

## 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 your time with this. It is important for you to notice **your internal responses** to your own answers. Take it seriously if you want to make some big changes in your 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 and your internal dialogue.(self talk)

The fundamental areas of the inner game, from development to mastery, are covered in the inner game program [Minding Your Game - Mental Game Training](#). You'll acquire powerful tools and learn play with unstoppable confidence.

The material in this course has transformed my game from a high handicapper to a 3 *without* lessons and people from all over the world have taken their games to new heights. It is **jam packed** with exercises, strategies and techniques that dissolve limiting beliefs and help you break out of useless thought patterns that cause poor decisions on the course.

If you like, and I recommend it, keep a journal. An inner game journal. Make quick notes as to how you felt about your round. How you felt you performed. In my book I provide a comprehensive checklist of areas to focus on and track.

This provides an incredibly clear insight into your mental game habits as you look back and review them each month.

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

Before we begin your self assessment, here are several questions you can use to focus your entries into your Inner Game journal. Use them yourself to increase your attention on the key areas in your game.

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, right?

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 our approach to the game. Knowing yours lets you truly understand what it means to "play within yourself".

It takes only moments to do the above after you play and the payoffs are lasting.

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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, and prior to each shot.

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 at first and put a date on the assessment. Then re-do it once a month and see how many more “Yes” answers are circled.

These above questions/areas 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 with as much of your senses as possible. To really get into states and access your unconscious where your potential awaits your attention.

Numerous examples of mental imagery and exercises are used in the mental game program. This is the area that when applied properly yields the most lasting change in your game. You want to see yourself winning matches and games with people and hitting great shots.

While my passion is coaching others to excel, I also play the game and love it immensely. I compete, when time permits and do quite well.

There are loads of exercises that are powerful and easy to apply. You'll play better almost naturally since these process get into your subconscious where your natural talents reside.

**2- Practice with similar on course scenarios** - if you play with pressure you better practice with pressure. How else can you expect to access your potential under the pressure of competition? If you tend to get distracted 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, get them to knock *their* clubs over...

Duplicate some 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 accomplish mirroring on course situations. I expand on this in the mental game course.

**3- Visualize your swing** - This process will improve your swing consistently. 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.

Couple this with your 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 a round of golf in your mind's eye. Then the next 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? Which green is particularly tricky? Your unconscious will store your 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, is 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.

**8- Apply a pre-shot visualization process** - this is one area that separates the average players from the good ones. Once you begin applying this process to your pre-shot routine your scores will drop immediately and add consistency to your scoring. My offline clients shake their heads and wish they knew these techniques when they first took up the game. It will do the same for you. I have a section on how to design the right pre-shot routine for your style and which kinds of visualization are best for each style.

**9- Inner game journal** - The simple act of writing a few notes about your rounds pays large dividends in your mental game. The discipline of maintaining it and of reviewing it adds to your mental toughness. 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 focus on to advance the development of your inner game. These are important areas to focus on and improve.

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