

Mental Management

While practicing, stop hitting poorly with a particular club. Do NOT reinforce poor shots. Change clubs...go putt

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Deep Breathing

Eyes closed, breathe slow and deep. Inhale while putting hands on abdomen. Abdomen will rise and flatten. (1 minute) Release tension in muscles. It should be the last part of your preshot routine.

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During A Round

If the slightest doubt surfaces, take a deep breath, relax your muscles, clear your mind. Think only on target "great shot" thoughts. Focus ONLY on the target.

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Mental Management

After a missed shot say : "This shot did not work. The next one or the one after that will." This programs your subconscious mind to succeed.

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Subconscious Mind

Trust your subconscious to know what to do. Let go of specific instructions before you swing. Use the following: "Ok, subconscious, you know how to make this shot."

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Visualize

From the tee box, look out at the fairway, pick a **specific** target and describe to yourself the exact flight of the ball as it soars, lands and rolls.

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Refocussing

To refocus, stare at a ball. Notice the color and lettering and brand on the ball. Verbally describe what you see to yourself.

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Pre Shot Breathing

Take a deep breath, exhale just prior to your back swing. This relaxes your body and mind. Your swing will be freer, truer and more consistent. Do the same as you stand over a putt ready to stroke.

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Self Talk

Next time you hit a bad shot, say to yourself: "It's ok (your name), everyone makes mistakes." This self talk will improve your outlook by giving yourself support. Be positive.

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Putt Thoughts

Find a positive putt thought :
(missed or made).
I hit that one in the sweet spot!
I had a great release with that putt.
I am really feeling the distance.

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