

Concentration Test:

This is a brief, yet very powerful, section. Its' purpose is to test and develop your concentration. Your ability to concentrate intently on a given task is a doorway to the state of “flow”. The very act of placing your attention on a single moment/object, at the exclusion of everything else, is itself a heightened state of awareness.

This isolation of attention magnifies the state you are in and intensifies it. Exactly what creates optimal performance states. This is the foundation of personal excellence in your game. Work with this *simple* test and your ability to concentrate will expand proportionately. Well, it is simple but it's definitely not easy! Practice with this until you reach a high degree of proficiency. I assure you this will take time but the payoff will be noticeable.

The following process is designed to test and increase your focus. It is a great way to test yourself as to how developed your attention is relative to other peak performers. On the following page you'll find a grid filled with numbers beginning with 00 and going to 99. What you'll do is begin crossing off the numbers in the grid starting at 00 and continuing in order until you are finished with crossing off number 99.

The numbers are arranged randomly.

Yet you have only "one minute"! So grab your watch and time yourself. I'll show you what top performers results are later. I want you to focus on your own efforts first before comparing your results with them. Print several copies of the number grid for your use. Then grab a pencil. After you've used a sheet once, toss it away and use a fresh sheet with each subsequent test.

Concentration is a mental game skill that is acquired with practice. Make the effort to improve your scores on this grid and you will definitely experience increased attention, focus and reduced mental distractions in your golf game.

Time yourself and make sure to stop at exactly 1 minute. Then count how many numbers you were able to cross off the grid, in order, starting with 00 through to 99.

84 27 51 78 59 52 13 85 61 55
28 60 92 04 97 90 31 57 29 33
32 96 65 39 80 77 49 86 18 70
76 87 71 95 98 81 01 46 88 00
48 82 89 47 35 17 10 42 62 34
44 67 93 1 107 43 72 94 69 56
53 79 05 22 54 74 58 14 91 02
06 68 99 75 26 15 41 66 20 40
50 09 64 08 38 30 36 45 83 24
03 73 21 23 16 37 25 19 12 63

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See next page for top performer's results.

Individuals with a high degree of concentration completed upwards of 30 numbers in one minute. Impressive to say the least. The “average” number of completions for top performers was around 20.

Don't feel bad if your numbers don't match theirs. These are the best of the best! Keep practicing. Then set the entire exercise aside for several days to a week. Return to it and do it fresh with no “memory” of any number placement patterns. You don't want to attempt to try and memorize “where” each number was the last time you did it in order to speed the process up.

The outcome of the exercise is to test your concentration and focus. Ultimately they will both improve.

Mental drills that increase your acuity are a useful addition to your mental game arsenal. Another step along the road toward personal mental game mastery...

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Whole Mind Golf
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