

The Country Club



of
LifeTM

Est. 2003

USGA



Member Club

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

The Practice Area

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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 Warm-Up - This is the day THE LORD has made.

Are you a one-percenter? Do you show up for life and participate in each day, or are you stuck in a rut, and you exist in anxious anticipation? If you died yesterday, how many of your days did you live, just being, and how many did you waste an existing human doing?

One-percenter's not only show up for each day, but they spend time preparing for the day to set their game plan at the start of each day. 1%-ers play each day like it's the Super Bowl. 1%-ers. *"do what the most won't" - and they enjoy what the 99%-ers never will,*" as is our motto.

After all, don't professional golfers hit the practice tee before they get to the course to warm up and prepare? Following is our practice tee regimen for your daily preparation. To keep consistency in your game, this daily warm-up is available; in print, online, and voice recording, as is the daily wrap-up found later in this section.

Affirmations

- *"If I Do What Most Won't - I Will Enjoy What Most Never Will."*
- This is the day THE LORD has made; I CHOOSE to be Grateful and Rejoice in it - NO MATTER WHAT MY SITUATION MAY BE.
- 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.
- 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."*

Just for Today

- **Just for today, I will be Joy-Filled.** 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:** Gratitude is the "Practice" of being Grateful. When I get in my "Moan and Groan" mood, I practice negatively out of habit. **Gratitude is the basis for establishing and maintaining a spiritual perspective on life.** We seek Joy, not Happiness. Joy 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. On the other hand, 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 levels of existence. Happiness is attached to externals and seems to ebb and flow as circumstances and whims come and go. **(See Gratitude List)**

- **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, I find some person, place, thing, or situation - some fact of my life - unacceptable to me. I can find no serenity until I accept that person, place, or situation as being exactly the way it is supposed to be at this moment. Nothing, **absolutely nothing, happens in God's world by mistake. Unless I accept my 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 but what needs to change in me and my attitudes.
- **Just for today, I will take care of my body.** I will exercise it, care for it, nourish it, not abuse or neglect it, and be a perfect machine for my bidding.
- **Stop and Meditate: "Health is the single commodity I have been given as a gift, one I won't recognize or appreciate until I have it no longer."** Playing the game of life in championship form requires top physical endurance. Proper conditioning is paramount for playing both games.
- **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: My fiercest competitor, no matter what I am doing, lives between my two ears.** Whether I realize it or not, mental conditioning and toughness are as 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 - It's You Against You.**
- **Just for today, I will exercise my heart:** Not just with aerobics but by inconveniencing myself by doing someone a good turn **and not getting found out**, even at a cost to me if need be. **I must overcome myself daily by doing something I view as inconvenient.**
- **Stop and Meditate:** Grace, some sing about how amazing it is, some refer to it more as a figure of speech. *"There but for the grace of God go I."* **The presence of authentic grace in my life comes from the overflow of blessings I have received, and I know I was undeserving of being honest about myself and my secrets.** Grace is not a service I give away to a cause I deem needs my help. Grace pours out of me the more I become free from the bondage of self. **(See Prayer List)**
- **Just for today, I will be agreeable.** I will look as well as I can, speak softly, act courteously, be liberal with praise, criticize not at all, nor find fault with anything, and not try to regulate or improve anyone.
- **Stop and Meditate:** Be careful with this one. **"Look as well as you can," JUST DON'T DO IT TO COVER UP A CHARACTER DEFECT.**

Remember, while human nature is to look at the outside, God looks at the inside. Following the rest of this statement, verbatim is the way to go.

- **Just for today, I will try to live through this day only**, not tackle my whole life problem at once. I could 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 I need not worry, "**yesterday**" and "**tomorrow**." It's only when I take on those two awful eternities that I 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 I BELIEVE IN MY CIRCUMSTANCES MORE THAN I BELIEVE IN GOD!** Things may look dark at times, but God is always bigger than things.
- **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. (Affirmations and scripture verses can be found in the Spiritual Cardio and Spiritual Strength Training sections of "Sport and Life Psychology and on The CC of Life Website.) 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 a combination of both and can be done in mini versions as many times during the day as needed. Let the Spirit lead you.
- **Just for today, I will be unafraid**, and especially I will not be afraid to be joy-filled, to enjoy what is beautiful, to love, **and to believe that those I love - love me.**
- **Stop and Meditate:** NO ONE can stand in the midst of True Love and not Yield. Ponder this! TRUE LOVE does not keep score or "*Keep records of wrongs.*" Why is Love so important in life? God is love, and perfect love casts out all fear.
- **Just for today, I will have a program – a game plan.** 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 pests: "**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 it 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. **TODAY Well-Played Makes Yesterday a Dream of Joyfulness and Tomorrow a Vision Hope. Lord, Lead Me as I Set Our Agenda for this day.**

Meditation – God Speaking to You

- *"Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and Love your neighbor as yourself."* -**Luke 10:27**
- *"Behold, I send you out as sheep among wolves. Therefore be wise as serpents and harmless as doves."* -**Matthew 10:16**
- *This is the day I have made; you can choose to be Grateful and Rejoice in it - NO MATTER WHAT YOUR SITUATION MAY BE.*

Keep your eyes on Me and follow Me one step at a time. That is all I require of you. It is the only way to move through this space/time world. You may at times see huge mountains looming, and you start wondering how you're going to scale those heights. Your circumstances may consume more and more of your attention, causing you to lose sight of Me because **You are being more faithful to your circumstances than you are to Me.** As the waves of adversity are washing over you, you may feel tempted to give up.

