

Stepping Up to the Ball with Confidence!

Your Free eBooklet/Report
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Game On...

“How to stop worrying and love the game.”

“Since golf is 90% mental, the fastest way to Lower your score is to improve your mental game.”

In this report you're going to discover...

- » The mental differences between excellent and average golfers.
- » Why desires lower your score.
- » How to overcome Fear.
- » Ways to overcome the Yips!
- » Your Strengths.
- » The Zone.
- » “How to stop worrying and love the game.”

“Golfers spend hundreds of dollars and hundreds of hours on their golf swing, only to walk around the golf course with a ten-cent head.”

- Your Mental approach is 'every bit' as important as your physical -

Stepping Up to the Ball with Confidence!

One human condition is to be concerned about what others think of us. In fact, it's a fear that you might recognize on the golf course. Unfortunately this concern about how others think carries over into our golf game and can ruin your play.

Many folks get extremely nervous when it comes time to step up to the ball in front of their peers. Our heart rate goes sky high, our head starts to pound, and at times, some of us will forget everything we had prepared. All this nervousness stems from our concern about the impression we give to others.

*“No man (or woman) can make you feel inferior without your consent”...
Eleanor Roosevelt*



The story of Ian Baker-Finch's career illustrates this point exceptionally well. Baker-Finch won the British Open in 1991, but within seven years of his victory had retired from professional golf. Many factors contributed to this decision, one being his humiliating open round of 92 at the British Open at Troon and another being his missed 32 straight cuts on the tournament trail.

However, Baker-Finch mentioned that the main straw that caused him to leave the tour was the pressure of what everyone was thinking about his poor play. Poignantly, he stated, "What I would like to be able to do is to change my name, come back in a different body and go play without the pressure of being Ian Baker-Finch."

Another similar story involves Hale Irwin playing with a young green horn named Mark O' Meara, On this day, O'Meara was playing terribly and was ashamed about how bad he was playing in front of his older more seasoned pros. After the round, he went up to Hale Irwin and apologized for his bad play. Irwin flat out stated that he did not give a damn how his playing partners shoot; he was only concerned about his own play.

Next time you step on the golf course, be like Hale. Focus only on yourself. Do not worry about what other people are thinking because it's guaranteed that your friends are not really worried about you, your score, or how your peculiar swing looks. Of course your friends and associates care about you, yet, if they are smart they care about how they are... 'Stepping up to the Ball with Confidence.'

The secret to excellent play is to learn to manage one's emotional level by altering thinking and consciousness.


The Mental Differences – Between Excellent & Average Golfers



Many players complain that they can perform well when relaxed but not when it counts. Converting bad situations (and bad lies) into good scores, riding smoothly through the regular difficult situations and yet somehow always ultimately finishing with a good score. This is a sure sign of a good player - it is not that good players don't get in to trouble; it is how they handle the trouble that counts most.

Good golfers instinctively seem to go into instant damage control after a bad shot, to make sure any negative emotions they experience afterwards are contained, so that they do not spill over and affect the remainder of the round.

Strong players also tend to have a highly developed 'switch on, switch off' concentration, which allows them to hit a shot - but then relax between shots before effectively re-focusing for the next.



This allows them to conserve their mental energy, and have the mental stamina to concentrate for a full 18 holes without finishing with a mediocre score for the 16th, 17th or 18th hole. Average golfers often play a good first nine holes, only to see their scores deteriorate as the back nine progresses, due to flagging concentration from lack of mental stamina.

Your thoughts have two components: facts and emotions. Every stimulus you receive through your nervous system is nothing more than a fact. However, you attach emotions to these facts. It is imperative for you to know that every negative emotion you attach to an outside fact stimulus will cause a brain chemical reaction, which hinders your natural ball striking capabilities.

... much of this report was developed with the input of golf 'Mental Key' Olympian trainer expert, Michael Anthony. This is your golden opportunity to learn how to quickly re-group and re-focus on lowering your score.



Becoming Your Desires

Your 'desires' should be at the top of your list, as they are the most important aspects for improving your golf game. The strength of desire needed is in direct proportion to the degree of success you wish to attain. If you have a strong desire to be a better golfer, you will indeed accomplish such.

Your brain 'tape' is a conceptual representation of the entire history of all your previous thoughts and actions. The importance of your tape is that your brain or computer is programmed to make similar decisions according to its data-base (your past tape).

On your tape is a record of all your positive and negative thoughts and actions that make up your comfort zone.

Your brain spontaneously uses all your strengths and weaknesses recorded on your tape in its decision making process. Your tape continues to try very hard to keep you at your present level and within your comfort zone. And, this is not to be confused with the feeling of being 'in the zone'. A past comfort zone might not meet your future thoughts of the lower score(s) that you truly desire. Learn to be very honest with yourself and what is on your tape.

