

The Country Club



*of
Life*TM

Est. 2003

USGA



Member Club

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

**The Clubs
and
Sport & Life Psychology**

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TABLE of CONTENTS

Daily Warm-Up - Short Version	
Daily Wrap Up - Short Version	
Our Foundation for Playing The Game of Life	
The Clubs for Playing The Game of Life	
Maintaining a Gracious Perspective	
Live In The Present	
Inner Coaching	
Mental Toughness	
Believe In Your Method	
Keep It Simple	
The KNOW Sin Zone	
Spiritual Cardio Training	
Spiritual Strength Training	
References	

DISCLAIMER: The Country Club of Life (here-in-after referred to as CC of Life) is a virtual life coaching and training system. It is a holistic training bent on the development of the "Whole" person. The system is Tried, Proven, Custom developed testing into our students' lives', Physically, Emotionally, Spiritually, Intellectually, Financially, and Socially. **Our coaching techniques and methods are rooted in the belief in Intelligent Design.** Why? With over 30 years of clinical observation, trial, and research, we have observed that determining "Whose" we are will be critical to eventually discovering "Who" we are – and accepting the limitations of our discovery. "Who" we are and being anything one makes their minds to be are typically the goals of most coaching techniques. Our research, trials, and findings strongly rebuke that approach. It is only through determining where we came from that we will determine where we're going. Only through the acceptance of our defects of character and limitations can we develop a successful focused, workable, and closely monitored game plan for our students. However, we do not reject and do not attempt to change the findings and opinions of contrarians. We operate solely from a position of attraction - *not promotion or opposition*. Experience has shown us many want what we offer, making it unnecessary to debate the pundits.

CC OF LIFE DOES NOT SUGGEST THAT THE SYSTEM WILL GUARANTEE SUCCESS.

DAILY WARM-UP – SHORT VERSION

There's a saying in golf, *"If you don't have it the day of a tournament, you won't find it on the practice tee."* The Daily Warm-Up is just that, A Warm-Up. It's designed in this manner to live **Balanced and Consistent** playing the Game of Life. **Balance and Consistency are the keys.**

Just for today I will try to live through this day only, not tackle all of life's challenges at once. **My gravest danger is worrying about tomorrow. If I try to carry tomorrow's burden today, I will stagger under the load and eventually fall flat.** I will fail not so much when tragedy happens as I will before the happening, by procrastinating on all the little things I should be doing today, but avoid. **I PREPARE FOR THE FUTURE BY DOING THE RIGHT THING AT THE RIGHT TIME NOW — TODAY.**

- This is the day The Lord has made! **I CHOOSE** to be Grateful and Rejoice in it - **No Matter What My Situation May Be.**
- Heavenly Father, I Joyfully offer Thee all my prayers, works, and sufferings today as a testimony of your precious grace in my life. As I go through this day, give me the courage to focus on you *and not myself and my wants and circumstances* knowing no matter what I may encounter, you promise to provide a way out. I surrender myself and those close to me to you today since you will take much better care of them than I can. Give me courage as I say to you, *"Thy Will Not Mine Be Done Today."*
- Pay close attention to your first thoughts about the upcoming day and develop a positive perspective. Maintaining that perspective throughout the day will be critical to your performance.
- **Just for today, I will have a program.** I will write down what I expect to do every hour. I may not follow it exactly, but I will have it. It will eliminate procrastination, hurrying, and indecision.
Stop and Meditate: I fail not so much when tragedy happens as I did before the happening, by all the little things I might have done but did not do. **I must prepare for the future by doing the right thing at the right time NOW.** If a thing should be done, I should deal with that thing today and get it righted with God before I allow myself to undertake any new duty. I should look upon myself as performing God's errands and then coming back to Him to tell Him in quiet communion that the message has been delivered or the task is done.
- Journal throughout the day using the "Notes / Journal" section of the Daily Scorecard or Notebook in order to discover trends to improve your daily performance. **This area will require close accountability.**
- **Who WILL I Reach Out To Today?** *"Seek first his kingdom and his righteousness, and all these things will be given to me as well."* -Matthew 6:33
- **Give the BEST of yourself today.** *"Whatever I do, whether in word or deed, I will do it all in the name of the Lord Jesus, giving thanks to God the Father through Him. Whatever I do, I will work at it with all my heart, as working for the Lord, not for men."* -Colossians 3:17&23

REFER TO LONG VERSION OF MORNING WARM-UP EVERY FEW DAYS

DAILY WRAP UP – SHORT VERSION

This is where the rubber meets the road. **A true champion must subscribe to a method of living that includes a sustainable training regimen in both their sport and life. A champion knows that for them to function at peak performance, be it in sport or life, things around them need to be in balance.** Apart from injury, NOTHING brings down a professional, be it in sport or life, more than a life that has become unmanageable.

