

THE POWER OF MENTAL GOLF

www.powermentalgolf.com

WORKBOOK FOR THE GOLFER

1. TAKE THE LEARNING PREFERENCE TEST

(Link on Home Page)

SENSORY SYSTEM DOMINANCE _____
SENSORY SYSTEM SECONDARY _____

BRAIN PROCESSING PREFERENCES

RIGHT _____
LEFT _____
BOTH _____

2. YOUR COMBINED LEARNING PREFERENCE

____ VR Visual/Right ____ VL Visual/Left
____ AR Auditory/Right ____ AL Auditory/Left
____ TR Tactile/Right ____ TL Tactile/Left
____ KR Kinesthetic/Right ____ KL Kinesthetic/Left

3. READ ABOUT YOUR LEARNING STYLE(S)

In Chapter 1 in The Power of Mental Golf

4. IDENTIFY YOUR UNIQUE FAMILY OF SHOT CUES

HIT BALLS at the Range

Rate each shot from 1 to 10. (10 being the best)

When you rate a shot at 7 or over, ask yourself “How did I do that?”

Look for a unique singular thought, image, rhythm or feeling that you experienced. If the awareness of that singular image is not identifiable, hit more balls using the rating and question system.

Once you are aware of the singular thought, image, rhythm or feeling that you experienced, hit balls using that cue. If you can hit 3 balls that you like with that cue, this is a cue you can take to the course.

Refer to Chapter 1 in The Power of Mental Golf to see example cues that are common to particular Learning Styles.

Once you discover a cue that works for you, you will find other similar cues, creating a Family of Cues. From this Family of Cues, select a single cue for each shot. It is recommended that you use the same cue for each shot for the entire round. ¹

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LIST YOUR BEST SINGULAR CUE:

LIST A SECOND SINGULAR CUE, ONCE DISCOVERED.

NOTE: Use ONLY 1 cue on each shot. If more than 1 cue comes to mind, back off the shot, clear your mind and commit to the singular cue.

NOTE: Back off the shot if internal or external distractions occur.

After you back off because of multiple cues and/or distraction, focus on your singular cue and return to your set-up position and hit the shot.

5. CREATE YOUR “GOLF SHOT ROUTINE”

ASSESS ALL SHOT INFORMATION

Lie condition

Wind

Consider risk/reward in selecting target

Consider shot shape

SELECT CLUB

STAND IN PREPARATION AREA -

Stand behind the shot, looking down the target line

Take a rehearsal swing if that suits you

Make commitments to Target and Shot Cue before leaving Prep Area

WALK INTO SHOT SET-UP POSITION

No thoughts except singular shot cue

Once settled, hit the shot

HOLD FINISH

Create positive message / thought

Use your Golf Shot Routine for every shot. Make it a habit.

6. GOLF EQUIPMENT ASSESSMENT

Take the Assessment found on the Clubfitting Page on the website www.powermentalgolf.com

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