

THE CLUBS FOR PLAYING THE GAME OF LIFE

Driver	<u>I admit</u> that I am a powerless person in the vastness of the universe, and living in my power will render my life unmanageable.
3 Wood Metal	<u>I must come to believe</u> that there is a <i>Power</i> outside myself that can restore the order in my life.
5 Wood Metal	<u>I must make a decision</u> to turn my Life <i>and my Will</i> over to the care of the <u>Good Orderly Direction</u> that directs a joy-filled and fruit-filled life.
1 / 2 Hybrid Iron	<u>I will quiet myself</u> before God and make a <i>searching and fearless</i> moral inventory of myself and confront the cover-up I have been living.
3 Hybrid Iron	<u>I will admit</u> to God, myself, and another person trustworthy and <i>TOTALLY committed to the confidentiality of</i> the inventory's findings and become free from the cover-up.
4 Hybrid Iron	As a result of the inventory, <u>I will begin</u> talking to the God of my understanding regularly, asking for awareness of the strongholds that have me in their grip.
5 Hybrid Iron	<u>I will humbly ask</u> 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 and other controls.
6 Iron	<u>I will make a list</u> of all persons I have harmed and become willing to make amends to them all.
7 Iron	<u>I will make direct amends</u> to such people wherever possible, except when doing so would injure them or others. However, I must NEVER make amends that will transfer my burden to another to rest my conscience.
8 Iron	<u>I will continue to take daily personal inventory</u> , and when I am wrong, I will promptly admit it.
9 Iron	<u>Seek through prayer and meditation</u> 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 due to these steps, I will <u>carry this message</u> to others <i>and practice these principles in all my affairs</i> .
Sand Wedge	<u>I will have a new and gracious perspective</u> on life to provide a pathway to newfound 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	<u>My whole attitude and outlook on life will change</u> when I realize that God is now doing what I was trying to do for myself

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MAINTAINING A GRACIOUS PERSPECTIVE

Maintain Perspective: Maintaining Perspective, whether in sport or life, will be lifesaving to handling the stress and pressure God promises us we will have in John 16:33 where He tells us, *"I have told you these things, so that in me you may have peace. In this world, you will have trouble. But take heart! I have overcome this world."* Counting your blessings every day is how a winning perspective is shaped.

Just for today, I will have a quiet half-hour by myself and relax. During this half-hour, sometimes I will think of God to get a little more perspective into my life.

Schedule this time.

Stop and Meditate: Choose or compose a **positive** affirmation or scripture verse. (See Spiritual Cardio and Strength Training Section). Sit in a chair with your feet on the floor. Pick an object out in front of you and focus on it. For the first 5 minutes, breathe in through your nose and out your mouth, letting your mind quiet. Recite the affirmation or scripture verse 3 to 5 times, then breathe. Continue this for 20 minutes. Wrap up the last 5 minutes just breathing. This exercise can also be made up of just prayer or both and can be done in mini versions during the day as needed. Let the Spirit lead you.