

## [Mental Game Self Assessment](#)

This mental self assessment is designed to bring your attention to areas of your inner game that you likely aren't very aware of. It opens the door to your inner game and points the way to areas you need to focus on as you improve your game. Take it seriously if you want to **make some big changes** in your game.

Many people find this applies to other areas of their lives. Not the questions themselves but the overall framework. You will identify what your main area of concern is in your mental game.

Don't be shocked if most questions yield a "No" response. What is important at this stage is to notice how you "feel" about your responses. Your potential as a player will be revealed in this way.

The fundamental areas of the mental game, from development to mastery, are covered in my book [Every Golfer's Guide to the Development and Mastery of their Inner Game](#). You'll build a powerful self image and play with **unstoppable confidence**.

This material has transformed the games of my clients as well as my own. I was once a high handicapper and now play to a 3 *without* taking any golf lessons. All by applying the tools in the mental game program.

And it is **jam packed** with exercises that dissolve limiting beliefs.

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I recommend you keep a journal. An inner game journal, if you will. In it make quick notes as to how you felt about your round. How you felt you performed. In my book I provide a checklist of areas to focus on and track. This provides an incredible insight into your mental game habits as you look back on them and review each month.

It will amaze you **how quickly you** begin to make changes...

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Here are a few questions for your inner game journal:

1) **How did you feel about the round?** - here just recall your overall feeling of the game itself, not about how you scored. Just

write how you enjoyed yourself, or not!

2) **How did you feel about how you played?** - ok, here write about your thoughts and feelings about how you played. Do you think you played well, or so so? Add some details.

3) **What are your thoughts about how you scored?** - Now this might seem similar to the above but there is a very important distinction. It is possible to feel good about how you played and not feel so good about how you scored, as you know.

4) **How did you manage your inner game?** - did you remain resourceful most of the time or lapse into negative internal dialogue and self criticism? Here take some time to monitor how well you believe you managed your inner game.

5) **Did you play within yourself?** - a simple yes or no plus a few personal notes will suffice here. By the way, do you know the 5 playing styles yet? Every one of us falls into one of these 5 main golfing styles. They determine your approach to the game. Knowing yours let's you truly understand what it means to "play within yourself".

There are several other key areas to cover which are available in the mental game program. Use these as they will get you going in the right direction and will definitely help you increase your awareness as you develop your own inner game.

Keep your journal up to date.

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Ok, let's begin the **Mental Game Self Assessment**

Circle your answer: Yes or No.

**A. Pre-Round Mental and Physical Rehearsal:**

1) I use mental imagery to improve performance.

**Yes No**

2) I practice by creating similar situations I'll face on the course.

**Yes No**

3) I visualize my swing as a form of mental training.

**Yes No**

4) I imagine myself hitting great shots, holing key putts and winning.

**Yes No**

5) My mental game diet includes reading and listening to related material.

**Yes No**

6) I play full rounds of golf in my mind's eye and see myself shooting low.

**Yes No**

7) I practice stepping into confident feelings before I play.

**Yes No**

8) I consistently apply a pre-shot visualization strategy.

**Yes No**

9) My inner game journal is kept up to date.

**Yes No**

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Use a pencil and put a date on the assessment.  
Then re-do it once a month and see how many more "Yes"  
answers are circled. (Note: the blue text are clickable links)

These steps are very inclusive and each one is expanded on here.

**1- Mental Imagery** - this is different form visualization, which is used primarily *during* your round. Imagery is a deeper sensing of your desired state. Using as much of your senses as possible. You want to build the skill of **accessing your unconscious** where your potential awaits your attention.

Numerous examples of mental imagery and exercises are used in my course. This is an area that has enormous impact on your game. See yourself **winning matches** and games with people and hitting great shots. Step deeply into the moment and live the feelings.

I played in a match play league that ran over a couple months, with a total of 13 matches prior to qualifying for playoffs. I began the season well and was 8 - 0 at one point. Trust me when I say it wasn't because I played so good every time out! I just found a way to win.

I completely credit this "**inner conviction**" and self belief to my countless hours of mental imagery exercises. Top level athletes in

every major sport make use of advanced mental imagery processes.

Remember, it only takes **5 minutes a day while lying in bed** before sleeping. Practice doesn't get much easier than this...

