

Mental Golf Workshop Profile

... Powered by the DISC Profile System

Prepared For:

Kris Moe

Mental
Golf
Workshop Profile

Welcome To Your Mental Golf Profile

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The "Role" of This Profile In Your Game

Before moving into the body of your report, please consider the role this profile can play in your game.

Think of the four basic ways you can improve your game -

- 1) Technique - *improving your mechanics.*
- 2) Equipment - *using the right clubs and balls for your swing.*
- 3) Golf Fitness - *increasing flexibility, strength, balance, etc.*
- 4) Mental Game - *learning to play and practice smarter golf.*

For the first three - *technique, equipment, and fitness* - video, launch monitors and other assessment techniques are used for customizing instruction, club-fitting and fitness workouts. The role of this profile is to provide the same type of personalized information for your *mental game*.

The DISC Profile Model

Your report is based on the DISC profile system, which is used worldwide to help people better understand themselves and reach higher levels of performance.

This DISC report is written in golf terminology and describes how you learn, think over the ball, talk to yourself on the course, handle change, make course management decisions and many other aspects of your game.

DISC measures behaviors on the four behavioral style scales below. All you need to know about DISC to understand your profile is on the next page.

D - Dominance
I - Inspiration
S - Steadiness
C - Conscientious

Reflections On The DISC System From Two Great Coaches ...

..."The participants at our golf schools have been very pleased with their profiles. We've been familiar with the DISC system for years, but have never seen it applied at such a high level in golf terminology like it is with this profile. We were proud to include a section on the profile in our book."

Pia Nilsson and Lynn Marriott,
Golf Digest Top 50 Instructors and
co-authors of the best-seller -
Every Shot Must Have A Purpose.

Please turn the
page to learn more
about the DISC
profile system.



The DISC Profile Styles

The DISC system uses "styles" to describe behavioral tendencies. Based on your answers, your mental golf style might be one of the **four basic** DISC styles or one of the many **combination** or "blended" styles used in the system. No style is better than any other, and every style has potential strengths and weaknesses. The key is to understand your style and how to use it to your advantage.

The Four Basic DISC Styles

<p style="text-align: center;"><u>D</u> (<i>Dominance</i>)</p> <ul style="list-style-type: none"> - Aggressive - Sense of urgency - Goal-oriented - Strong-willed - Risk-taker - Competitive <p>Players With A Lot of <u>D</u> In Their Style</p> <p><i>Tiger Woods Phil Mickelson</i> <i>Greg Norman Dottie Pepper</i> <i>Morgan Pressel</i></p>	<p style="text-align: center;"><u>S</u> (<i>Steadiness</i>)</p> <ul style="list-style-type: none"> - Steady - Relaxed - Even-tempered - Patient - Adaptable - Persistent <p>Players With A Lot of <u>S</u> In Their Style</p> <p><i>Ernie Els Retief Goosen</i> <i>Fred Couples Karrie Webb</i> <i>Jay Haas</i></p>
<p style="text-align: center;"><u>I</u> (<i>Inspiration</i>)</p> <ul style="list-style-type: none"> - Enthusiastic - Optimistic - Sociable - Creative - Spontaneous - Instinctive <p>Players With A Lot of <u>I</u> In Their Style</p> <p><i>Brad Faxon Christina Kim</i> <i>Peter Jacobsen Natalie Gulbis</i> <i>Chi Chi Rodriquez</i></p>	<p style="text-align: center;"><u>C</u> (<i>Conscientious</i>)</p> <ul style="list-style-type: none"> - Careful - Analytical - Exacting - Logical - Methodical - Fact-finder <p>Players With A Lot of <u>C</u> In Their Style</p> <p><i>Ben Hogan Se Ri Pak</i> <i>Jack Nicklaus Jonathan Byrd</i> <i>Bernhard Langer</i></p>

Example of A Combination DISC Style

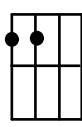
Combination styles are a blend of two basic styles and they greatly increase the accuracy of the system. For example, Arnold Palmer would be high in both Dominance traits - strong-willed, risk-taker, highly competitive - and Inspiration traits - enthusiasm, optimism and incredible social skills. Therefore, the **D&I** style more accurately represents his style than by either the basic **D** or **I** styles.

The D&I Combination DISC Style

D and I (*Dominance & Inspiration*)

<ul style="list-style-type: none"> - Future-oriented - Self-starter - Competitive 	<ul style="list-style-type: none"> - Confident - Sociable - Optimistic
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D I S C



Please turn the page to see **your** DISC style.



Your Mental Golf DISC Style

Your answers to the questionnaire were scored on the *Dominance, Inspiration, Steadiness, and Conscientious* scales. Your style is the **Inspiration** style as your score on this scale was clearly higher than the other three.

