

Rickie Fowler celebrates after making a putt for birdie on the first playoff hole to defeat Rory McIlroy during the Wells Fargo Championship at the Quail Hollow Club Charlotte, North Carolina



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HOME OF THE 21ST CENTURY GOLFER

GET MORE MENTAL ENJOYMENT OUT OF YOUR GAME - PART 2

Last month we went over being positive and 'minding your language' and gave you these few simple guidelines

1. Unlock your true potential by being aware of ones-self
2. Be consciously aware of your physiology; how you stand, are you in a positive state?
3. Mind your language.
4. Be aware of the negative self-talk in your head
5. Be aware of the negative talk to others

To continue on from this you need to remember that positivity can spread through the team just as quickly as negativity, like dye in water it travels quickly. People tend to pick up on the vibes of

the one who is always moaning and complaining, so choose to be the one that is positive and upbeat and this will be reflected externally for all to see and you will find that everyone wants to be in your team. Let's think about this for a moment.

Start with a shot or hole you played well and one that really gets you excited when you do think about it, your signature shot, this is the one that you tell everyone about and we all have one of these stories.

Now, think about the day and the shot that got you so excited. Maybe think about how your day started off and how you were

feeling in yourself that day. What did you do differently that day, how did you prepare for this shot? What was going on in your head, maybe your thoughts were really positive, you got out of the right side of the bed, had a great breakfast, your favourite song was on the radio on the way to golf and maybe even every traffic light was green.

This is all positive energy. Opposed to falling out of bed, the toaster didn't pop and you burnt your toast. You ran over a bicycle left in the driveway and every traffic light on the way to the course was red.

Now how are you feeling? Think about the POSITIVE day -

the day you shot your signature shot. How about each time you go out to play from now on, you take time out to remember those feelings and emotions before you get to the golf course and take yourself back to that amazing day, maybe put on your favourite song in the car to get you in the mood.

We can't control the traffic lights or the flow of traffic, though we can control how we feel and we can choose to either be extremely annoyed with falling out of bed or burning the toast or we can choose to not sweat the small stuff.

Get excited about your next golf game on your favourite course.