*"As soon as I became aware of my weak points I went all out to eliminate it!" ...
Arnold Palmer*

When our lives are at stake, we use all our resources to stay alive. Unfortunately, during our daily lives we use only a small part of the energy available. When you try to change, you have to overcome what is on your tape. Your tapes job is to have you repeat what you have done in the past. Your job is to increase your desire and determination to change. Your tape does not care whether you are positive or negative. It is only concerned with having you repeat your past thoughts and actions... again and again.



“Fear cannot exist in the present. It is only when you are concerned about a future outcome that fear exists.”

In successful golf, you only hit one shot, which is followed by another ‘one’ shot, followed by another, etc. In golf, you do not have the luxury of thinking cumulatively. There is only now, and this one ball - the past is now gone, and the future has not yet arrived. Focus completely on the ‘here and now’ - and never, ever allow your mind to dwell upon past shots or future holes.

Never let your own (or anybody else’s) thoughts or attitudes get in your way - be an oasis of positive thought out on the course, remaining untouched by negativity, regardless of the circumstances.


Desiring to increase your happiness may not be a life or death decision for you, yet, the greater your desire to increase your happiness... the greater will be your success! The better you understand how your tape operates; what is holding you back; and how to implement change; the easier your journey becomes to higher levels of happiness, bliss and yes, a fantastic golf experience. Your level of desire is one of the major keys to your success.

It is of paramount importance that you first be crystal clear in why you desire a specific goal, like a lower score. The best reason for doing such might be because you love doing it, and it makes you happy. This seems to be a very straightforward answer and one that makes sense, right? Now, ask yourself, “Are there any constraints that limit my desires?”

“Self-discipline is the principle by which you may voluntarily shape the patterns of thought to harmonize with your desires and goals. It is the one privilege which determines more than all others the position in life you occupy.” ... Napoleon Hill

The mind/body connection tells the truth within a golfer

If you watch any golf on TV, you have surely seen the interview with the Saturday leader about what he plans to do the next day to win the golf tournament. Almost without fail, these great golf stars tell you they will hit one shot at a time. They will play their own game and see what happens. They will stay in the moment.



If there is one thing the average golfer can do to improve their golf, it is to understand this concept and apply it to their game.

Golf should be about having fun and you can do that while playing your best golf.

“What you Resist, Persists!”

Don't waste your time focusing upon the obstacles. Have you ever noticed how some of the great gurus' suggest that you need to tune out your distractions? Do you remember the last time you attempted to do that? You try to ignore the car driving by, during your putting stroke, only to hear its sound ever more. You try to resist distractions, only to have them persist!

Distractions... Don't try to tune them out, Learn to accept them instead...

Instead, observe the distractions and become aware of their existence. Take them in as part of your golf routine and you'll soon discover that they will become accepted within yourself, rather than an effort to remove or resist them.

Yippie!

The yips are just like a computer program, which runs each time you step up to the ball - and it becomes more firmly entrenched each time it occurs, making it even harder to overcome. This means that the longer a golfer has had the yips, the slightly longer it takes to remove them, but don't worry, at the maximum of a few weeks you can, indeed, remove this terrible program once and for all.

So what's the best way to get rid of it? The easiest and most effective method you can overcome this affliction is by using a regular diet of visualization. Mentally rehearsing those moments of walking up to the ball, whether it be driving, approach shots or puts, over and over again perfectly in your mind, for 5 to 10 minutes each and every day.

However, be very careful as to how you visualize. Actually, visualization might 'not' be the best word to use.

It's one thing to ponder your shots with thought... quite another to include 'feeling' with your intentions and desires. Your mind/body connection needs the 'feel' of your shot, in order to perform to its optimum. Trust your gut feelings.

Recall the times when the feelings were 'right-on'.

Diet and the Environment does play a part of the emotional, mental golf game

First of all, there may be days when you physically feel tired or jaded, and so focusing is not always easy on such days.

Everything you eat and drink is a chemical and it affects your performance. Eat wisely. If you can take in a fruit instead of a candy bar, you'll get your sugar requirements, yet, you just might find your disposition on a more even keel.

Walking in the sunlight will not only improve your stamina, it also contributes to your necessary vitamin D intake.

Before striking the ball, always take a few slow deep breaths, stand tall and stick your chest out. You will automatically increase your chemistry and immediately feel better. Be sure to release your breath prior to your hit.