I (Inspiration)

Descriptors for the Inspiration Style

- Enthusiastic
- Optimistic
- Sociable
- Creative
- Spontaneous
- Instinctive

Brief Snapshot of Potential Strengths & Weaknesses of Your Style

Every DISC Style has potential strengths and weaknesses. A key principle from the DISC methodology is that a strength overdone can turn into a weakness. Following are examples of this principle regarding your DISC Style.

Potential Strengths

Optimistic Attitude

Kris is energized, alert and has an upbeat attitude. "Today's the day it's all going to come together," type of thoughts are common for him .

Creative Thinking Style

"Kris has a strong imagination and he's able to visualize a variety of different shots in his mind."

Sociable

"Kris is energized by the social aspects of golf and enjoys camaraderie between playing partners."

Enthusiastic

"Kris's enthusiasm and active mind generates positive energy when he is over the ball about to play a shot."

Potential Weaknesses

Optimistic Attitude

"Kris's emotional highs can be quite high leading to big letdowns when the tides shift."

Creative Thinking Style

"One of Kris's challenges is that he may try risky shots just for the creative challenge of trying to pull them off."

Sociable

"Kris can be distracted by being overly social and not concentrating on the shot at hand."

Enthusiastic

"At times it's a challenge for Kris to quiet his active mind and narrow his focus to concentrate on the shot at hand."

The Best Process For Using Your Profile... ...To Produce Performance Changing Results

The remainder of your report and the following process is designed to help you create new habits and lasting improvement in your mental game. You can follow the steps on your own or in collaboration with your instructor or coach.

Follow this process...

- Grab a pen or pencil and a highlighter
- Work through your report highlighting key points and making notes as you go.
- Go back through your report and your notes and select 5 to 10 strategies you feel will have a significant impact on your game.
- Write each strategy on an **index card** and leave space to make progress notes in the future. These cards are your "**mental game reminder system.**"
- Keep these cards in your golf bag and review them before you play, practice, or work with your instructor.
- Commit to a quick **5-minute review** of your strategy cards before every round and practice session. No doubt, this is a low-tech method, but it is an ideal way to develop new habits and create lasting improvement in your mental game.

...To improve in these areas -

Golf Temperament - Generate positive energy by understanding and managing your golf temperament tendencies.

Pre-Round Preparation - Prepare to get your rounds off to good starts by developing a pre-round routine suited to your mental style.

Thought Processes Over The Ball - Improve your shotmaking abilities by understanding and managing your particular thinking style.

Practice Habits - Convert practice time into actual improvement on the course by developing new practice habits.

Course Management - Save strokes by using strategies suited to your golfing personality.

Your Learning Style - Learn more with less stress by understanding your learning style when working with instructors, coaches, fitness trainers, etc.

Please turn the page to read a description of your mental golf tendencies.



Description of Your Mental Golf Style

Following is a five-page description of your mental golf tendencies for six key areas of your game. As you review these tendencies, highlight key points that have a significant positive or negative impact on your game. Pay particular attention to your **strengths** mentioned in this report. Players using this profile often improve their performance just by making better use of the mental game strengths they already have.

Golf Temperament Tendencies - *Think in terms of how to best use these tendencies to generate positive energy throughout the round.*

Kris's core golf temperament is clearly influenced by his strong enthusiastic and optimistic attitude. He is motivated by both the competitive and social aspects of the game and enjoys the camaraderie between playing partners and other golfers. This is part of his natural outgoing and enthusiastic personality. At times it's a challenge for Kris to quiet his active mind and narrow his focus to concentrate fully on the shot at hand. Deep breathing and other relaxation methods can help quiet his active mind.

Kris's fuse is moderately long, however, like most golfers he gets frustrated from time to time. Usually his frustration doesn't show in prolonged outbursts that ruin his disposition during a round. When anger does get the best of him, it affects his judgment and physical skills.

Kris tends to be a creative and spontaneous decision maker. Sometimes he would benefit by giving just a bit more thought to his options before making a decision. Also, at times, Kris's active mind wanders into the future and he might start thinking about what his score is going to be or how he is going to place in a tournament while there is still more golf to play. This detracts from mentally "staying in the present" and concentrating on one shot at a time. At his best, Kris is quite optimistic about his game and his active mind is quiet, focused and "in the present" concentrating on one shot at a time.

Your Golf Temperament Notes

Pre-Round Preparation Tendencies - *Think in terms of how to best use these tendencies to get your rounds off to good starts.*

Kris is normally optimistic, enthusiastic and confident before a round. Thoughts like, "Today's the day it's all going to come together," are common for him as he prepares to play. Kris's enthusiasm generates considerable positive energy as he warms up for the round.

Kris's pre-round routine usually varies from round to round. He has an active and spontaneous mind and doesn't like to be "boxed in" to a highly structured way of doing things. A more consistent warm-up routine might help Kris quiet his active mind and sharpen his focus for the round.

One of the keys for Kris to feel properly prepared for the round is to find a good feel for his swing before the round begins. Simulating actual shots he will play on the course is a good way for him to find a swing feel that will hold up under pressure once he's on the course.

