



Play like a child

By Kay Williamson

For most of us, how well we do in golf is tied to our self-esteem.

Self-doubt and self-criticism cause negative, uncomfortable emotions such as anger, embarrassment, and frustration. These negative emotions and thoughts come from remembering past perceived “bad” experiences, or anxiety about possible outcomes of our next shot.

And all of this negativity affects our golf. Therefore, we need to constantly reset our game and stay in the moment to regain our confidence and trust in our skills.

To stay in the moment at the time of the shot, play like a child!

Develop a pre-shot routine that allows you to play in your inner mind, like a child uses her or his imagination when playing make-believe.

Use your senses (left brain activity) instead of thinking (right brain activity). Rather than trying to correct your swing, use your imagination to create a scene of yourself practicing and playing, totally focused with calm and relaxed confidence.

See, hear and feel yourself accomplishing your goals. Experience how good it feels to hit that perfect shot or putt. Enjoy your success in your mind, **then** step up to your shot and repeat that scene.

So remember to play golf like a child. After all, golf, like life, is to be enjoyed.