Walk off the green to the next tee with your shoulders straight and your head up,

even after missing an easy putt. This will make you feel more confident on subsequent holes. The golfer that has slumping shoulders body language infers that there must be something wrong. On the other hand, if a golfer just had a disastrous hole, yet, if s/he still holds their head high... such a loss of confidence is less likely to occur.



The Happy Ugly Winner...

Many times, winning is the ability to abandon perfect performance for functional design. Some athletes get stuck on trying to make their performance look pretty and this can actually hurt your chances of winning. Some golfers for example are happier shooting 82 while hitting the ball well, instead of shooting 78 and scraping the ball around.

However, this might not seem rational because the goal in golf is to shoot the lowest score! Some players, for example, get too obsessed with hitting pretty shots. A focus on style and form is not the way to go if you want to hit your best score. You have to stop worrying about how it looks and instead focus on the outcome... that of getting the ball in the hole any way you can.

Next time you play think about winning happy, even if it's ugly. No matter your handicap, commit to getting the job done with your athletic and mental talent. Have confidence that you can still win, even if you don't have it all that day.

Choose Strength...

The key to improving any aspect of life and golf is to build on one's strengths rather than focus on weaknesses. To do that you must identify your strengths.

As a golfer, you are no doubt aware of your ability on the course. It is important to look at these various abilities and identify which are strengths and which are opportunities for growth. Focus on your Strengths: The best foundation for personal development is recognizing what we do well and what we do not do well, and learn from it. Top performers focus 90% of their developmental efforts on leveraging their strengths and 10% of their developmental efforts in areas where they are not yet fully competent.

Stop counting your money at the table...

Sometimes you wonder why you are playing so well? "Maybe it's because I'm..."

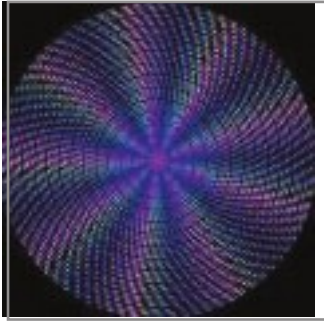
Once you're in that kind of 'zone' and unless you consciously become aware of it and actually 'analyze' it... it otherwise feels great!

However, when you start to wonder why your score is lower this round, or if you were only to make par from here on in you'll beat your playing partner, the zone starts to lose its beautiful flow.

Basically, the thoughts we should avoid are those that either analyze what we are currently doing (which breaks the mental process that delivers our best golf), or thinking of the possible future outcome or recent bad hit – that only puts additional pressure on your current shot.

The fact is, apart from a few particular elements which are common for everyone, it seems that all golfers have their own individual way of getting into the Zone, and the golfer who understands and knows themselves best is the one who discovers how to access the Zone more often, and put in a strong performance almost every time they play.





The Zone...

So how do you get and 'stay' in the zone?

A golfer who is in the zone is not unlike a musician that finds him/herself simply listening to the music during their performance, seemingly without really participating in the actual making of the sounds. In fact, they often report feeling as if they weren't responsible for the music at all - almost as if their body was being guided and directed by a more powerful force (and this is exactly what is happening).

Almost every golfer at some stage in their career has experienced this feeling to some extent, and then wondered afterwards "how did I do that?"

So how can we put this into practice? As an example, let's say that you are hitting a shot over water - and that you are feeling the pressure a great deal. When we release our emotional attachment and just allow ourselves to hit without pressure (much like most of us do in practice), our body gets its instructions from the powerful subconscious (not conscious), mind.

Through mental 'surrendering', the golfer shuts down their conscious mind's steely grip over their game, and this allows the all-powerful subconscious (the control-center of all movement) to do its job properly. This sometimes even allows a golfer to reach their absolute peak for a short time - 'the zone' - the peak of human potential on the golf course and life.

The zone is a very powerful state, and can help you reach beyond your limitations to achievements you may have never realized were possible.

As soon as we bring our conscious mind back into the equation (through analysis), it immediately overrides any instructions your subconscious directs to your body.

So next time you are playing brilliantly, never analyze how you are playing until you reach the safety of the nineteenth hole - that way you will ensure you finish the round as well as you began it - and have something to truly celebrate!

The worst pitfalls to avoid in golf are the mental ones, which are intangible, as these are far more difficult to notice than lakes, traps, tough greens and the rough!

The pros all seem to be able to go in and out of their "zones". When it is time to swing the club, they are 100% focused on what they have to do.

Find a starting point, an action that you can do on every shot.

It could be a glove adjustment, a routine ball to hole line-up or anything similar. Just let that action become the doorway to your zone. In fact, you probably already have such an action in your pre-shot routine.



Once you have selected your club, step up to the ball with total commitment and confidence to swing or put the way you 'feel' – as a result of your determined visualization.