Kris usually gets off to his best starts when he maintains his natural enthusiasm and relaxes his active mind a bit so he can focus properly on the shot at hand. Allowing plenty of time for a proper warm-up helps Kris slow down and get into a relaxed frame of mind as he steps on the first tee.

Tendencies When Playing Shots - *Think in terms of how to best use your thinking style to improve your shotmaking performance.*

Kris's enthusiasm and optimism generate positive mental energy when he's over the ball. Kris has a very spontaneous and creative thinking style and sometimes has difficulty concentrating adequately on the shot at hand. Focusing on the target and visualizing his shots helps quiet his mind and sharpen his concentration. These visual skills play into the strength of Kris's mental style.

At his best, Kris plays more by instinct and feel rather than relying on a lot of mechanical swing thoughts. He likes to play with the swing "feel" that feels best that day.

Your Notes on Pre-Round Preparation

Your Notes on Playing Shots

On occasions when Kris clouds his mind with too many mechanical swing thoughts, he loses some of his coordination and doesn't make best use of his natural athletic ability. The game becomes more difficult when he's standing over the ball trying to process step-by-step swing mechanics.

Kris needs to work on his mechanics on the practice tee and then trust his swing once he's on the course. At his best, Kris's thoughts as he's about to hit the shot might be something like, "see the shot and trust my swing."

Course Management Tendencies - *Think in terms of how to best use these tendencies to save strokes by playing smarter golf.*

Kris's course management style is strongly influenced by his optimism, confidence and creativity. With these traits, he usually looks at the upside rather than the downside when making risk/reward strategy decisions. His optimism and confidence often lead to trying riskier shots than players with more analytical and cautious styles will play.

Kris enjoys the excitement of taking a risk and having it pay off. The flip side is that some of his risky shots don't succeed and lead to wasted shots. Kris will play the conservative shot from time to time, especially when the odds aren't in his favor; but with his enthusiasm, creativity and optimism, he prefers the more aggressive approach.

Kris's optimism and confidence usually lead to a strong commitment to the shot once he's made his shot selection choice. This is absolutely one of the strengths of his course management style. Kris will use course information like yardage books; however, with his creativity and spontaneous thinking style, he will make some shot selection choices based on his instincts and gut feel. He trusts his instincts and ability to "eyeball" the situation and therefore is not as exacting in mapping out a game plan for the course and using detailed course information as the more analytical players will be.

Your Notes on Course Management

Your Notes on Working With Instructors & Coaches

Learning Style When Working With Instructors - *Think in terms of how to best use these tendencies to learn more with less stress.*

Kris approaches golf lessons with an optimistic attitude and tends to feed off of the energy of an enthusiastic teacher. Instructors will enjoy Kris's optimism and find him to be an enthusiastic student who wants to improve and enjoy the game even more than he does now.

Kris is a visual learner and learns best by imitating what he sees. Effective ways for Kris to learn include watching instructors demonstrate a move or seeing something he's supposed to do on video and then trying to imitate what he sees.

Kris grasps changes best when he knows how the change is supposed to look and feel as opposed to trying to gain a deep understanding of the mechanics and theory of the change. Drills that help him learn how a change is supposed to "feel" are very effective ways for him to learn. With Kris's creative and instinctive learning style, he's willing to try unusual drills and almost anything else an instructor suggest. He tends to be a spontaneous communicator and lengthy theoretical explanations can bog him down.

Kris tends to use a "make it up as I go along" approach for his practice sessions. Instructors can help him get more out of his practice sessions by writing out a simple list of what he needs to work on between lessons.

Golf Fitness Mental Tendencies - *Bonus section if you're involved in a golf fitness program.*

If Kris is involved in a golf fitness program, he'll be optimistic that the program will help improve his game. He'll show considerable enthusiasm for the program early on and this will continue as long as he feels he's making progress. On the other hand, Kris is change oriented and might be quick to turn his attention to some other way to improve his game if he doesn't see some results fairly quickly. Kris likes innovative thinking

Your Notes On Your Fitness Tendencies

and will be especially motivated if he feels his program is built on the latest and most advanced techniques.

Kris is not a structured and methodical player and will tend to improvise as opposed to following a program exactly as it is laid out. He won't feel he has to know the precise method for performing an exercise before he'll try it on his own. He will just do the best he can and learn by trial and error as he goes. Fitness professionals need to show him how to perform exercises properly right from the start before he develops bad workout habits.

Kris is a sociable person and can be distracted by other people and activity in the workout area. He might do well to work out with "accountability partners" who help each other stay on task.

Kris tends to be a visual learner. If he's given written material about his fitness program, he's more apt to concentrate on the visual instructions of how to do the exercises than to study detailed theoretical information.

Please take a moment to go back and review the points you've highlighted and your notes before moving on to The Strategy Workshop Section on the next page.

