  **The Zone Golf Academy**

Info@ZoneGolf.com

(951) 200-9880

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# Class # 2 - ZoneGolfers School

Welcome and Introduction

- Congratulations! You are in the 10% of all golfers who want to improve.

- And you graduated from Class #1

- Any questions or comments from Class #1?

- Why do you play golf?

- What are your goals/objectives?

- Anything resonate in the M.G. Toolkit?

Notes:

- The ZoneGolfers textbook is "Zen Golf" by Joe Parent. This is a must-buy book.

- We will generate your customized instructional manual/notebook.

- It will help if you start a golf improvement journal - details to follow.

- Doc says "golf is 90% mental and the other 10% is mental"

- The Mastery Path is not linear- see the "Cognitive Flow for the Mastery Path"

Choices

- The magic of a strong mental game is that it consists of thoughts.

- Average people have maybe 2000 thoughts a day.

- Most of those thoughts require making a choice or decision.

- Every choice has a good consequence or a bad consequence.

- There is a recognized principle call free-will that allows you to think about what you want and allows you to shape your thoughts anyway you want.

- E.G., you can choose to be optimistic.

- Read the attached write-up on CHOICES to explain this further.

- CHOICES explains how free-will allows you to control your own destiny.

Breath Counting Exercise

- Posture

- Focus on the breath

- Ever meditated?

Non-Judgmental Awareness/Mindfulness

- A panacea

- Virtual 'driving range' to practice your mental game

- Lowers stress levels and blood pressure

- Improves single point focus, distraction management, getting into the Zone

- (See attached Awareness/Mindfulness document)

Major Stroke-Savers

- Effective pre-shot routine

- Effective post-shot routine

- Fire your 'evil caddy'

- Treat yourself as you would a friend

- Never choke again!

- Deep breathing and tightness from pressure are mutually exclusive

- (CM) Establish a 'personal par' given handicap, weather, etc.

- (CM) Play according to your personal par and not 72!