Meanwhile, **because you're not looking where you're going, you stumble on the easy path of self-absorption and sufficiency.** Then as I help you get back on your feet, you tell Me how worried you are about the challenges ahead. Remember, **I go before you, and I'm always fully aware of your situation, and NEVER will I allow you to be challenged beyond what you can bear. You don't know what will happen today, much less tomorrow.** Our path may take an abrupt turn, leading you away from those mountains. There may be an easier way than is visible from this distance, and you will miss it if you lose focus and are too consumed in yourself and your circumstances. As I lead you up the cliffs, I will equip you thoroughly for that strenuous climb. I will go before you and give My angels charge over you, to preserve you in all your ways.

If you love darkness and are satisfied to dwell in gloom, misery, fear, and anxiety, then be content in being consumed with yourself and your circumstances; but if you love the sunshine and would like to sing songs of rejoicing, covet this "great faith earnestly." Keep your mind on the present journey, enjoying My Presence. Walk by faith, not by sight, trusting Me to open up the Way before you. **Remember, I go before you!**

Your gravest danger is worrying about tomorrow. If you try to carry tomorrow's burden today, you will stagger under the load and eventually fall flat. You must DISCIPLINE yourself to function within the boundaries of today. You will fail not so much when tragedy happens as you will before the happening, by procrastinating on all the little things you should be doing today but avoid. PREPARE FOR THE FUTURE BY DOING THE RIGHT THING AT THE RIGHT TIME — NOW. In the present moment, I walk the closest to you, helping you carry your burdens. IT IS IN THE

PRESENT I WILL GIVE YOU THE WISDOM YOU NEED. Keep your focus on My Presence in the present.

Affirmation - God Speaking to You

"Be still and know that I am God." DO NOT FEAR TOMORROW! You should know from experience that tomorrow has a way of taking care of itself, providing you do the right thing at the right time NOW/TODAY. I promise that I will NEVER leave you nor forsake you by giving you more than you can handle. I will go before you, and I will always provide a way out."

Prayer/Perspective

Spirit of the living God, touch my heart and place within it the desire to make the most of this day's potential, opportunities, and challenges. Release me from the bondage of self to focus and see and fulfill your plan for this day. **My main business is not to see what lies dimly at a distance but to do what is clearly at hand.**

Lord, Thank you for this day. Scripture tells us that if we have our basic needs met, *"our daily bread"* for shelter, food, and clothing, we are considered to have riches. Forgive me for taking these incredible gifts for granted and worrying about what I do not have. Lord, I want to lift up to you, those whose senses have been impaired or taken away, those who may have limited use of or may have to put on their limbs, those who are prisoners of mental torture, those with chronic physical illnesses, **and in particular those who may not see the day through and do not know you.** Fill me with the wisdom I will need for decisions that will need to be made today and that I may have just an inkling of wisdom to comprehend how I'm blessed because You are a forgiving and understanding God. You have done so much for me, all of which I am undeserving of. **You knew my defects before I was born and the many ways I would fall short with the life you have given me, yet you chose to create me anyway because you have a specific purpose for my life.** Lord, make that purpose clear to me. Protect me today from self-pity. I have witnessed your hand of blessing, your miraculous power in my life and the lives of those I love, and you keep on blessing us. Lord, forgive me for looking for security and guarantees from this world rather than just being still and letting you be God since every time I try to be you and run my life, I fail.

Forgive me this day for everything I have done, said, or thought that has not been pleasing to you. I ask now for Your forgiveness. Please keep me, my family, and all your children safe from all danger and harm. Please help me to go out this day with a positive and Christ-focused attitude and incurable gratitude. Please clear my mind from obsessing about myself and other distractions, confident that You are **COMPLETELY** in control so that I can hear from You and You can direct my steps today.

Closing

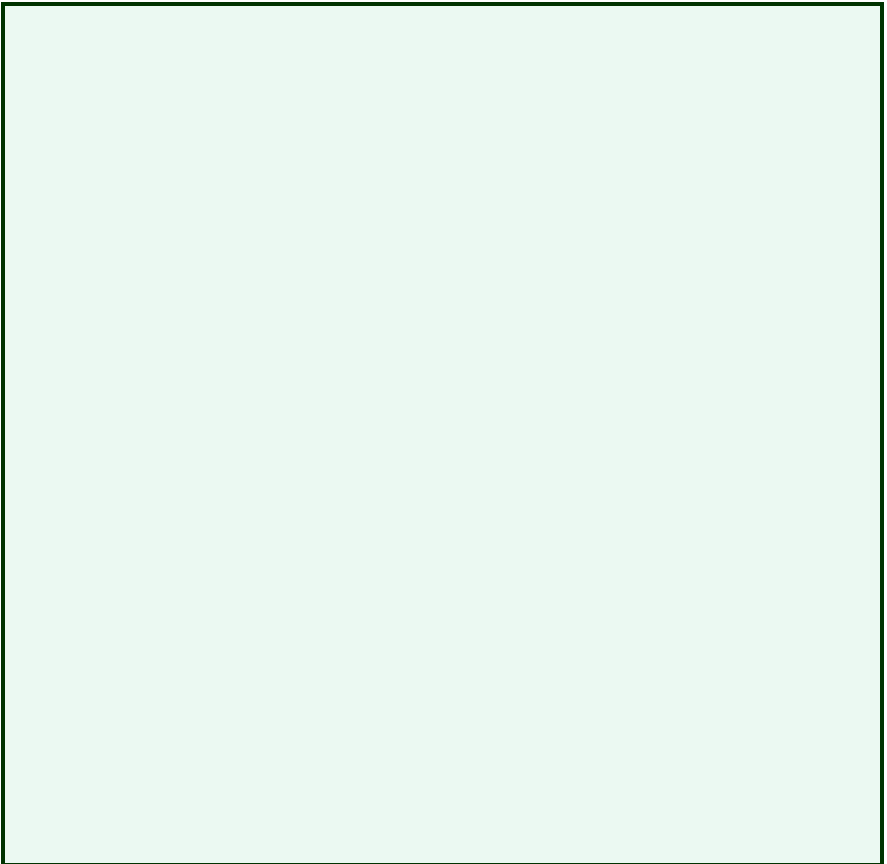
"My Lord, since You are with me and I have turned my will and life over to you, I must now, in obedience to Your commands, remove the focus from myself and apply it to the tasks you have set before me this day. I humbly beseech You to grant me the grace to live in Thy presence and to this end prosper me with your assistance. Receive all my works and possess all my affections.