**The Strategy
Workshop Section**
begins on the next
page.



The "Strategy Workshop" Section

Now for the "**Strategy Workshop**" section of your report. These strategies are presented in a "workshop" format and written in as brief and concise format as possible while still getting the point across.

Consider each strategy from the perspective of how it would impact your game. As you're making notes, you might be surprised at how clearly you can visualize these strategies working in your game.

Kris's Strategy Workshop

The Strategy -Setting Goals For Your Game

The Purpose - Putting Direction Into Your Improvement Efforts

Golf temperament styles influence how players think about goals. Players with your optimistic style usually have little trouble thinking of many goals they would like to achieve. The key is to crystallize your thoughts and select one or two goals that would be most meaningful to you. Then develop a set of action steps focused on achieving your goals.

Perhaps the game's most visible example of this crystallized thinking is Tiger Woods. There's no doubt his goal of winning more majors than Jack Nicklaus drives him to plan his work and work his plan with a remarkable focus.

Your level of play will determine how ambitious your goals are, but with your optimistic nature, you'll likely set goals that require a "stretch" to achieve. Once your goals are set, think through what action steps would contribute to achieving them and organize them into a plan. You'll enjoy the competitive challenge of working toward your goals and you'll accomplish more by following an organized set of action steps.

Below are some examples of goals a player might set...

- *Lower my scoring average by 3 shots this year.*
- *Improve my greens hit in regulation percentage by 25% this season.*
- *Win my club championship within three years.*

...and here are some action steps that might help the player achieve those goals -

- *Start a golf fitness program in January.*
- *Set up a series of lessons starting in February.*
- *Schedule a professional club fitting session next week.*
- *Practice my short game for an hour twice a week.*
- *Simulate playing the first holes during my pre-round warm-up.*

List goals & action steps for your game. Be as specific as possible including timelines.

"Take ownership of your goals. They'll kindle desire and inspiration and mobilize your energy."

Winning The Battle Within
by Dr. Glen Albaugh

The Strategy - Using Positive Self-Talk

The Purpose - Generating Positive Mental Energy

The enthusiasm and optimism of your style usually leads to having a positive attitude about your game. This is one of the key mental strengths of your game, but even the most positive players become rattled and prone to self-criticism when they're not playing up to their standards.

Think in terms of being your own coach on the course. One of the most powerful strategies you can use to generate positive energy is talking to yourself in positive ways, **especially** when negative things are happening. One might reason that it's easy to say positive things to yourself when you're playing well. The more compelling point is that it's **easier to play well when you're saying positive things to yourself.**

In a wonderful book, What Happy People Know, Dr. Dan Baker advises, "Self-talk is so powerful that it's very important to choose your words carefully. If you use negative language, you'll create negative internal perceptions about yourself while positive language creates positive perceptions. Researchers have found that when people think positive thoughts, it increases their problem solving ability and mental focus. A good rule to follow is to talk to yourself the way you want others to talk to you."

Your golf temperament is the engine that drives the rest of your mental game. Your self-talk is the fuel you put in this engine- put positive fuel in and positive energy will come out.

List self-talk phrases to create positive energy throughout the round.

"Often times the catalyst for the destruction of a round of golf is not so much a poorly hit shot as it is to the reaction to that shot." Every Shot Must Have A Purpose.

The Strategy - *Staying Mentally In The Present*

The Purpose - *Sharpening Concentration & Focus*

Your Mental Golf DISC Style is a very creative, optimistic and forward-thinking style. This trait is a strength in many ways including being able to visualize yourself accomplishing goals out in the future.

This same forward-thinking tendency can be a liability on the course when players mentally "wander ahead" and start thinking about things like what their final score is going to be or how they're going to place in the tournament while there is still more golf to play. Many a player has yanked defeat from the jaws of victory by daydreaming about giving an acceptance speech and losing their playing focus before the round was over.

If you find yourself wandering ahead and losing focus, use simple trigger phrases to pull yourself back into the present before you start wasting shots. Something as simple as, "back to the present" or "focus on this shot" should do the trick.

The Strategy - *Avoiding "Rabbit Ears"*

The Purpose - *Being Consistent In Your Improvement Efforts*

Certain traits of your **Inspirational** style - sociable, creative, spontaneous, curious - often lead to players having "rabbit ears" and listening to about anybody who wants to offer advice about their games.

Be selective in seeking help with your game and don't change what you're doing every time someone offers a well-intentioned "tip." Find a qualified instructor and give him or her the time needed to make positive changes in your game in an orderly fashion.

Describe situations when you tend to "wander ahead" and how you can use this strategy to stay mentally in the present.

Your notes regarding "Rabbit Ear" Tendencies.

The Strategy - "Playing" The First Few Holes While Warming-up

The Purpose - Getting Your Rounds Off To A Good Start

Visualize driving to the course and having thoughts like, "Today's the day it's all going to come together." This attitude is common for players with the optimistic and enthusiastic style.

