



Did you have fun?

By Kay Williamson,

Education Committee/Certified sports hypnotherapist

As many of us are wrapping up this golf season, it may be a good time for a review of the past summer. The reason most of us say we play is for fun. Did you truly enjoy each game, no matter what the score, the weather, the condition of the course or with whom you played?

If not, why not?

The mental part of the game is the one thing we can all control. By reviewing your season, highlighting the positive times and noting the times that didn't live up to your hopes, you can pinpoint some mental skills you can work on for the upcoming season.

Decide which thoughts and emotions will help you achieve your goals next season. **Empower** yourself by ridding yourself of fearful thoughts, focusing instead on what you want to accomplish. **Reframe** your thinking so that perceived triumphs and disasters are treated the same way.

If you can do this, you will truly enjoy playing the game of golf -- and the upcoming season will be even more successful!