



instituteofgolf
HOME OF THE 21ST CENTURY GOLFER

GET MORE MENTAL ENJOYMENT OUT OF YOUR GAME - PART 1

New Zealand without a doubt has some of the most beautiful golf courses in the world; we are so blessed to have affordable courses at our doorstep that can cater for the beginner through to the seasoned professional.

Improving ones game and lowering their handicap is on the mind of most golfers and with this comes the challenge of understanding the importance of the mental aspect of the game.

Most people seem unaware of the importance of their language and physiology whilst out on the golf course and the impact that this has on their ability to consistently improve their game.

What you think about and talk about becomes your reality. Many golfers, after their round with mates or colleagues, talk about all the missed shots, bad shots, sliced or hooked drives. This negative language will unconsciously become embedded within and all that the mind knows and remembers is the negative.

When we say "mind your language", this means to pay attention to the good shots. Focus on what you do well and affirm yourself for what you have achieved.

Real champions have the ability to focus and talk about what they do well and give little energy or

thought to what they don't do well, but are smart enough to take their learning's and use this as motivation to improve.

My suggestion to my clients is to be aware of this negative talk, whether it is in their head or out loud with others. Always focus on the great shots, great drives and those nearly perfect shots or putts. Negative self-talk is not a good state to be in and you will not achieve your desired outcome if you continue to use this language on or off the course.

Put it all into perspective, you are having a great day on a great course with your buddies, the weather is perfect, so have

fun and enjoy the moment. By choosing to be in a positive state you will enjoy your game and so will your golf buddies

Everyone will come away talking about what a great day that was and will want to go out with you again.

So a 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.