Consider this positive attitude a "head start" in preparing your round. You're already "psyched" up to play. Your challenge is to organize your thoughts and positive energy and get focused for the round.

Be sure to arrive at the course early enough to allow time for a relaxed and comprehensive warm-up. Take time for a nice stretching routine to help "gear down" and quiet your active mind a bit.

A key strategy to get focused and ready to play is to simulate *playing* the first few holes while you're warming up. Visualize the tee shot on #1, go through your pre-shot routine and hit that shot. Do the same for the second shot, and keep going until you mentally "play" the first three or four holes. Simulating actual shots you'll face on the course helps enthusiastic type players transition into a ready to play mindset before heading to the first tee. Tiger takes this a step further by checking the pin placements for the par 3's before heading to the range and then rehearses those shots during his warm-up.

Do the same with your putting. Prepare for those first few putts on the course by using your actual putting routine on during your putting warm-up. Brad Faxon, one of the greatest putters ever, puts it this way: "Before I go to the first tee, I'll hit some putts using my full routine. I get into a flow with my routine and then take it to the golf course."

Describe how "playing" the first few holes during your warm-up would help you step on the first tee in a "ready to compete" frame of mindset.

"The biggest challenge on the first tee is changing your mindset from 'on the range' to 'on the course.'"

Johnny Miller -
24 time Winner PGA Tour

The Strategy - Developing A Consistent Warm-up Routine

The Purpose - Preparing To Get Your Rounds Off To A Good Start

The next step in sharpening your pre-round routine is to develop a "script" for your warm-up. Dr. Morris Pickens, Sports Psychologist at The Sea Island Learning Center recommends that players of all levels develop a consistent pre-round routine -

"The touring professionals I work with have some type of basic "script" for their pre-round routine. Based on their personality style, some have fairly precise scripts while others are less structured, but all have a basic routine. There are a lot of variables - practice facilities are different and the amount of time you have before a round can vary - but having a routine to follow as consistently as circumstances allow will help prepare you to play your best."

Keep in mind that an effective pre-round routine for players with your spontaneous nature will help you quiet your active mind and get focused before you step on the first tee. Use the space to the right to write out a script pre-round routine.

Consider including these components in your warm-up script -

- arrive at the course early enough to have a comprehensive warm-up session at a relaxed pace.
- loosen up with a good stretching routine
- use drills your instructor has recommended to reinforce important swing keys or swing feels
- simulate playing the first few holes on the range to get a feel for playing actual shots on the course
- get a good feel for your putting routine and for various short game shots
- make sure you have all of your clubs and the rest of your equipment - umbrella, rain gear, rule book, extra gloves and balls, etc. - organized.

Write out a "script" for your pre-round routine. You might have to experiment to find the routine that works best for you, but use this opportunity as a starting point.

The Strategy - Using Visual Senses To Sharpen Your Focus

The Purpose - Improving Your Shotmaking Performance

One of the key strengths of your **Inspiration** DISC style is the positive energy generated by the optimism and enthusiasm of your style when you're over the ball about to play a shot. The challenge is to focus this energy in the most effective way possible to help your body make the best swing you're capable of making.

Mental coach Dr. Bob Rotella offers this advice, - "A golfer's mind and nervous system performs best when focused on a precise target." Tiger Woods says it this way - "I look at the target and mentally pull it back into my hands. Then I let my subconscious react and my swing just happens."

Dr. Rotella advises players of all levels to work on sharpening their visual senses during their practice sessions - "For every 40 shots you hit working on your swing, hit at least 60 where you're thinking about your target - look at the target, let your mind react to it and then trust your swing without thinking of mechanics."

The Strategy - Creating Your Own Personal Highlight Video

The Purpose - Building Confidence With Visual Imagery

Another strategy for using your strong imagination and visual senses is to develop a short imaginary "highlight video" of yourself playing a few great shots. Make the image of your shots, including the positive emotions they would produce, as vivid as possible. When you're struggling during a round, take just a minute to "play" this video. Focused on such a positive image, even for just a moment, there's a good chance your mind will respond in a more positive way than it would by spending a lot of energy trying to figure out "what's wrong."

Your notes on using your visual senses to sharpen your focus over the ball.

"One of the difference makers between really good players and the rest is imagination - their ability to visualize shots. Being able to see the shot is everything. Your athletic ability will come out so much more when you play visually."

Tom Kite -
1992 U.S. Open Champion

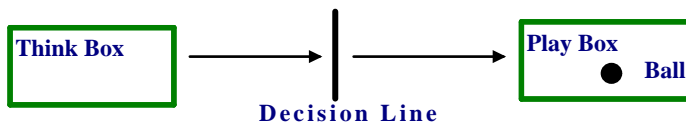
The Strategy - Using The Think Box / Play Box Concept

The Purpose - Building A Strong Commitment To The Shot

You're over the ball ready to start your swing. This is golf's "moment of truth." You're either confident and committed or you have doubts that are generating negative energy. Doubt can come from a number of sources including -

- being unsure about your strategy or shot selection choice
- wondering if you have the break figured correctly on your putt
- being overburdened with too many swing thoughts
- thinking about negative outcomes instead of visualizing a successful shot.

