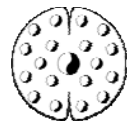


# RIGHT-MIND GOLF



## Russian Roulette Golf

Playing golf is like playing Russian roulette; you never know quite what is going to happen next. Some days you get lucky and play the game of your life; everything (well almost everything) goes right, you feel good after each shot, and you're 'in the zone'. On these days, the golf is wonderful and so is life. But back to reality and the more usual times when your mind seems to play havoc with your game, nothing seems to go right, and by the end of the back nine you wish you had blown your brains out just to save the hassle. At this point the best hole of the day is the 19<sup>th</sup> where the only challenge is to enjoy a cold beer and ponder what went wrong. Welcome to Russian Roulette Golf!

Do you: worry about that last bad shot, feel pressure to perform well after a couple of good shots, focus too much on your score, feel intimidated by better players, are easily distracted during play, allow your emotions to dominate, then my friend you are definitely a 'Russian roulette' golfer? Don't worry though you are amongst friends because the majority of golfers are also in the Russian roulette golf club.

Fortunately most are also blissfully unaware of this reality. Why fortunately? Well, if they were aware of their plight they would want to do something about it right? The sad fact is that the majority of golfers seem to understand that they play good golf more by luck than design and that playing well is for them very much a game of Russian roulette.

The challenge of golf is of course that it is a game of skill and like all games of skill it requires a minimum amount of effort to achieve a satisfying level. So, we take a few lessons from the Pro to learn some basic technique followed by *lots* of practice. This practice takes us to a level of play where we feel able to go out with some buddies and enjoy a round or two. The keener ones amongst us may then take more lessons to refine our practical skills and then we practice even more. We gradually move up the 'ladder of competence' building our practical skills and improving our game play. Then we hit 'The Wall'!

We know that we have reached 'The Wall', your own wall, when at some point in time no amount of effort seems to produce further progress. We practice, we take lessons, we curse and rant and rave, we blame the wife, the husband, the dog – but still we don't seem to get better. 'The Wall' is a psychological fact of life that inhibits progress – period – and you will hit it!

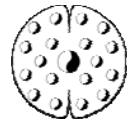
The odd thing is that the majority of the golfers I talk to know about the wall, maybe not by name but they recognise its presence and its negative impact on their golf. However, they also seem unable or unwilling to do anything to demolish the wall and realise their true potential in golf (actually the meek acceptance of limitations, the "I happy where I am" condition, is a symptom that you have reached your wall).

We all know that in the professional golfing arena the use of 'psychology' is now considered an essential tool in the golfers' game. Professional golfers not only develop their practical skills, they also develop their 'mental game'. So why don't more club golfers do the same? Many club players seem to simply accept their current level of play, even though harbouring a strong desire to play better.

Well good news! You can play better – fact! You can now take a leaf out of the top pros' 'how to win the mental game' manual and conquer your 'wall' using my 'Right-Mind Golf' method. It is actually quite easy to overcome the 'mental inhibitors' that stop you from reaching your true potential with your game; you just need to actually do something about it! To move ahead with your golf you need to accept that your 'mental game' requires, and deserves (in fact YOU deserve), the same level of development as your practical skills. One cannot reach true potential by only developing practical skills because at some point you will have to face your wall and 'the wall' cannot be defeated with practical skills.



## **RIGHT-MIND GOLF**



So, do yourself a favour. Take a few lessons for your mind and stop being a 'Russian roulette' golfer; instead become a 'Loaded Dice' golfer and **PLAY BETTER GOLF!**