Following is a daily training regimen that will keep life in balance and consistent while providing for the much-needed serenity a champion needs to achieve excellence and live a life of purpose. Pay close attention to the three-legged stool below realizing that should one of the legs break off, the stool CANNOT balance. The same holds true for life.

- Review the day and summarize in the "Notes / Journal" section.
- Was the day "On Par," "Better Than Par," or "Not Up To Par"?
- As summaries accumulate, begin looking for patterns.
- Review tomorrow's schedule for maximum effectiveness.

WHO WAS I ACCOUNTABLE TO TODAY? _____

HOW MUCH TIME DID I SPEND OUTSIDE OF MYSELF TODAY? _____

DID I OVERCOME MYSELF TODAY BY INCONVENIENCING MYSELF FOR THE BENEFIT OF SOMEONE OR SOMETHING ELSE? _____

1. HOW WAS I SELFISH (i.e., thinking only of myself or not putting myself in someone else's position)?
2. HOW WAS I RESENTFUL (and what was the basis of this resentment)?
3. HOW WAS I AFRAID (How does this demonstrate a lack of faith, misplaced faith, or faith in a negative outcome)?
4. HOW WAS I DISHONEST (by commission or omission)?
5. HOW DID I DEMAND TO CONTROL ("Do it my way")?
6. HOW DID I DEMAND TO BE RIGHT ("I told you so!")?
7. HOW DID I DEMAND TO BE A VICTIM ("Poor me!")?
8. HOW WAS I DEFIANT ("Don't confuse me with the facts; I've made up my mind!")?
9. HOW WAS I IN DENIAL ("I don't care, I want it my way!")?
10. WHO DID I HURT AND HOW DID I HURT THEM (i.e., who was affected as a result of my action or inaction)?
11. HOW CAN I REPAIR THE DAMAGE (i.e., how can I put right what I've set wrong)?
12. WHAT COULD I HAVE DONE BETTER TODAY (i.e., what actions could I have taken to improve the situation)?

EVENING PRAYER, (Maintain a Gracious Perspective)

O God, I thank you for the blessings of the past day and humbly ask for your protection through the coming night. Bring us in safety to the morning hours; through Him who died and rose again for us, your Son our Savior Jesus Christ. Amen.

REFER TO LONG VERSION OF EVENING WRAP UP EVERY FEW DAYS

Our Foundation for Playing the Game of Life

Author M. Scott Peck referred to it as "*The greatest event of the Twentieth Century*," the founding of Alcoholics Anonymous (hereafter referred to as A.A.) and the creation of the Twelve Steps. A.A. was founded by a New York City stockbroker and a surgeon who needed a drink to steady his scalpel on June 10, 1935, in Akron Ohio. In his later years, management consulting guru Peter Drucker was said to have made the statement, "*The Twelve Steps were the ideal management consulting and personal coaching platform for success in life.*"

So then, how is it that millions of people worldwide, which society, medical science, and even the church for that matter had given up on as "*hopeless*," could gather together without so-called professionals and put each other on a path of healing and prosperity? How does a movement where people do not come running to join and are in denial they even need have become the most successful movement of its kind? Some would argue it is the fastest-growing religion globally?

A typical Twelve Step meeting begins with several people reading several standard texts from the group's articles of faith. One of these articles of faith is, of course, the Twelve Steps. Following is a typical preface. "*This is how we achieved a new standard of living. Our stories disclose in a general way what we used to be like, what happened, and what we are like now, and if you want what we have, **and are ready to go to any length to get it**, then you are ready to take certain steps. At some of these steps, we balked at first, looking for an easier, softer way. However, **we quickly discovered - Half Measures availed us nothing.***"

The following is from the "A.A. Big Book."¹ "*Rarely have we seen a person fail who has thoroughly followed our path. Those who do not prosper are people who cannot or will not completely give themselves to this simple program, **usually men and women who are constitutionally incapable of being honest***"

1

The book: *Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism* is often referred to in Alcoholics Anonymous meetings (AA) as the *Big Book*. The text got this name because the first edition of the book had rather thick pages, making the book even thicker than its content would suggest.

