  **The Zone Golf Academy**

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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!