You should have a good idea of how the swing will feel, prior to the hit. And that is all that should be on your mind. Nothing else. Not the lake on the left or the score you will shoot if you par in.

The only possible future outcome you ever want to think about is visualizing the outcome of your current shot. Any other form of projecting your thoughts into the future (or 'thinking ahead') will only sabotage your present shot.



It is critical to conceptually understand that your brain actually secretes chemicals corresponding to your positive and negative thoughts. The resulting chemistry of your brain's cranial fluid influences all your natural abilities and functions. This, in turn, determines how well you perform in everything you do because your brain is a powerful computer. The power and efficiency of your wonderful personal computer increases dramatically by optimizing the chemistry of your brain's cranial fluid, which allows you to enter the "zone".

You know that if you put water in the gas tank, your car will not run. It is not necessary for you to become a chemist or a mechanic to drive your car as long as you understand the basic principles. It may be nice to know the details, but unless you want to be a chemist or a mechanic is it worth the time to learn?

The same is true of your electrochemical nervous system. It may be interesting to know the details. However, do you really have the time or desire to get a Ph.D. in neurobiochemistry, like Doctor Michael Raleigh at the Department of Psychiatry and Biobehavioral Sciences at UCLA School of Medicine in Los Angeles, CA? Doctor Raleigh specializes in the neurotransmitter serotonin. While he experiments primarily with monkeys, he did tests with athletes and fraternity members at UCLA. His research supports the findings that higher levels of serotonin in the blood correlate to higher performance levels and changes in behavior cause serotonin levels to change.

Your mind and body function together. You cannot deny that whenever you are thinking negative while playing golf, your performance immediately suffers.

During 1983-84 while working with athletes at Stanford University, Dr. Michael Anthony asked the late Dave Schultz, who was a world class wrestler, what he was thinking while competing. A smile came to his face and he replied... "When I'm winning or losing?"



He told Michael, "When I'm winning, I'm not thinking." He's operating on instinct. "When I'm losing, I'm worried and trying to think what to do next." Negative thinking caused him to react much slower than when he wrestled instinctively. Since that time, Michael Anthony always asked the athletes whom he worked with: "What are you thinking about when you are performing at your best?" The answer is always the same: "I'm not thinking." They are operating on instinct. If you ask yourself that same question, I bet your answer is the same.

A good metaphor to help you understand the influence of your brain's chemistry on your performance is a fine-tuned racing engine. Those engines, designed to run on super high-octane gasoline, sputter when using regular gasoline.

This is similar to what happens when you are negative. You put low-octane chemicals in your brain, causing your performance to suffer. When you are positive and operating on instinct, your brain, metaphorically, secretes super high-octane chemicals and your performance excels as you enter the "zone".



Your brain receives input through your five senses. Whenever you 'see', 'hear', 'feel', 'taste', and 'smell' something (stimuli), it enters your nervous system as an electric impulse through a neuron (nerve cell). Once the electrical message reaches the end of the neuron (called a synapse) the electrical impulse/message converts into a biochemical (called a neurotransmitter). Then, this chemical message converts back into an electrical impulse/message when it reaches the next neuron. This process repeats itself over and over until the message reaches the brain and is acted upon.

In reality you have an electrochemical nervous system. As the chemicals change, the messages change and your performance varies accordingly. When you are positive and operating on instinct, your brain, metaphorically, runs on super highoctane chemicals. Your performance excels.

Cause and Effect: Theory or Reality?


You can increase your performance and success by consciously adjusting the chemistry of your brain's cranial fluid. Your thoughts, diet/nutrition, exercise, rest, environment and physiology affect this fluid.

Your thoughts, diet/nutrition, exercise, rest, environment and physiology have a positive or negative impact on your brain's chemistry, which affects how well you perform and function.

To become more successful, part of the process is to consciously work on increasing the chemistry of your cranial fluid so your brain can perform more efficiently and at higher levels.

The absolute best way to become a better golfer is to stay focused in the process and maintain supreme confidence in your ability to make the necessary adjustments, until the outcome meets your desired expectations. Your positive thoughts and feelings, along with expectations, will manifest themselves in body/form over time.





And, as you 'raise' your game skills, understand and accept your limitations. The best golf courses are design to frustrate you the most. However, with your knowing that you can overcome, learn to realize that everything that you encounter on the course is a fact. And, you are strong enough to overcome 'anything' that you encounter out on the links. Stepping Up to the Ball with Confidence breeds success and happiness, which must be your priority... now, go use this knowledge!

Bagger Vance might have said it best...
"Golf is not a game to be played to win,
golf is a game to be played to play."

Stepping up to the Ball with Confidence...

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