Think Box/Play Box - Pia Nilsson and Lynn Marriott, use a brilliant concept - *Think Box/Decision Line/Play Box* - to help golfers erase doubt and fully commit to the shot. Pia and Lynn have helped players of all levels, including Annika Sorenstam, use this strategy as part of their pre-shot routine.



The *Think Box* is where you commit to your shot selection, create a mental picture of the shot and develop a swing feel for producing the shot. Once you're committed, step across an imaginary *Decision Line* into the "Play Box," focus on the target and trust your swing to make the shot happen.

The key is to fully commit to the shot in the *Think Box*. If you feel doubt over the ball, step back into the *Think Box* and deal with your doubts before stepping back into the *Play Box*.

Here's Tiger's version of Think Box/Play Box - *"Tiger's practice swings have a purpose. He rehearses the motion until he's fully committed to the shot and has a clear picture of the shot in his head. Once he does that, he doesn't get distracted. He gets over the ball and executes."* - From Tiger's coach, Hank Haney

Describe typical doubts you experience when over a ball about to play a shot.

Your notes on using the Think Box/Play Box strategy to strengthen commitment to your shots.

"Doubt over the ball is the number one cause of missed shots."

Davis Love, Jr. - one of the great teachers of our time.

The Strategy - Developing A Game Plan For The Course

The Purpose - Saving Shots By Playing Smarter Golf

"Creative, optimistic, confident, spontaneous thinker who tends to look at the upside more than the downside when deciding what shot to play. Plays risky shots just for the creative challenge of trying to pull them off." This is likely a fairly accurate description of what often goes through your mind when faced with a particularly risky shot. This is part of the fun of the game for you and no doubt you get special satisfaction when these shots come off as you visualized them.

With that said, think about the following scenario. Take a hundred golfers who all hit it the same distance with the same accuracy. Assume the first fifty play with a creative and aggressive course management style and make shot decisions based on the emotions of the moment. The second fifty play with a more conservative style and make decisions based on the risk and reward percentages of the shot.

Send these players out to play a challenging course and total their scores together and the fifty more conservative and systematic players will have the lower total by far. Jack Nicklaus is a great example - like Tiger, he was one of the most powerful players of his time, yet won most of his majors with a fairly conservative course management style. Tiger showed the same discipline by keeping his driver in the bag as he won the 2006 British Open.

Your tendency is to play more like the more creative and aggressive group - and perhaps this has hurt your scoring average over the long haul. You might improve your course management decisions by developing a game plan for the course and making as many strategy decisions as possible before the round.

With a solid game plan, you'll know which holes to hit driver and which ones to go with a fairway wood or an iron to play for position rather than distance. You'll know where to try to carry water hazards from and where you're better off just to lay up.

Practice developing a game plan by writing out a tee shot strategy for all eighteen holes on your favorite course.

"Develop a game plan for the course in advance of a round. A strategy conceived in the pre-round calm is almost always better than one born in the heat of battle."

Dr. Richard Coop
Mind Over Golf

The Strategy - Utilizing The Strengths Of Your Learning Style

The Purpose - Learning More With Less Stress

Players with your learning style are usually optimistic and enthusiastic students who expect good things to happen as they approach a golf lesson. This sets the tone for a positive learning experience. The strategies below will help make the most of this positive environment.

Arrive early and take time to get mentally and physically prepared for the lesson. Allow time to stretch, hit a few balls and review thoughts from previous lessons. You'll be much more relaxed and focused as opposed to arriving just before the lesson and rushing to find your instructor.

With your active mind, your instructor might move from point to point in a more step-by-step structured manner than is natural for you. You'll do well to follow your instructor's lead and not break up the flow of what your instructor is presenting.

Ask "Feel Questions" - Your learning style is very visual and "feel" oriented, so be sure to ask "feel" questions. You might understand the logic and mechanics of what an instructor is showing you, but you won't internalize it until you have a good "feel" for the move. Asking "feel" questions like, "What should I feel like at the top of my backswing?" will help you and your instructor know how well you understand what you are working on.

Use Your Visual Senses To Imitate The Desired Motion - You tend to grasp changes best when you can get a visual image of the desired motion and use your imagination to "copy" the motion. For instance, if your swing tempo is too quick, you can watch your swing on video all day and all you're going to see is a "too quick" swing tempo. On the other hand, you'll likely do better by watching a player like Ernie Els on video and then trying to copy his smooth tempo. This second approach plays to the strength of your visual learning style.

Describe how these strategies will enhance your learning experience.