***with themselves.** There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average."*

"Truth!" That's the keyword. Those working the Twelve Steps through *"rigorous honesty"* and total acceptance of responsibility for their actions, past, present, and future, topped off with an immovable surrender to the God of their understanding, discover a life of joy, freedom, and responsibility most only dream of. They begin genuinely *"living"* life rather than *"doing"* life since working the steps creates spiritual reflexes equipping steppers to **respond to** rather than **react to** life.

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 Good <u>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 <i>trustworthy and 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 to do 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. In 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.

NOTES

LIVE IN THE PRESENT

Live In The Present: CS Lewis said, *"The 'Present' is the point at which time touches eternity."* Both the Present and Eternity are timeless. Taking this into consideration – God can only be found in the present. What was it God said to Moses? **"I AM WHO I AM! God is never described as "I WAS" or "I WILL BE."** Jesus told us, *"Not to worry about tomorrow – Tomorrow will take care of itself."* Our experience should make that clear. Staying in the Present means, we are living life, not just existing.

Just for today, I will try to live through this day only, not tackle my whole life problem at once. I can do things for twelve hours that would appall me if I had to keep them up for a lifetime.

Stop and Meditate: There are two days in which we need not worry, *"yesterday"* and *"tomorrow."* It's only when we take on those two awful eternities that we break down. Anyone can take on the battle of just one day! **Anxiety, therefore, is a false god / a higher power and a challenge to God's integrity and fidelity. ANXIETY MEANS THAT WE BELIEVE IN OUR CIRCUMSTANCES MORE THAN WE BELIEVE IN GOD!** Things may look dark at times, but God is always bigger than things.

NOTES

1. *Journal of the American Medical Association*, 1997; 277: 1001-1005.

INNER COACHING

Inner Coaching: Golfer Lee Trevino has been referred to as "an incurable optimist." During a rain delay at a tournament Trevino was leading, a group of golfers gathered in the locker room were overheard saying, *"They couldn't believe how ugly Trevino's swing was?"* The story has it that Jack Nicklaus responded, *"Why bother telling him? He'll never believe you."* Who or What has your number in life? Is it a person, a job, or something else? Negative Inner Coaching is shaped by a perspective on life that sabotages us. We become defeated, and life is one big pity party.

Just for today, I will be Joy-Filled – No Matter What My Situation: Most folks are about as joy-filled as they are grateful. Joy comes from within; it is not a matter of externals.

Stop and Meditate (*See Gratitude List*): Gratitude is the "**PRACTICE**" of being Grateful. When I bathe in self-pity, I practice negatively without even thinking. **Gratitude is the basis for establishing and maintaining a spiritual perspective on life.** Seek "Joy" – not "Happiness." Why? Happiness is an atmosphere (or high if you will) you can "*exist*" in for a while. Happiness, however, requires more and more of itself to maintain a high on life. Happiness is attached to externals and seems to ebb and flow as circumstances and whims come and go. Joy, on the other hand, is a step beyond happiness. Joy is a "*Light*" that fills you with hope and faith and love. **Joy is a constant since it is tethered to our hearts by Spirit and Gratitude.** It is the "Joy" of the Lord that gives us our strength.

NOTES

1. *Journal of the American Medical Association*, 1997; 277: 103-107.

MENTAL TOUGHNESS

Mental Toughness: Whether in life or golf, the battle is not against people or circumstances or from another competitor, for that matter. The struggle we all face at times goes on between our two ears. **Mental toughness is a byproduct of a gracious perspective and incurable perseverance. It is endurance combined with an incurable assurance and certainty that what we need to accomplish will happen, and controls have been put in place to ensure it happens.** Perseverance produces a mental toughness - a G.R.I.T. (Gratitude Responds Intensely to Testing) based on gratitude and the belief that God goes before us and promises no matter what we might be facing, He will always make a way.

Just for today, I will try to strengthen my mind. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought, and concentration.

Stop and Meditate: Our fiercest competitor in both games lives between our two ears. Whether we realize it or not, mental conditioning and toughness are critical or perhaps more critical than the physical. **A sharp, keen mind, along with an incurable optimism in God's protection, will make champions out of the most unsuspecting prospects.**

NOTES

100

BELIEVE IN YOUR METHOD

Believe In Your Method: Do you know what works for you? Is your method of living so reliable that when faced with the hazards of life, your spiritual reflexes automatically kick in? Have you "dug it out of the dirt" of those secret places in life that are so painful for some of us that they are keeping you from reaching your full potential?

