

COMPETITIVE GOLF PSYCH 101

Consistency:

How important is it? And, where does it come from? The MIND.

The MIND must be a CONSTANT LEARNING LIBRARY AND DATA BASE for the following:

- Mental Discipline ***Mental discipline refers to how disciplined you are to consistently engage in the kind of mental practices that get you what you want.***
- Time Management/Priority Management
- Motivation
- Consumed with always chasing every detail of information about what it is you're trying to accomplish.

The goal of playing a winning round of golf:

To play the round while taking the fewest strokes (low score) as possible.

To do this you need to be 2 things:

EFFICIENT AND DISCIPLINED

- Know your golf swing and what makes it work (3 things)
- Understand the difference between having a "Process" and just "making a swing"
- Have a "consistent miss"
- Have a plan, and be willing to follow it
- Be able to view "results" in the proper context
- Be able to combine complete Trust, Feel, and Commitment on all shots prior to taking them
- The ability to feel, but have control over, your emotions during the round. This skillset is perfected in practice on the course and off.
- Never lose sight of the idea that its You against the golf course. You against You.

"In a Tournament Round of Golf that really means something:

Once you hit that first tee shot, that golf course is going to expose every weakness you have, and confirm every lie you've ever told yourself. Don't be fooled into thinking it is "you against the field", Its YOU against the golf course. Its YOU AGAINST YOU."

-Tony McMullin

The 10 CORE PRINCIPLES are the founding block for advancing Mental Discipline and Consistency into your Practice and Play.

The 5 GEARS OF PERFORMANCE provides structure and a guideline to elevate your performance on the course in any competitive round of golf.