

Positive Mental Imagery



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*Improve Your Golf Game
Easily & Quickly
With Mental Coaching*

Dear Golf Enthusiast,

PMI is pleased to provide this free electronic newsletter, *Mental Coaching for Golf* to give you information for balancing your mind-body-spirit so you can play golf effortlessly, free from distractions, trusting your swing, confident, focused, and enjoying the game much more!

Thanks for subscribing. Every month you will receive new tips and insightful information to develop a winner's mentality for your golf game and your everyday life.

It may take years to develop a sound golf swing, and to understand your on-course personality in relation to course management, but it is possible for a person to learn a mental attitude about the game, which will produce the maximum results from his own capability.

The golf swing is a very complicated maneuver using many different muscle groups, at times moving in opposing directions. World-class golfers know that this complex movement cannot be controlled by conscious thought. Peak performance is obtained when golfers rely on their unconscious mind to put them on automatic pilot.

When you are on the golf course today, here are some mental tips to remember for lowering your score.

Whatever you are *trying* to do, don't.

Trying means steering. Make up your mind to hit to your target and *Just Do It!*

Don't give yourself instruction.

Become aware of your body and swing. Use kinesthetic imagery to feel your body swinging the golf club easily and effortlessly.

Indecision is the enemy of golfers.
Don't hit a shot until you have absolutely made up your mind about what you want to do with the shot.

Believe in yourself no matter what the results are.
Believe in your ability to play well. Trust that you can improve

Emotionalize only good shots.
Emotions of fear, doubt, anger, and anxiety will sabotage your game. Be positive in talking to yourself and others.

Feel your awareness of balance, rhythm, and tempo.
Instead of focusing your attention on a specific part of the body or part of the golf swing, go beyond the physical and find your own rhythm and tempo.

Golf requires a balanced emotional level.
Leave all problems at home. Relax your mind and body with deep breathing.

Give each shot your full attention as if it is the only shot you will hit today.
Stay in the NOW. Be fully present. Play one shot at a time.

Let go of all expectations.
Don't add up your score until you are finished. Enjoy each shot as its own reward.

Enjoy all aspects of the golf course.
Have fun *playing* the game.

PMI wants you to become the best you can possibly be. Whether you call it Y2K or the Aquarian Age, we are now in the Information Age. In order to give you the most meaningful information, we ask you to take a couple of minutes to answer the following questions that are relevant to your game, and email your answer to info@mastermindgolf.com

What golf situations make you anxious or fearful?

What situation on the golf course gives you the most problems?

What is your biggest problem with your golf game right now? What hasn't worked in trying to solve your problem?

What gives you the most enjoyment in golf? What has worked in shooting your best scores?

Thank you for joining us and giving us this important information so the PMI *Mental Coaching for Golf* newsletter will be an even more valuable resource for you.

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Entrain Your Heart & Brain for Peak Performance!

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