Just for today, I will have a program. I will write down what I expect to do every hour. I may not follow it exactly, but I will have it. It will eliminate three obstacles, "*Hurrying, Procrastination, and Anxiousness.*"

Stop and Meditate: I fail not so much when tragedy happens as I did before the happening, by all the little things I might have done but did not do. I must prepare for the future by doing the right thing at the right time NOW. If something should be done, I should deal with that thing today and get it righted with God before allowing myself to undertake any new duty. **I should look upon myself as performing God's errands and then coming back to Him to tell Him in quiet communion that the task has been completed.**

NOTES

1. *Journal of the American Medical Association*, 1997; 277: 1039-1043.

KEEP IT SIMPLE

Keep It Simple: Mastering the basics in both games produces both physical and mental reflexes. When the competitor in either game mounts its charge, it sees an opening, and it will charge without warning. **Winners keep it simple and play both games simply and with finely tuned reflexes.**

Just for today, I will adjust myself to what is, not try to adjust everything to my desires. I will take my family, business, and luck as they come and fit myself to them.

Stop and Meditate: Acceptance is the answer to ALL of my problems today. When I am disturbed, it is because I find some person, place, thing, or situation - some fact of my life - unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. **Absolutely nothing happens in God's world by mistake. Unless I accept life completely on life's terms, I cannot be joy-filled.** I need to concentrate not on what needs to be changed in the world as on what needs to be changed in me and my attitudes.

NOTES

[illegible]

Caution!
You Are About To Enter
The KNOW Sin Zone™

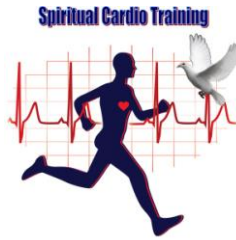
The KNOW Sin Zone is the name of our training facility here at the club. Here you will find state-of-the-art resources to train you to improve your performance in the game of life. It is designed for you to come to "KNOW" the strongholds that are holding you down from reaching full potential in life by developing an immovable "commitment and sound spiritual reflexes." Once identified, you will learn how to manage those strongholds best and turn them into strengths.

The KNOW Sin Zone is where those of us who live with a "God-Consciousness" of varying degrees choose to play life flirting with the out-of-bounds markers – while trying to *"Have It All"* live. It's living *"SEPARATED"* from *"Whose They Are"* while they function as the centers of their little universe. However, since they were created to be totally dependent on God, they instinctively seek to close up their separation from God with various other *"Dependencies"* or *"Strongholds,"* as the bible refers to them. Upon entering The *"KNOW"* Sin Zone, you will determine:

- "Whose" you are. Are you a creation of "Intelligent Design," or have you evolved as a result of scientific progression?
- "Who" you are
- "What" do you believe
- "Why" do you believe what you believe

Those living in **The KNOW Sin Zone** must come to accept when life is good, they're on a high. Yet, as time goes on, the feeling that *"Something"* is missing gnaws at them and deceives them into believing they are *entitled* to *"more"* of the good life. Their enslavement to *"Knowledge"* and *"Reason"* traps them into a downward spiral of quiet desperation, chronic un-fulfillment, blame, and unhappiness. Underneath it all is a deep-seated fear and anxiety deceptively disguised as self-protective confidence as they desperately try to hide from who they really are. As the saying goes, *"Mirror, Mirror on the wall, the Mirror isn't on the wall at all. The reflection I see comes deep from within me."* **SEE ASSESSMENT**

A large, solid yellow rectangular area that occupies the majority of the page below the header. It is intended for students to write their notes during the lesson.



Introduction

Golf requires a person to be in “Golf Shape” to perform at peak performance. What does this mean?

People who run miles daily are surprised when walking a golf course how tired they are at the end of the round. Walking the various terrains of a golf course takes specialized cardiovascular training that only comes from walking a golf course to get into “Golf Shape.”

Life requires a person to be in “Spiritual Shape” to play at peak performance. What does this mean?

Some people who run miles daily complete their routines then tee up their day with hearts filled with anxiety, fear, bitterness, rage, anger, etc. Walking through each day is an uphill climb and requires a specialized “Spiritual” cardiovascular training along with the physical that one can only get here at The Country Club of Life.

