

# POSITIVE MENTAL IMAGERY

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

## **AFFIRMATIONS by Joan King**

To become a successful golfer requires the self-confidence to perform in all kinds of different situations on the golf course. Without the belief in yourself you will lose your motivation when you miss shots, and perhaps even give up. Dr. Art Ulene of NBC said, "Belief is the best medicine there is."

In our daily lives, we use our power of creative imagery in a relatively unconscious way to create limiting beliefs. We become socially hypnotized by the repetitive negative comments heard on the golf course. How many times have you heard statements such as?

- I wish I had learned this game when I was younger.
- It's going to be that kind (bad) of day.
- When I play this course I never know who (in my body) is going to show up.
- I got robbed.
- Don't go there, you idiot!
- It could be worse.

Statements like these are statements of our fears. When we use sarcasm or make jokes about our fears, they are mentally reinforced and unconsciously result in limiting shots such as hitting in the water, bunkers, O.B., in the trees, etc. Champion golfers don't talk to themselves critically. They have a strong sense of self-belief and usually blame their missed shots on outside factors.

Everything your attention connects with either good or otherwise draws a mental picture and image into your mind. Your subconscious mind is like an old warehouse which stores the furniture and accumulations of a lifetime. The warehouse is full of cobwebs and old worn out ideas that are no longer useful. Clean out your warehouse now by putting in new ideas affirming your authentic self.

Confidence comes from both physical and mental training. Begin now to let go of the self-talk that sabotages your self-image (PMI newsletters, June 2000, August 2001, May 2002) and start affirming your belief in yourself and in your abilities. You know that you have the ability because you have seen good shots in your past. Choose to believe in what you can do, not in affirming what didn't work.

One of the ways to develop a belief in yourself and your abilities is by positive thinking and nurturing affirmations. Since the turn of the century, noted hypnotherapist Emile Coue (1857-1926) discovered that if you repeat an affirmation enough, and the affirmation is possible, the brain will produce the belief in physical reality. For his clients Coue devised the affirmation, "Every day, in every way, I'm getting better and better."

An affirmation is a positive thought that you consciously choose to put into your belief system to produce a specific desired result. An affirmation is always stated in the present time, not as *I will*, or *I hope*. Through repetition it replaces the negative self-talk in your subconscious mind (authoritarian messages from the past). It is your key for opening the door to positive thinking. You can re-program your brain for your own personal success.

Affirmations enhanced with imagery and good feelings almost always reach the subconscious mind, because it is the feeling mind. Once accepted, these affirming statements continue to produce the same body reaction over and over again. It is a form of autosuggestion. Affirmations give you permission to be or do what you want.

Earl Woods knew the power of personal affirmations. He bought motivational and inspirational tapes for his 6-year old son Tiger to improve his confidence on the golf course. Tiger listened repeatedly to them while swinging his golf clubs in front of a mirror, putting on the carpet, or watching videos of tournaments. He imagined himself in all sorts of golf scenarios and applied the messages to himself. Here are some of the affirmations he used:

- I will my own destiny.
- I believe in me.
- I smile at obstacles.
- I am firm in my resolve.
- I fulfill my resolutions powerfully.
- My strength is great.
- I stick to it, easily, naturally.
- My will moves mountains.
- I will focus and give it my all.
- My decisions are strong.
- I DO IT WITH ALL MY HEART.

## ALL THE TRAINING IN THE WORLD ISN'T ENOUGH WITHOUT DESIRE.

Rosie Jones, a veteran with a 20-year career on the LPGA tour, who only averages 235 yards on her drives, was 6<sup>th</sup> on the money list in 2001. She explains her winning career thus; "My longevity is probably a result of my nature. I'm not a Hall of Famer, but I'm consistent, and I've always believed I could be a better player. I think the reason why I've gotten to this point is because I've always thought I could be better than what I am, and I've never been as good as I can be."

Using affirmations and creating imagery is not just a mental tool, but a state of consciousness. We are the creators of our lives and our universe and take responsibility for that at all times. Manifesting by using affirmations and creative imagery is the process of realizing and making things appear in the physical. It all begins in the mind. Remember that you cannot build on the negative. Growth only comes from building on the positive.

The written word is very powerful. Writing down an affirmation is a dynamic technique to change your mental programming. When you write the affirming words, read them and feel them powerfully instilled in your subconscious. Because half of the thoughts we think are negative, it is also important to write these down so you won't keep repeating them in your head.

### Affirmation Exercise #1:

- Use any affirmation stating what you would like to create in your golf game. I suggest that you use a powerful one such as, "I deserve to win (the tournament)." Write it about 20 times.
- Think about the meaning of the words as you write them.
- Notice if there is any resistance or doubt, or negative thoughts about what you are writing. If there is, turn the paper over and write down the negative thought that refutes the affirmation. (For example, "I'm not playing well enough" or "There are too many players better than I am.")
- Continue to write the affirmation until there is no more negative self-talk.
- Then write the affirmation in the second and third persons so you can imagine what other people are saying about your performance (For example, "John you deserve to win", and "John deserves to win").
- When you have finished, look at the back of the paper. This is the voice of self-doubt that keeps you from creating what you truly desire.
- Write your affirming statement after each round of golf when all of your images and feelings are the strongest.
- Keep writing this exercise daily until there are no more negative thoughts regarding your affirmation.
- Write your affirmation on 3x5 cards, or post-its and place them where you will be constantly reminded of your heart's desire.

Use this exercise to create in your mind the parts of your golf game such as concentration, consistency, patience, relaxation, tempo, etc. that you desire.

Affirmation Exercise #2:

- Write down a description of the kind of golfer you want to be.
- Close your eyes and imagine yourself as that golfer.
- Pick a golfer that has the traits that you described and model that golfer.

Affirmation Exercise #3:

- Write down all the things you do well in your golf game.
- Write down how you can make them even better.
- Write down how you will accomplish that.

Daydreaming is another word for positive imagery. It is the way in which we use our imagination to create what we most desire in our lives. We use this technique every day whether we are aware of it or not. It is our natural power of imagination---the basic creative energy of the universe. Imagination is the ability to create an idea or mental picture in your mind. Creating in this way is magic in the truest and highest meaning of the word.

***“I am enough of an artist to draw freely upon my imagination.  
Imagination is more important than knowledge.  
Knowledge is limited. Imagination encircles the world.”***  
---Albert Einstein

***Entrain Your Heart & Brain for Peak Performance!***

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***“I am having ‘fun’ again. I am almost always positive with my self-talk and am not upset anymore with the doors falling off of my game. I just start swinging and get it back without analysis.”***  
---TJD, Prostitodontist..

***“Four months after attending your seminar, my handicap has dropped from 27 to 21. I have greater confidence in my game and am trusting my swing. I imagine shots that I have hit successfully before and it works wonders.”*** --- DS, Retired Senior Golfer

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If you have a question or need help with your mental game, email Joan at Positive Mental Imagery, [info@mastermindgolf.com](mailto:info@mastermindgolf.com) Also, please share with us how this website information has helped you improve your performance.