The Strategy - Developing A Short Game Improvement Plan

The Purpose - Improving Your Scoring Average (probably by quite a bit)

"Fall in love with your short game"

The Golfer's Mind - Dr. Bob Rotella

The vast majority of golf instruction and practice takes place at the driving range rather than the short game practice area. The irony of this is that many golfers can lower their scores faster by improving their short games than by improving their long games. Unless you're already a wizard around the greens, talk to your instructor about developing a short game improvement plan.

Take a minute to assess your short game as it is today.

Pitch Shots:

1	2	3	4	5	6	7	8	9	10
Poor				Fair					Excellent

Chip Shots:

1	2	3	4	5	6	7	8	9	10
Poor				Fair					Excellent

Sand Play:

1	2	3	4	5	6	7	8	9	10
Poor				Fair					Excellent

Long & Medium Range Putts:

1	2	3	4	5	6	7	8	9	10
Poor				Fair					Excellent

Short Putts:

1	2	3	4	5	6	7	8	9	10
Poor				Fair					Excellent

Use the space below to describe your short game improvement plan.

"Kids have no fear when they putt. They miss it and it doesn't affect them. You've got to keep that attitude your whole life. That's my whole premise toward putting."

Brad Faxon - 8 Time Winner on the PGA Tour and one of the greatest putters ever.

The Strategy - Developing Great Practice Habits

The Purpose - Converting Practice Tee Work To Improvement On The Course

- Contributed by Dr. Morris Pickens - Sports Psychologist,
Sea Island Learning Center

List the primary weaknesses in the way you practice now.

"One of the most common frustrations I see with players of all levels is their inability to convert practice tee work into improvement on the course. Simply hitting countless balls on the range or stroking putt after putt on the practice green is not the answer. Knowing what and how to practice is a key to significant and sustained improvement.

I recommend **three** different types of practice with each serving a different purpose. Please review all three and then make notes how you can use each to improve your game.

The first is *Practicing For Learning*, which is the simplest type of practice and should be used when learning a new skill or when first working on a new change in your mechanics. Hitting twenty 5 iron shots to the same target is an example of Practicing For Learning. Through this constant repetition, you'll receive consistent feedback and using this feedback to adjust your mechanics a bit here and a bit there, your ability to hit the shot should improve. With Practicing For Learning, you just work to develop a new skill without worrying about taking it to the course.

Your notes on using the three recommended types of practice.

The next level is *Practicing For Transfer*. As the name implies, this practice is designed to transfer skills from the practice area to the golf course. To gain this transfer, you need to simulate playing shots during practice much as you would play them on the course. For instance, instead of hitting twenty 5 iron shots to the same target shot after shot, add to the difficulty by alternating clubs and hitting each shot to a different target. The probability of transferring your progress to the golf course increases because you're simulating playing shots to specific targets instead of just repeating the same shot over and over.

Unfortunately, many golfers spend most of their practice time in the Practicing For Learning mode - just repeating the same shot ball after ball with little focus on simulating actual playing conditions.

This often creates a false sense of ability to hit the shot, which then leads to the frustration of, "I don't understand why I hit it so well on the practice tee, but can't take it to the course." Practicing For Transfer more closely represents how you actually play golf and gives you a good sense of how strong you really are at the skill you're practicing.

The third level is *Practicing to Simulate Pressure* (or "practicing to play better under the gun"). This method simply takes Practicing For Transfer to a higher level by adding competitive games to your practice sessions. For example, take the same twenty shots - alternating clubs and targets - mentioned in Practicing For Transfer and set a goal to hit a certain number of imaginary greens and fairways. To simulate on-the-course pressure, "compete" against your goal. You can add even more pressure by repeating the game until you reach your goal hitting at least x amount of greens and fairways out of twenty shots.

Following are two other competitive games you can use for *Practicing To Simulate Pressure* -

Number of Fairways Hit - Hit 14 drives (about the number you'd hit in an average round) and alternate on each ball from a straight shot to a fade to a draw with the objective of hitting each ball into an imaginary fairway - say 40 yards wide. Set a goal to hit a certain number of fairways and compete against your goal.

Tornado Putting Drill - Starting from 2 feet away and adding a foot for every putt as you move clock-wise in a circle, place 7 tees in the ground so that you create an expanding circle (a "tornado") around a single hole. Start by putting from the closest tee and keep moving back until you miss. Once you miss, restart back at the first tee. See how many attempts it takes for you to complete the "tornado."

Use these strategies to make your practice time more productive and you'll convert more of your practice time into improved performance on the course." - Dr. Morris Pickens

More notes on improving your practice habits.

"All my life I've tried to hit practice shots with great care. I try to have a clear-cut purpose in mind on every swing. I always practice as I intend to play."

- Jack Nicklaus

The Strategy - *Seeing Yourself At Your Best*

The Purpose - *Improving Through The Power Of Positive Suggestion*

Nobody is at their best all the time, but having a picture of what your "best" is and using the **power of positive suggestion** will help you move closer to "you at your best." Invest a few minutes reviewing these points on a regular basis to reach more of your full mental game potential.