The Purpose of Physical vs Spiritual Cardio Training

Physical Cardio Training	Spiritual Cardio Training
• The purpose of physical cardio training is to build you up internally-cardiovascular. • Physical Cardio elevates your heart rate for a sustained period, hopefully making the heart stronger. • Physical cardio workouts burn calories, which can help you lose excess fat that puts additional stress on the heart.	• The purpose of spiritual cardio training is to build you up internally - spiritually. • Spiritual Cardio elevates spiritual reflexes required to “<i>respond to</i>” rather than “<i>react to</i>” life. • Spiritual Cardio removes the anxiety, fear, bitterness, rage, anger, etc. that block the precious blood flow of Christ’s grace to our hearts.

The Training Regimen

- Maintain a Gracious Perspective by building your Gratitude List Daily. Only Gratitude can unlock the fullness of life.
- Inconvenience yourself in some way daily – even at a cost to yourself, this will reinforce your personal powerlessness and dependence on God's grace.
- Reach out and touch someone daily. With the numerous modes of communications we have available today, there is absolutely no reason not to do this.
- Imitate Mother Teresa, *"Find someone hard to love and love that person."*
- Pick an outreach that comes out of your strongholds. Something that caused you pain or hardship, and you overcome daily. Give your Experience, Strength, and Hope to another person experiencing the pain you've experienced.
- Apply Affirmations: Affirmations are a conscious control of your thoughts. They are short positive, powerful statements. When you say them or think them or even hear them, they become the thoughts that create your reality. Affirmations claim your reality before it happens. For instance, if you are a fearful person, don't say, *"I will not be afraid."* Instead, say, *"I am a fearless and focused person."* Claim it!
- Set a quiet half-hour aside in the late afternoon of your daily structure:
 - Sit in a chair with your feet on the floor. Make yourself comfortable. Point your pointer finger upward and in front of your eyes.
 - Slowly move the finger left and right and then in and out. Follow the object, just rolling your eyes. Do this for approximately 5 minutes.
 - Then recite your affirmation(s) over and over for 10 minutes following your finger. Then repeat just following your finger for the final 5 minutes. Breathe in through your nose and out your mouth slowly throughout the exercise. **HIGH REPETITION IS KEY WITH CARDIO.**

The following are some examples of affirmations that will help you develop spiritual cardio reflexes. Great affirmations are found throughout the scriptures and can also be shaped on your own. Make sure they are positive, and you claim the reality you wish.

Claimed Affirmations

- I am joy-filled and hopeful.
- I will do the next right thing, and tomorrow will take care of itself.
- I will give thanks to the LORD with my whole heart; I will recount all of His wonderful deeds.
- The quality of my means determines the ethics of the ends.
- A tranquil heart gives life to the flesh.
- The wise of heart will receive commandments, but a babbling fool will come to ruin.
- A joyful heart is potent medicine, but a crushed spirit dries up the bones.
- For out of the abundance of the heart, the mouth speaks.
- Be kind to one another, tenderhearted, forgiving one another, as I in Christ forgave you.
- For where my treasure is, there my heart will also be.
- A tranquil heart gives life to the flesh, but envy makes the bones rot.

Prayerful Affirmations

- Make my heart like yours, Lord.
- Create in me a clean heart, O God, and renew a right spirit within me.
- Test me, O LORD, and shape my heart.
- Change my heart O Lord, may I be like You.
- Do not harden your hearts and plan to avenge.
- Search me, O God, and know my heart! Try me and know my anxious thoughts!
- Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!

- O LORD, you hear the desire of the afflicted; you will strengthen their heart; you will incline your ear
- “The LORD is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.”

God's Affirming Words

- “I THE LORD search the heart and test the mind, to give every man according to his ways, according to the fruit of that grows out of his heart.”
- “I will give you a new heart and a new spirit I will put within you.”
- “And My peace, which surpasses all understanding, will guard your heart through Christ Jesus.”
- “But what comes out of the mouth proceeds from the heart, and this defiles a person.”
- “Draw near to Me, and I will draw near to you.”
- Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.”
- “Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart.”
- “Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.”
- “You will seek me and find me when you seek me with all your heart.”