- *"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."*
-Jeremiah 29:11

"Today well-lived makes every yesterday a dream of Happiness, and tomorrow a vision of hope. Look well therefore to this day."

Today is Here – Empty the Tank!

Notes



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)?

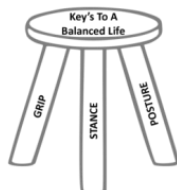
EVENING PRAYER, (Maintain a Gracious Perspective)

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

Daily Wrap Up - Was Today Well-Played?

*"Today well-lived,
makes every yesterday a dream of joy,
and tomorrow a vision of hope."*



Note: As with the Daily Warm-Up, the Long Version of the Wrap Up does not need to be done daily but does need to be done thoroughly when using the short version. As you review your day, pick out specific areas of weakness and work out the kinks through prayer, meditation, affirmations, scripture verses, or the many other coaching aids available in this system.

Overview

Our foundation in life goes into construction the split second we are born into our environment. Our foundation will continue in the construction stage by our environment for several years, depending on the pace of one's development. As we mature, we may discover momentum beginning to move away from our foundational environment as a myriad of information is trying to process itself.

In order to discover your reason for being here, you need to answer four foundational questions.

1. "WHOSE" am I? In other words, where did I come from?
2. "WHAT" do I believe?
3. "WHY" do I believe what I do?
4. "WHO" am I? Discovering "Who I am and my acceptance of it will be critical for my success in life.

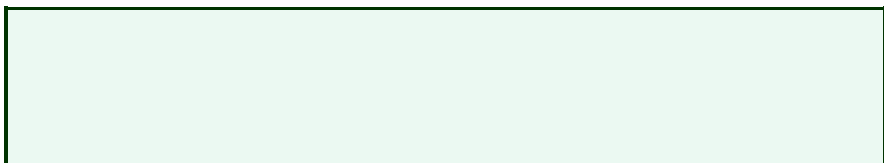
To quote Francis Begg, *"It is a sad fate for a man to die too well known to everybody else and still unknown to himself."* Carl Jung said, *"Everything that irritates us about others can lead us to a deeper understanding of ourselves."*

This is where the rubber meets the road. A true champion must subscribe to a living method 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.

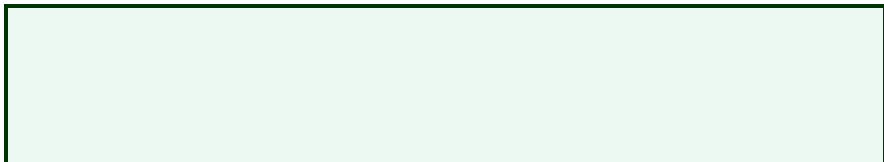
Following is a daily training regimen that will keep life in balance and consistent while providing for the much-needed serenity a champion needs to achieve excellence and live a life of purpose. Pay close attention to the three-legged stool above realizing, should one of the legs break off, the stool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

The Big 4 Questions

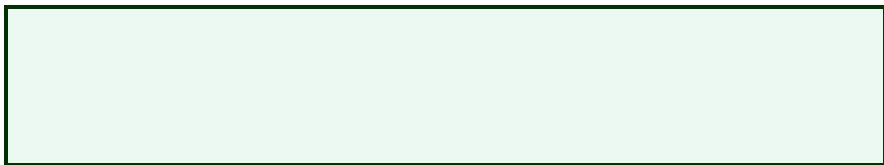
"WHOSE" are you? In other words, where did you come from? Are you a creation of "Intelligent Design," or have you simply evolved as a result of scientific progression? In our coaching, we train from the belief in Intelligent Design. Why? Over forty-plus years, we have studied, observed, and answered these four questions in our own lives. Clinically, we have experienced the most remarkable results through this belief. Determining **"WHOSE"** you are, makes it clear that life is not a "One Size Fits All," and our "Disclaimer" reinforces that belief.



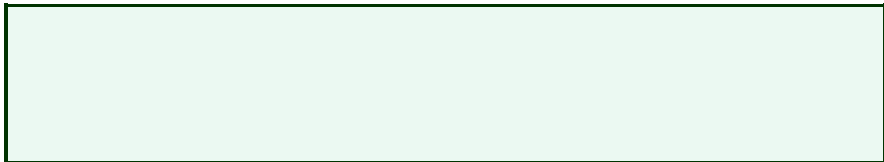
"WHAT" do you believe?