"You At Your Best"

At his best, Kris -

- is naturally enthusiastic and optimistic. Thoughts like, "Today's the day it's all going to come together," are common for him .
- stays mentally "in the present" concentrating on one shot at a time.
- allows plenty of time for a proper warm-up to relax and get in a focused mindset before he steps on the first tee.
- uses his strong imagination to clearly visualize his shots over the ball.
- has thoughts over the ball something like, "See the shot and trust my swing."
- deals with any doubts about the shot in the Think Box and he's fully committed once he's in the Play Box.
- works to simplify his swing thoughts on the practice tee to make the best use of his athletic ability on the course.
- balances his creativity and optimism with extra thought and plays the conservative shot when the odds are stacked against him .
- asks, "What should this feel like," type questions when working to understand the "feel" of changes instructors suggest.
- develops a game plan for the course and makes as many strategy decisions as he can before the round begins.
- follows his short game improvement plan consistently and devotes considerable time to improving this part of his game.
- practices with a purpose every practice session to convert his practice tee improvement into actual improvement on the course.

Building Your Mental Game Reminder System

Developing new habits in your mental game requires awareness and repetition just as it does when making a change in your swing mechanics.

Now is the time to build a simple mental game reminder system to help promote this awareness and repetition.

Follow these steps to create your mental game reminder system -

- Go back through your report and your notes and select five to ten strategies that you feel will have the most positive impact on your game. Your instructor or coach might be helpful in selecting these strategies.
- Write each strategy on an index card and leave space to make progress notes in the future. These cards will serve as your "mental game reminder system."
- Commit to a quick **five-minute review** of your strategy cards before every round and practice session. No doubt, this is a low-tech method, but it is an ideal way to develop new habits and create lasting improvement in your mental game.

Note: The next two pages are supplemental pages to share with your instructor and/or fitness coach.

Supplemental Page To Share With Your Instructors/Coaches

Kris approaches golf lessons with an optimistic attitude and tends to feed off of the energy of an enthusiastic teacher. Instructors will enjoy Kris's optimism and find him to be an enthusiastic student who wants to improve and enjoy the game even more than he does now.

Kris is a visual learner and learns best by imitating what he sees. Effective ways for Kris to learn include watching instructors demonstrate a move or seeing an accomplished player make the move on video and then trying to imitate what he sees.

Kris grasps changes best based on how the change is supposed to look and feel as opposed to trying to gain a detailed understanding of the theory behind the change. Drills that help him learn how a change is supposed to "feel" are very effective ways for him to learn and with his creative learning style, he's usually willing to try almost anything else an instructor suggests. He tends to be a spontaneous communicator and lengthy theoretical explanations can bog him down.

Kris tends to use a "make it up as I go along" approach for his practice sessions. Instructors can help him get more out of his practice sessions by writing out a simple list of what he needs to work on between lessons.

Quick Tips for Kris's instructors are below -

- Appeal to Kris's optimism and create a positive and enthusiastic learning environment.
- Don't go into lengthy explanation about theory and mechanics with Kris.
- Remember that Kris is a visual and creative learner and tends to be a "feel" player rather than a mechanical one - he learns effectively by copying what he sees and by learning how something is supposed to feel.
- Help Kris put some structure in his practice sessions with a simple written plan of what he should work on between lessons.

Bonus Page To Share With Fitness Professionals If You're Involved In a Golf Fitness Program

With Kris's optimistic Style, he'll have high hopes that a golf fitness program will help improve his game. He'll show considerable enthusiasm for the program early on and this will continue as long as he feels he's making progress. On the other hand, Kris is change oriented and might be quick to turn his attention to some other way to improve his game if he doesn't see some results fairly quickly. Kris likes innovative thinking and will be especially motivated if he feels his program is built on the latest and most advanced techniques.

Kris is not a structured and methodical player and will tend to improvise as opposed to following a program exactly as it is laid out. He won't feel he has to know the precise method for performing an exercise before he'll try it on his own. He will just do the best he can and figure he'll learn by trial and error as he goes. Fitness professionals need to show him how to perform exercises properly right from the start before he develops bad workout habits.

Kris is a sociable person and can be distracted by other people and activity in the workout area. He might do well to work out with "accountability partners" who help each other stay on task. Kris tends to be a visual learner. If he's given written material about his fitness program, he's more apt to concentrate on the visual instructions of how to do the exercises than to study detailed theoretical information.

Tips For Fitness Professionals Working With Kris -

- Build variety into Kris's program so he doesn't feel like he is doing the same workout over and over.
- Encourage him to team up with workout "accountability partners" when he's not working with a trainer.
- Spend time with Kris on the front end showing him the proper way to do an exercise. Otherwise, he might go ahead on his own and develop poor techniques that have to be corrected later.