NOTES

Spiritual Strength Training



Introduction

Strength! Does getting stronger really give you more power on the golf course? What is the point where too much bulk can negatively affect a golfer? Has Brooks Koepka just crossed that mysterious line of demarcation? Why is it Rory McIlroy and Ricky Fowler move the ball like they do at their size?

Before beginning a strength training regimen, there's one thing the golfer must do. They must develop a swing method that delivers the clubface squarely against the back of the ball at impact, causing it to be hit solidly in the center of the clubface while moving its fastest (118 mph) precisely at this point. Without this, forget getting stronger. You will develop only a brute strength, entirely useless for your objective.

Spiritual strength is no different. Before beginning a spiritual strength training regimen, there's one thing a person must do. They must develop a solid manner of living that plays life squarely down the middle. Need more strength when it comes to fear? Why? Anxiety, why? Exaggerating or boasting about yourself, Why? Without these two critical components, forget getting stronger. You will develop only a brute² strength, entirely useless for your objective.

² **Brute**, the figurative sense reflects the origin for **brute**, which comes from Latin brutus, for "heavy, stupid, unreasoning."

The Purpose of Physical vs Spiritual Strength Training

Physical Strength Training	Spiritual Strength Training
• Physical strength training uses resistance to induce muscular contraction, which builds strength, anaerobic endurance, and skeletal muscles. • Physical strength training increases bone density and reduces the risk of fractures. • Physical Strength training helps joints stay flexible and can reduce the symptoms of arthritis. Maintain muscle mass, which naturally decreases with age. Physical strength training can help reverse this trend.	• Spiritual strength training uses the resistance we face in life to induce a reflex producing endurance allowing for perseverance, hope, and character building. • Spiritual strength training increases self-control through reflex and reduces the risk of hasty and damaging reactions. • Spiritual strength training helps us stay vibrant and hope-filled, which typically decreases with age. Legacy becomes the motivation. Mental strength training doesn't recognize age since it is preparation for life eternal.

The Training Regimen

Action

- Dig - Really Dig into yourself. It's in the burnin that comes the learnin.
- Find the guts and get transparent with your accountability. This can be the gutsiest thing you've ever done.
- Stare down that man you see in the glass down. Sweat at it then smile at it as you free yourself.
- Take a rigorously searching and fearless look at yourself daily.
- When you're wrong - ADMIT IT PROMPTLY to whomever you've harmed or your accountability if it will hurt the person you have harmed or yourself. Remember, "Spinning Isn't Winning!"
- Apply Affirmations: Affirmations are a conscious control of your thoughts. They are short positive, powerful statements. When you say them or think them or even hear them, they become the thoughts that create your reality. Affirmations claim your reality before it happens. For instance, if you feel weak, don't say, *"I will not be weak."* Instead, say, *"I am a strong in the Lord."* Claim it!

- Set a quiet half-hour aside in the late afternoon of your daily structure:
 - Sit in a chair with your feet on the floor. Make yourself comfortable. Point your pointer finger upward and in front of your eyes.
 - Slowly move the finger left and right and then in and out. Follow the object, just rolling your eyes. Do this for approximately 5 minutes.
 - Then recite your affirmation(s) over and over for 10 minutes following your finger. Then repeat just following your finger for the final 5 minutes. Breathe in through your nose and out your mouth slowly throughout the exercise. **THIS IS ABOUT STRENGTH. MAKE THEM SHORT – AND TO THE POINT.**
- Get in the action. NEVER use the pathetic excuse, *"I don't have time."* Remember, someone was there for you.

Claimed Affirmations

- The JOY of the Lord is my strength.
- I will do what most won't.
- I Will Enjoy What Most Never Will.
- Courage is a conscious choice in the face of danger.
- "A coward dies a thousand deaths, but the valiant taste death but once."
- I forget those things which are behind me.
- I press toward the purpose of the upward call of God in Christ Jesus.
- Prudence is sober-minded concern that blocks out worry and anxiety.
- I am strong in the Lord and in his mighty power.
- There Is A Power In Me Greater Than Any Power That Can Come Against Me.
- God Is My Refuge and My Strength.
- When The Going Gets Tough - The Tough Get Tougher.
- What Men May Intend For Evil, God Can Use For Good.
- God's ways are not always my way.
- With God ALL Things Are Possible
- The Lord Is My Refuge.

- I Know From Experience, The Future Takes Care Of Itself.
- God ALWAYS Makes A Way.
- I can do all things through Christ who gives me strength.