"WHY" do you believe what you do?



"WHO" are you? Yes, You? If asked, could you describe what makes you unique? What is your purpose for even being here? **"WHOSE," "WHAT," "WHY,"** should shape a part of this. Some addition will be needed. **See Personality Type and Giftedness Assessment.**



Mastering the Basics

GRIP: "A man's grip on his club just like a man's grip on his world..."

- Bagger Vance

Ironically, our "*Grip*" on life develops in direct relation to our environments and condition. If we were shaped on the easy-going side of things, we would probably grip life on the soft side. However, if we were shaped to play life with intensity and possess the compulsion to control people, places, and things around us or live with unsettled issues, we will grip life tightly. Gripping life tight causes loss of feeling, and it will usually affect those we are closest to and who we should be the softest toward and mean the most to us.

In life, as in golf, we must give up control to have control, and we must develop a feel in both games. However, in both games, lightening up feels like anything but control and feel. Those who stick with it discover they begin playing both games with power, control and feel they never thought possible.

Since the proper grip in both games produces power, control, and feel, the right grip in life expresses itself in wisdom and can have a powerful effect on influencing others. On the other hand, a tight grip in life usually expresses itself through unresolved flaws from life's errant choices *or bad breaks*, which, if not dug out of the dirt, only form opinions and affect no one.

STANCE: "WHOSE" Are You? "WHAT" Do You Believe? "WHY" Do You Believe It?

Our "*Stance*" in life is going to form out of the preceding four questions. Our "*Stance*" in life develops from these "*core*" beliefs.

GRIT, Gratitude Responding Intensely to Testing will lead you to a unique and personal experience into "WHY" you believe what you do. Our students find that it is "*In the Burnin – Comes the Learnin.*"

A champion in both games develops a stance that forms a solid base making them immovable to potential flaws that find their competitors struggling in life as they seem always to be landing in life's hazards. This solid base is developed out of immovably knowing "*Whose*" we are, having precisely examined "*What*" we believe and "*Why*" we believe what we do. Our stance in life begins shaping our "*Purpose*" in life and usefulness to others.

POSTURE: "WHO" Are You?

"*Posture*" in golf is critical in allowing for proper shoulder and hip turn along with providing freedom through impact leading to a balanced finish, which produces maximum distance.

Posture in life is shaped by learning from our experience, which produces a freedom that motivates us to get the most out of life and go the distance no matter what hazards we may face. Posture in life is the final basic to a life built on a sound foundation. Proper posture keeps life in balance and produces a winning rhythm, and the G.R.I.T, to go the distance no matter which of life's hazards we may face.

Posture in life is defined as a particular way of dealing with or considering something, an approach, or attitude. Our posture in life comes out of knowing both "Whose" and "Who" we are - and accepting it.

Posture in life produces the freedom *"To Be"* since we have examined why we believe what we do, which is critical in gaining the wisdom that creates the depth in spreading that wisdom for others' benefit. Posturing without knowing both "Whose" and "Who" we are, "What" we believe, and "Why" we believe what we do, is nothing more than a lot of fluff that will have no real effect on anyone.

Keeping Life in Balance

F.O.R.E. – "Fellowship Offers Refuge & Encouragement"

The word *"Fore"* means *"to go ahead."* A *"Fore Caddie"* goes out ahead of their player to watch their ball, usually on a blind shot or when there's trouble ahead. When *"Fore!"* echoes throughout a golf course, and we are standing next to someone, instinctively, we will shield that other person. So, that rests the case made by Rick Warren in his best-seller [The Purpose Driven Life] that we were made for fellowship.

To play well on this demanding course of life, we must be in fellowship to find the valuable local knowledge only the seasoned members have gained. The bible tells us that as Master Caddie, *"God"* goes ahead of us in life and watches those blind and trouble spots for us as we put our faith in Him through the refuge and encouragement we get from fellowship. With Him, our path in life will be made straight.

D.I.V.O.T. – "Discipleship Illuminates Valiant Obedience & Trust"

"Disciple" comes from the word *"Discipline."* Whether in life or golf, a disciple is a "learner" and possesses two champion qualities; they are teachable and disciplined. These two qualities lead to the wisdom that a disciple uses to benefit others in their sport and life. A disciple is not afraid to dig into the depth of their being where they will hear God reveal His purpose for them so they can deepen their obedience and trust in Him to earn the obedience and trust of others.

In both life and golf, we must dig it out of the dirt to play both games with accuracy and credibility. It's a result of being disciplined and learning more about God and ourselves that enhances our faith and confidence and will empower us to bear fruit in both games leading us to the mission of the Great Commission¹.

¹ **What is the Great Commission in the Bible?** And Jesus came and said to them, *"All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you."*

E.A.G.L.E. – “Evangelism Assures God’s Loving Embrace”

Once again, let’s go to Bagger. *“Ain’t a soul on this entire earth ain’t got a burden to carry he don’t understand, you ain’t alone in that... But you been carryin’ this one long enough... Time to go on... lay it down”...*

Bagger is saying that it’s time to dig the dirt out of life so that we can be free and gain the wisdom that will benefit and impact others. What Jesus asked “*The Invalid*” at the pool in Bethesda was, “*Do you ‘really want to get well?’*” Then he simply said to the invalid, “*Pick up your mat and walk.*”

Review the following questions and do some journaling to determine patterns.

Did I do the right thing at the right time today?