**2- Practice with similar on course scenarios** - if you want to perform under pressure you'd better practice with pressure! How else can you expect to access your potential under the pressure of competition? If you tend to hear distractions when you play, then practice with a friend and have him/her rattle some change in your back swing, or cough, or knock your clubs over.

Ok, knock *their* clubs over...

**Duplicate "on course" situations.** When you are practicing putts have someone roll balls across your line while you are making your back stroke. Place 3 balls 5 feet from the hole and make sure you hole all three in a row from 3 different positions. Or you must start again. There are many ways to duplicate on course situations.

**3- Visualize your swing** - This process will improve your swing consistently. I don't have a classic or elegant swing by any means yet it is definitely consistent. You should spend some time each night ***sensing the various components of your swing.***

Feel it from takeaway to follow through. Notice where you "feel" you should be along each part of the swing. You will be amazed at how your unconscious will log this information and store it for future use when you "are" hitting balls. Do this along with range practice and your progress will explode.

**4- Imagining success in your game** - In your mental game rehearsals you will rotate each night's practice. One night on the swing, the next on playing rounds in your mind's eye. Then the next night focus on mental imagery of accessing winning feelings and seeing successes in your game. I absolutely love doing this! Not only because it works but it feels great!

"The unconscious mind doesn't know the difference between a real and an imagined event", so it accepts every image and sensation as if it is actually happening to you. This is powerful stuff. Use it! Do this as often as you can. Every spare moment will help...

**5- You read books on the mental game and listen to cd's, etc.**  
- it is important to have your mental diet full of resourceful, positive and performance reinforcing knowledge. Make it a habit to **feed your mind healthy images** and information. It will pay you back a hundred fold.

**6- Play rounds in your mind's eye** - See yourself playing a favourite course or a course you are about to play soon. Visualize each hole and the shots you'll need. Where is the best place to drive the ball on a given hole? Manage your game in your mind.

Which green is particularly tricky? Your unconscious will store these images so make them good ones. Feel your way around the course. After awhile you will find yourself calmly making your way around the course in your mind's eye, sensing how best to play it.

**7- Practice stepping into resourceful state prior to your round**  
- this is fundamental to playing your best golf. It is all about states. Our behaviors, therefore our swing, are state dependent. Managing your state begins with starting your round ***in a state that works for you.***

Some players like to be calm and loose while others prefer to be pumped up just enough to get their attention. Note- you will naturally find out which approach is best for you as you integrate the material and continue to build your inner game.

I teach you how to apply anchors in the book. These are the key to mastering your state on the golf course. There is no other course or program as powerful and effective as this. Bar none. It is measurable and you will verify it **by watching your scores drop.**

**8- Apply a pre-shot visualization process** - this is the one area that separates the decent players from the good ones. Once you begin applying this process to your pre-shot routine your scores will drop immediately and your consistency will improve quickly.

There's a section on how to design the right pre-shot routine for your style and which kinds of visualization are best for each style. You will know what is right for you by understanding your playing style.

**9- Inner game journal** - well, I told you about this one at the beginning. The simple act of writing a few notes about your rounds pays large dividends in your mental game. It builds mental toughness. The discipline of maintaining it and of reviewing it adds to your mental toughness. Yet once you gain the benefits of keeping it you won't look at it as discipline. You'll enjoy it.

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I hope you received some valuable tips for what to pay attention to to advance the development of your inner game. These are important areas to focus on and improve.

There are over 20 areas to track yet the areas each player tracks will depend on the depth of your involvement with the game. If you're a pro then every question is useful. If you are a high handicapper then perhaps only a few are needed. You can determine what is right for you.

I'm offering a full accelerated learning program that will catapult your inner game into your outer game and make you play the best golf you are capable of.

No gimmicks or false promises. No bogus "quick fixes" that flood the internet. Real tools and measurable, lasting change in your game.

I value your time and interest in ***developing a strong mental game***. My goal is to meet your commitment by providing you with the best techniques, tips, and exercises for moving your mental game to its highest level.

Purchase Every Golfer's Guide to the Development and Mastery of their Inner Game by [Clicking Here](#). Your game will improve for a lifetime. It comes with a complete, **100%, no questions asked money back guarantee**. Your satisfaction is my primary concern. I love the game as you do and I want you to experience the incredible joy of shooting consistently good rounds and of playing your best!

Wade Pearse

**Keeping you on target**

**[The Mental Game of Golf Site](#)**

**[Mental Game Blog](#)**

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