



The Seven Simple Steps to Golf Out of Your Mind

1. Keep inside your circle of control

There are many things that you cannot control on the golf course: the weather, the numbers of players on the first tee watching, the speed of the greens, your playing partners, the pace of play, the exact lie of your ball and on it goes. The only thing that is inside your circle of control is YOU! You have complete control over your thoughts, your feelings and your responses. So give up on all those things that you say annoy you – really the only thing that annoys you is you!

2. Notice the Gremlin in your head

Begin to notice your thoughts while you are on the course. If your gremlin is a constant companion you will need to quieten him down and apply some positive thought statements. Simply take one game to monitor and record your negative thoughts and verbalisations while you are playing. This will create an awareness of how much your gremlin comes into your playing mind. This is the first step in taming him!

3. What you focus on expands

If you are about to pitch over a bunker onto the green what do you see and what are you thinking? Chances are you are saying “I hope I don’t miss hit it into the bunker” and all that you can see is the sand! A recipe for disaster. The secret to success is to simply focus on what you **DO** want rather than what you don’t want! Tell yourself it will be a great pitch shot directly onto a certain patch of grass on the green close to the hole. Keep those negative thoughts away!

4. Keep your game insulated from your playing partner

If your partner or even your competitor is having a bad you must insulate your self from their negative thought patterns and often negative verbal outbursts (always directed at themselves!) This kind of person uses self demeaning and negative words when talking to themselves, such as “You idiot, what did you do that for?”. “What makes you think you can hit that sort of shot?” “You always do that!” And so on. Your mental response is crucial. If you agree with them you will open yourself up to a classic case of mental sabotage.

5. Focus on the here and now

The more your mind is on the score the less it is on your golf. You are not able to control neither the past nor the future you can only make a difference right now in the present. This shot, right here, right now is the only thing that should be in your mind.

6. Let go of the outcome

If you add a value to the shot it causes that shot to have a whole new meaning: “If I sink this put it will be a birdie!” “If I score well on these last couple of holes I am sure to break my handicap” and so on. The classic example is the player who has 22 stableford points on the front nine and comes into the back thinking this will be the day he drops a couple of strokes, but ends up scoring only 12 on the back nine! Let go of the outcome.

7. Cut yourself some slack

Even the best golfers on tour miss at least 20% of fairways, they miss 25% of greens in regulation and average at best 1.7 putts per green. Have you ever intentionally hit the ball into the trees or intentionally 3 putted? No of course you didn't do it intentionally. You did NOT intend to do it so cut yourself some slack, don't be so hard on yourself and think of the positive things about being on a golf course and your positive thoughts when over your next shot.