Prayerful Affirmations

- My strength is in the name of The Lord.
- Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord, is my strength and my song; he has become my salvation.
- Father, you give power to the weak and strength to the powerless.
- My flesh and my heart may fail, but God is the strength of my heart and my portion forever.
- That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.
- Look to the Lord and his strength; seek his face always.
- The Sovereign Lord is my strength; he makes my feet like the feet of a deer, he enables me to tread on the heights.
- Finally, be strong in the Lord and in his mighty power.
- The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life - of whom shall I be afraid?
- Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

God's Affirming Words

- "I have not given you the spirit of fear."
- "I created you with a sound, strong, mind,"
- "Never Will I Leave You Nor Forsake You."
- "FOCUS, I Will Make A Way."
- "So do not fear, for I am with you; do not be dismayed, for I am your God."

- "I will strengthen you and help you; I will uphold you with my righteous right hand."
- "Be strong and courageous; do not be frightened and do not be dismayed, for the Lord your God is with you wherever you go."
- "I THE LORD am faithful and I will strengthen you and protect you."
- "Be on your guard; stand firm in the faith; be courageous; be strong."
- "I THE LORD give strength to my people; and bless them with peace."
- "Be strong and courageous. Do not fear or be in dread of them, for it is I THE LORD who goes with you. I will not leave you or forsake you."

Training Drill: Practice by putting yourself in positions that are challenging yet not over your head which will teach you to be mentally tough. Test what getting your ears trimmed is like – and how you respond. Do you feel like giving up or are you staring the defeat down? Go over the defeat, see what you come up with and begin building your defense to see it never happens again.

Affirmation: *"I have confidence in myself and immovable trust in God."*

Increasing Response vs Reaction to Life

- We ADMIT we are powerless over people, places, and things and cannot control what they're going to do. WE MUST PLAY OUR GAME. Our compulsion to control sets us up for failure since we get drawn into their game.
- We FEARLESSLY look and own our part. This is a critical part of our overall spiritual training.
- RESPOND – DON'T REACT. Reactors attack, whereas Responders bring sobriety and stability to situations.
- TURN IT OVER! *"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."* -John 16:33

- We "INCREASE CONSCIOUSNESS OF GOD" through; Prayer/Meditation/Reflection/ Gratitude, Study (Going In), and Action (Going Out).
- “THERE BUT FOR THE GRACE OF GOD GO I.”



NOTES



NOTES

References

Disclaimer: The information in the preceding pages stems from over forty years of note-taking, seminars, workshops, research, study, and clinical exposure into personal development. Since it was never the intent of the author that their life experience, strength, and hope be cited in this form, accurate records of where various quotes, paraphrases, and recollections are cited cannot be stated with exactness. As a result, the following is a listing of the most probable resources referenced or from past information recollected.

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Is A Champion Born or Made?



When an elephant is born part of its training process is a chain is wrapped around its hind leg and the chain is attached to a stake which is then driven into the ground. This maneuver trains the elephant so that when it is fully grown and it is tied to that stake it will never move. The purpose of

this training is so the elephant never forgets. Fact is the elephant doesn't realize if it wanted to it could pull that stake out of the ground with a sneeze. The stake has absolutely no power over them.

Many of us have much in common with the elephant. There are things in our lives that have trained our thinking to grip life in such a way that today causes us to stray off target, yet they have absolutely no power over us any longer, but like the elephant we have been trained in a way that keeps us down. This is also the same "*stinkin' thinkin*" that holds our games back.

In golf as it will be in life we will find that when we relax our grip, adjust our stance by forgetting what is behind us and align our lives to the purpose which God created us for in His image and live by His design, our Power and Control in both games will increase dramatically.

We have all heard of someone who has had a near death experience. Maybe you have actually experienced one. Unfortunately, too many people are going through their lives having had a "*near life*" experience because they continue to prevent digging out of the dirt that which prevents them from feeling the freeing pain God gives them for helping others and truly experiencing life.

Oswald Chambers writes, "*Self-awareness is the first thing that will upset the 'completeness' in our lives. Self-awareness will continue to produce a sense of struggling and turmoil in our lives. Self-awareness will slowly but surely awaken self-pity and excuse making for our performance leading us to desperation.*" This ends up being the demise of not only many an athlete but people in everyday life.

Champions do not live in their heads; rather they persevere, and allow perseverance to finish its work in them so that they may be mature and complete – **lacking in nothing**.