☐ **Yes** ☐ **No** ☐ **Somewhat**

Did I do what had to be done so I will be righted with God?

☐ **Yes** ☐ **No** ☐ **Somewhat**

Did I look upon myself as performing God’s errands and then come back to Him to tell Him in quiet communion that His will has been done?

☐ **Yes** ☐ **No** ☐ **Somewhat**

Was I "Busy" or "Productive"?

☐ **Busy** ☐ **Productive** ☐ **Some of Both**

Was I "Efficient" or "Effective"?

☐ **Efficient** ☐ **Effective** ☐ **Some of Both**

Did I "Procrastinate," or was I "Decisive"?

☐ **Procrastinate** ☐ **Decisive** ☐ **Some of Both**

Did I move "Backward," "Forward," or was I "Stagnant"?

☐ **Backward** ☐ **Forward** ☐ **Stagnant**

Was I "Joy-Filled" and "Hopeful"?

☐ **Yes** ☐ **No** ☐ **Some of Both**

Was I "Accepting" of my current circumstances?

☐ **Yes** ☐ **No** ☐ **Somewhat**

Did I exercise Physically and Mentally and eat properly?

☐ **Yes** ☐ **No** ☐ **Somewhat**

Did I strengthen my Mind today?

☐ **Yes** ☐ **No** ☐ **Somewhat**

Was I Pleasant to be around today?

☐ **Yes** ☐ **No** ☐ **Somewhat**

Was I able to stay Present and Focused today?

☐ **Yes** ☐ **No** ☐ **Somewhat**

Did I spend time with God today?

☐ **Yes** ☐ **No** ☐ **Not Enough**

Was I "Unafraid," "Joy-Filled," and filled with "Love" today?

☐ **Yes** ☐ **No** ☐ **Not Enough**

Who was I accountable to today? _____

How much time did I spend outside myself today?

Who did I reach out to today? _____

Who did I encourage today? _____

What kind of compliments did I spread today?



Did I give my best today?



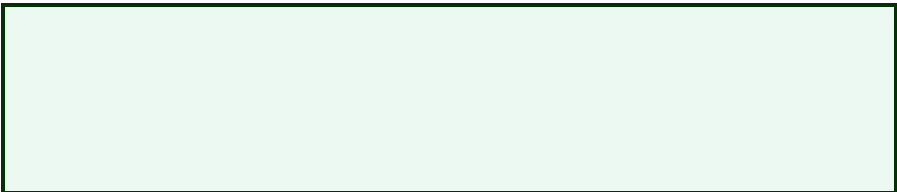
What did I do for those I came in contact with today?



HOW WAS I SELFISH today (i.e., thinking only of myself or not putting myself in someone else's position)?



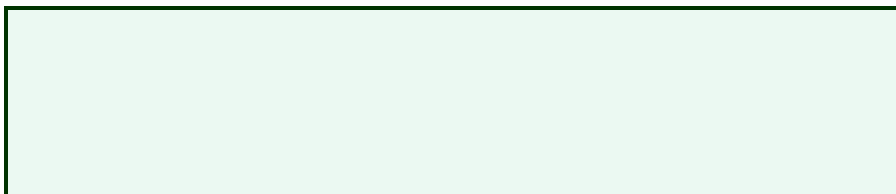
What are some ways I might inconvenience myself daily?



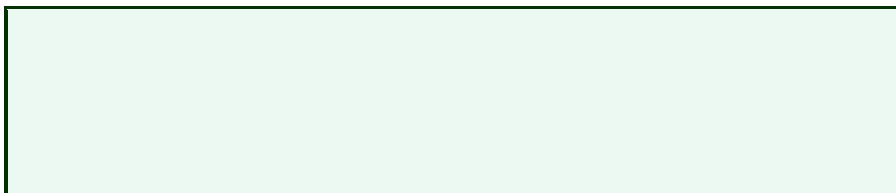
HOW WAS I RESENTFUL today (and what was the basis of this resentment)?



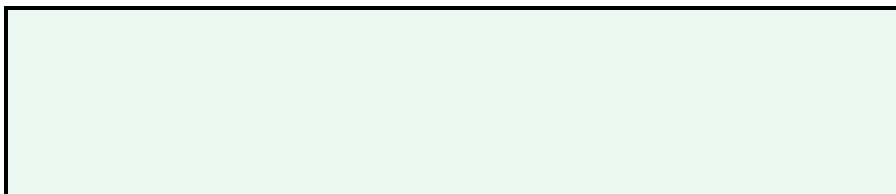
HOW WAS I AFRAID today? (How does this demonstrate a lack of faith, misplaced faith, or faith in a negative outcome)?



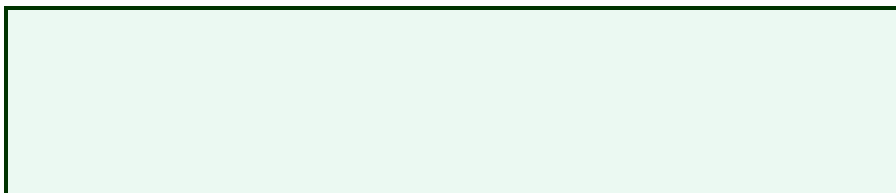
HOW WAS I DISHONEST today (by commission or omission)?



HOW DID I DEMAND TO CONTROL MYSELF and OTHERS today?



HOW DID I DEMAND TO BE RIGHT today?



HOW DID I DEMAND TO BE A VICTIM today?

