



COMPETITIVE GOLF

THE MENTAL GAME

-Consistency comes from the mind-

3 States of Focus*

Internal

Very much inside the players own head. Based on emotions, expectations, and fear based thoughts. Motivated by outside influences on performance.

External

In the present, and in the moment. Constantly looking "Up and Out" at their surroundings while playing. Performance is motivated by "Belief System" in their abilities, and focus on "Process", not results.

State of Zero

Total absence of thought for the task at hand. Focus is generally "zoned out" because of possibly one or more of the following:

- Performance
- Ease or difficulty of the task
- Lack of Emotional Control/Mental Discipline and/or Preparation

*Credit: George Gankas

2 Types of Performance Orientation*

Ego

Performance is limited to by:

Scorecard

Expectations

Negative thoughts

What others think

* Credit: Dr. Gio Valiente

Master

Performance is enhanced by:

External Focus

Positive Self Talk

Remaining "Task Oriented"

Willingness to accept results