The Battlefield of the Mind Classic*" over a course where the names of Jesus, Jesus Christ, or just plain Christ have become accepted as a means of releasing pressure.

A Pre-Shot Routine in golf is a *systematic* and *consistent* (two very key words), sequence of thoughts and checkpoints that is executed by a golfer prior to hitting a golf shot. A Pre-Shot Routine assists a golfer in keeping rhythm and focus. Does your Pre-Day Routing assist you in keeping rhythm and focus? Is it as *systematic* and *consistent* as brushing your teeth in the morning?

The main reason many of us are in the back of the pack in "*The Battlefield of the Mind Classic*", is we have lost our rhythm and focus in life and are games are filled with inconsistencies. We're playing life outside of God's design for living thinking we're bullet proof because we have deceptively subscribed to the gospel according to "*me*".

ASSESSMENT

Following is a *systematic* and *consistent* sequence of thoughts and checkpoints to be applied to everyday life using the acronym **H.A.L.T.** After each category, score yourself from 1 to 5 (*1 Being "Not Affected" and 5 Being "Highly Affected"*).

Hungry: While proper nutrition is important for our performance both on and off the course, we are made for community. We also hunger for attention, comfort, understanding, approval, love, companionship, etc. Most important, our hearts and souls need food, and God's word is food for the heart and soul.

Solution: Community, God's Word

Score _____

Angry: This is a bit more complex and the solution is much more challenging. Anger is normal to a degree unless it is turned against ourselves or others. When it turns into a repeated loop, **that's resentment**, and that's very serious since begins to eat at our spirit and turns into righteous bitterness which eventually destroys us.

Solution: Pray sincerely for the person, place or things you are angry about. If prayer doesn't work, seek professional help. This could be as difficult as finding a golf ball in the heavy rough, and we all know how difficult that is without help.

Score _____

Lonely: While similar to hunger, loneliness usually stems from isolation fine tuned as a child as a survival mechanism. Loneliness has difficulty reaching out.

Solution: *Stop isolating and begin insulating through God's Word, small groups and accountable relationships. If loneliness continues to be a frequent companion, it is most likely a clinical issue and requires professional attention.*

Score _____

Tired: Tiredness, Burnout, Overload, Taking on Too Much in an attempt to fill our voids, while most prevalent, accepted and expected these symptoms are the most ignored and carries with them the most bullet proof and dangerous of attitudes today.

Solution: *Attempt to prioritize and balance your life. If you are unable to do so, first seek the training of a life coach. If you are still unsuccessful, you may need to seek clinical help since excessive busyness is a numbing mechanism via "action" rather than numbing through the "ingestion" of food or some other substance.*

Score _____

TOTALS _____

SCORING SCALE

4 – 8	Normal
9 - 15	Out of Normal Range
16 - 20	Seek Help

Those of us who went without power for a week as a result of some of the recent storms to hit the Northeast, should have learned volumes about our mental games. I certainly did! I learned the wind is not only the top contender we face on the course, but for me it's my #1 in life also. As the week went on and my schedule was limited due to lack of electricity cause by the wind, my compulsion to control life was getting unnerving. I came to the realization that my private world needs much time on the practice tee and the quality of my trust in God under pressure is right on the cut line.

Whether on the course or in life the elements are there to show us whose boss and how little control we actually have in either game. Real champions master the basics which allows them to keep a piercing focus and winning attitude both on and off the course.

Always keep in mind; we can H.A.L.T. and restart our attitudes any time during a round or day.

Notes:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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