HOW WAS I DEFIANT today?

HOW WAS I IN DENIAL today?

WHO DID I HURT AND HOW DID I HURT THEM today? (i.e., who was affected as a result of my action or inaction)?

HOW CAN I REPAIR THE DAMAGE (i.e., how can I put right what I've done wrong)?

WHAT COULD I HAVE DONE BETTER today (i.e., what actions could I have taken to improve the situation)?

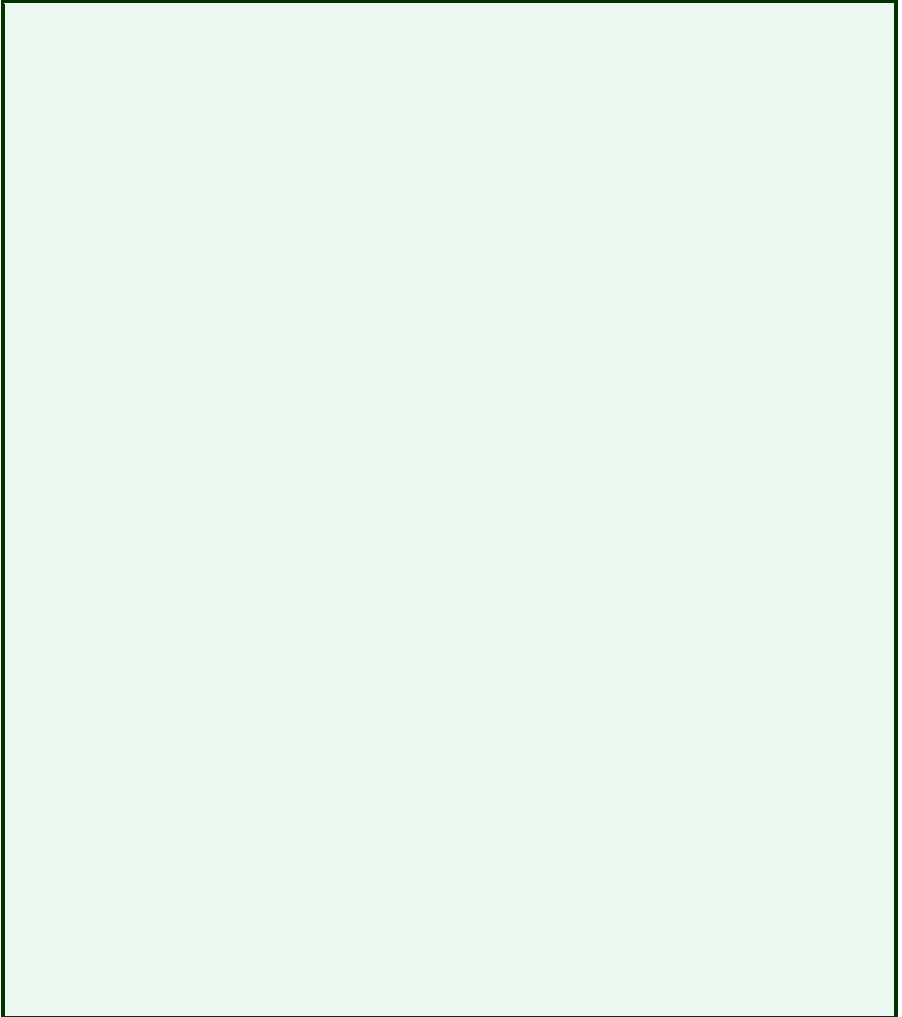
Meditation, (Psalm 91)

1. Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.
2. I will say of the Lord, *"He is my refuge and my fortress, my God, in whom I trust."*
3. Surely He will save you from the fowler's snare and the deadly pestilence.
4. He will cover you with His feathers, and under His wings, you will find refuge; His faithfulness will be your shield and rampart.
5. You will not fear the terror of night, nor the arrow that flies by day,
6. nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.
7. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.
8. You will only observe with your eyes and see the punishment of the wicked.
9. If you say, *"The Lord is my refuge,"* and you make the Most High your dwelling,
10. no harm will overtake you, no disaster will come near your home.
11. For He will command His angels concerning you to guard you in all your ways:
12. They will lift you up in their hands so that you will not strike your foot against a stone.
13. You will tread on the lion and the cobra; you will trample the great lion and the serpent.
14. *"Because he loves me,"* says the Lord, *"I will rescue him; I will protect him, for he acknowledges my name."*
15. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.
16. With long life, I will satisfy him and show him my salvation."

Closing

O God, I thank you for the trials and blessings of the day that is past since both bring me closer to you. I 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.

Notes:



***No Matter What You Face In Either Game
Maintain a Gracious Perspective***

Gratitude Unlocks Life's Fullness

When I practice Gratitude...
It turns what I already have into enough...and more.
It turns denial into acceptance,
Chaos into order,
Confusion into clarity.
It turns a meal into a feast,
A house into a home,
A stranger into a friend.
Gratitude makes sense of our past,
Brings Peace for today,
and hope for tomorrow.

-Melody Beattie, Author

Overview

Want to live a full life? Build your Gratitude List Daily. When asked what his secret or formula for success, Gary Player responded, "Gratitude." "The Rhythm of the Game - Like the Rhythm of Life." Gratitude is a choice that shapes a winning rhythm and develops into a spiritual reflex if practiced daily. You do not have to let things upset you. You do not have to be anxious and worried. YOU can set and control your rhythm in life by how incurably grateful your attitude is. The word peace means "to set at one again." When you set your heart at one with God and His Word, you will automatically have peace. When you have peace, you cannot help but be grateful!

