

Articles and Tips - Mental Tips



There are many mental aspects involved in the game of golf. Below, I have an eclectic mix of thoughts. Take some of these to the course the next time you play.

SELF CONFIDENCE

If you think you can your right. If you think you can't your right.
You can dismiss what people say about you, but you can't dismiss what you say about yourself.
Your self talk can be an asset or a liability.
Caddie for a friend to learn positive self-talk.

PERFORMING UNDER PRESSURE

It is not about being relaxed, it is learning to deal with not being relaxed, learn how to accept and enjoy the adrenaline rush.

KEYS TO MENTAL TOUGHNESS

Where is your mind right now?
Play emotionally detached from the round.
Detach self worth from shot or score.
Process thinking. Not result oriented thinking.