Horatio Gates Spafford was a prominent American lawyer and Presbyterian church elder. He is best known for penning the Christian hymn "It Is Well With My Soul," following a family tragedy in which his four daughters died aboard the S.S. Ville du Havre on a transatlantic voyage. Following are some of the lyrics...

*"When peace, like a river, attendeth my way,
When sorrows like sea billows roll;
Whatever my lot, thou hast taught me to say,
It is well; it is well with my soul."*

Gratitude leads to Joy - NOT HAPPINESS. Why? Happiness is a sort of atmosphere (or high if you will) you can "exist" in for a while. Happiness is attached to externals and seems to ebb and flow as circumstances and whims come and go. Happiness requires more and more of itself to maintain levels of existence. Joy, on the other hand, is a step beyond Happiness. Joy is a "Light" that fills you with hope, faith, and love. Joy is a constant since it is tethered to the heart by Spirit and Gratitude. *"The JOY of the Lord is my strength."* - **Nehemiah 8:10**

Brother Lawrence served as a lay brother in the kitchen of a Carmelite monastery in Paris. Christians fondly remember him as the minister of pots and

pans and for the intimacy, he expressed concerning his relationship to God as recorded in a book compiled after his death, the classic Christian text, "The Practice of the Presence of God." Following is a quote from Brother Lawrence...

"We ought to give ourselves up to God, with regard to things temporal and spiritual, and seek our satisfaction only in the fulfilling of God's will, whether God leads us by suffering or by consolation, for both would be equal to a soul; truly resigned."

Maintaining A Gracious Perspective

Here is the fact. Life is 10 percent what you make it and 90 percent how you take it. While playing competitive golf, the most dangerous competitors did not have country club grooming but convinced themselves they could play. Watch out! All of us have something we got ourselves to believe, positive or negative, which has shaped our perspective on life.

Perspective: a particular attitude toward or way of regarding something; a point of view.

Training Drill: There are times in life when everything seems to go our way, and then there are those times when we hit a slump. During both times, it is critical to step back and visit our Gratitude Lists. Maintaining a gracious perspective keeps us out of our heads and keeps life in rhythm and balance.

How To Build The Gratitude List?

1. Be specific.
2. Elaborate in detail for a person, place, or thing for which you are grateful.
3. Focusing on people, places, and things you are grateful for is more beneficial than focusing on your resentments or so-called "Bad Breaks."
4. Try subtractions as well as additions. Consider what your life would be like without certain people, places, and things rather than just tallying up all the good.
5. Seeing good things as gifts guards against taking them for granted or as entitlements. When thinking about things as luck or happenstance, there is no reason for Gratitude. After all, they just happened by chance.
6. Savor surprises. Record those surprises as these tend to elicit deeper levels of Gratitude.
7. For Best Results - BE CONSISTENT REVIEWING and BUILDING YOUR LIST.

Game Plan: Environment and Influences (Positive and Negative) Shape our Beliefs and Reflexes which affects our Response, which Shapes our Perspective.

Our environments shape us. Depending on how we responded to them, we will either adapt to our experience or rebel against it. Environments shape us.

- Find a group of people who practice Gratitude. Church or recovery groups are an excellent place to start.
- Participate in a community outreach group where you can share your grateful heart with others going through a similar experience to yours.
- Keep It Green. It is best to keep a 'beginner's mind' no matter how advanced or sophisticated you might think you are. Jesus told his followers to *"have the faith of a child."*

Know When To H.A.L.T., Hungry, Angry, Lonely, Tired

Satan, The Devil, Lucifer, do they 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 Osama Bin Laden was killed, an overwhelming number of people polled thought he was in hell. How could this be?

EVIL IN THE WORLD IS REAL! Evil, too, will set a rhythm to life. This type of rhythm is the kind that causes us "to make a choice" to throw the towel in and become a statistic of just how unfair life is.

A Pre-Shot Routine in golf is a *systematic* and *consistent* (two very vital words) sequence of thoughts and checkpoints that a golfer executes before hitting a golf shot. A Pre-Shot Routine assists a golfer in keeping rhythm and focus. Do you have a Pre-Day Routine that aids you in maintaining rhythm and focus? It should be as *systematic* and *consistent* as brushing your teeth in the morning?

The main reason many of us S.L.I.P. (Sober-Living Loses Its Priority) or seem to be losing in *"The Battlefield of the Mind War"* is we have lost our rhythm and focus in life and our games are plagued with inconsistencies. We are playing life outside of God's design for living, thinking we are bulletproof because we have deceptively subscribed to the gospel according to *"me."*

H.A.L.T. Check-Up

Following is a *systematic* and *consistent* sequence of thoughts and checkpoints to be applied to everyday life using the acronym **H.A.L.T. REVIEWING THIS ASSESSMENT WITH ACCOUNTABILITY WEEKLY IS ESSENTIAL.** 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, 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 us or others. When it turns into a repeated loop, **that's resentment**, and that is profoundly serious

since it 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 does not 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 like 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 have gone without power for several days – or longer, should have learned volumes about our inner worlds. I certainly have! As the days went by and my schedule was limited due to lack of electricity, my compulsion to control life was getting unnerving. I realized 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 who's boss and how little control we have in either game. Real champions master the basics, allowing them to keep a sharp focus and winning attitude both on and off the course.

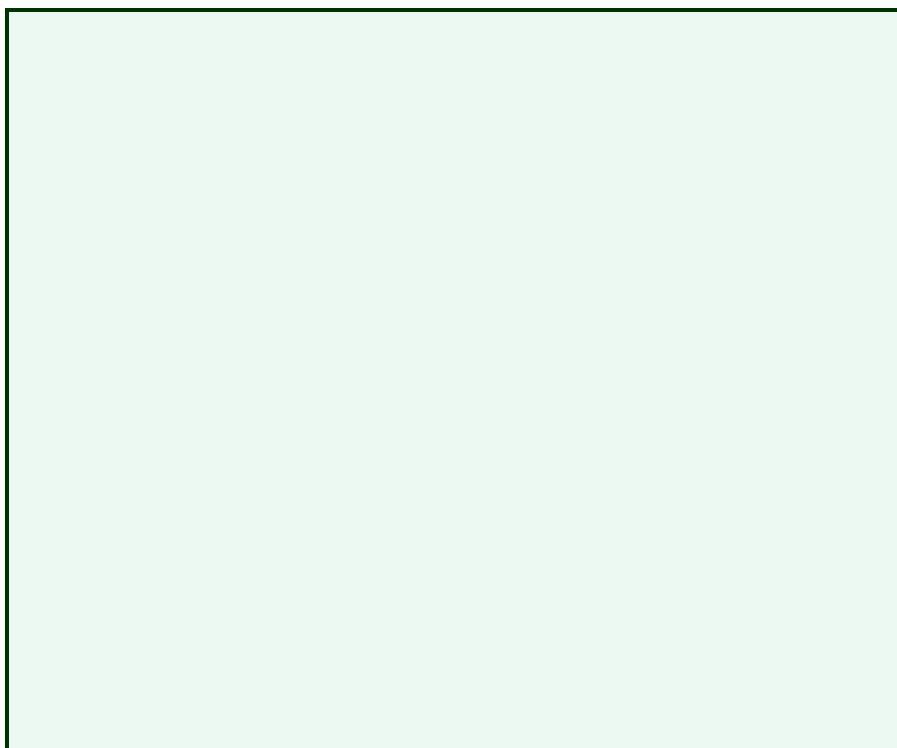
Always keep in mind; we can H.A.L.T. and restart our attitudes any time during a round or day.

Choose today to let the peace of God rule in your heart. Have an attitude of gratitude. Even if you have things that are upsetting you, take a step of faith and thank God or His goodness in your life. Thank Him for working behind the scenes on your behalf. Choose to be thankful and embrace the peace and joy God has for you.

The other choice - BE A MISERABLE VICTIM!

*Father God, grant me the Serenity
To accept the things I cannot change.
Courage to change the things I can,
And Wisdom to know the difference.
Living one day at a time,
Enjoying one moment at a time,
Accepting hardship as the pathway to peace.
Taking, as You did, this sinful world as it is,
Not as I would have it.
Trusting that You will make all things right
if I surrender to Your will.
That I may be reasonably happy in this life,
And supremely happy with You forever in the next.-**Amen***

Gratitude List



100

Prayer List

Lord, I want to lift up all the people in my life. I pray for each and every one and their special needs. I want to stand in the gap and lift them up. Show me who needs Your special touch today so that I may seek your kingdom and not be self-absorbed. Bring their needs to my attention. Work through me to minister to them.

Father, thank You for supplying all of my needs according to Your riches in glory. I submit my resources to You and ask You to show me where I can sow seeds and be a blessing to those around me in Jesus' name. Amen.

Hear my heart Lord as I go through the following list. In Jesus' name I lift each intention to you. -Amen.

[illegible]

[illegible]

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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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The Art of Practice

Ben Hogan would dedicate one full day each week for meticulous practice. There's a saying, "You get out of life what you put into it," or as the Bible puts it, "You will reap what you sow". This is valuable wisdom to apply in both game, life and golf. Half measures, short cuts and spin will never sustain you. You may beat the system - **for a bit**, but you will never reach your God-given potential. and that saying couldn't be truer about golf also.

Do you put down your load once a week? How do you spend your Sabbath; fit in a church service, maybe a light Bible study (that doesn't involve any work during the week) and go off to the soccer or baseball games, or maybe even fit some more work in?

There have been numerous writings and intellectualizing about the Sabbath that say that it was an old fashioned tradition and the Sabbath wasn't intended to mean Sunday. Remember, as human beings we possess an unconscious competence to self-sabotage ourselves through rationalization and the smarter we are, the harder we'll fall in the end.

In this day of asset allocation, how are we allocating one of the most precious assets God has given us...time? Think about it this way; in a 168-hour weekly time budget, ten percent of that time could be broken down into one eight hour day, still leaving time each day for a trip to the practice tee in the morning with God or for a warm up of the day ahead, then ending the day with a time of reflection each night.

The art of practice for most of the PGA Tour professionals involves a warm up before each round where the goal is just to get loose and hit the ball solidly, then find one swing thought for the upcoming round. However, the practice session after the round is very different; it is then the player reviews their round and practice specific areas of their game.

"Look to this day, for it is life, the very life of life.

*In its brief course lie all the realities and verities of existence,
the bliss of growth, the splendor of action, the glory of power.*

For yesterday is but a dream, and tomorrow is only a vision.

*But today, **well lived**, makes every yesterday a dream of happiness
and every tomorrow a vision of hope.*

Look well therefore...to this day."