

Mental Game Self Assessment

Take your time with this. It doesn't really require intense thought yet it is useful 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.

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 of their Inner Game.](#) You'll build a powerful self image and play with unstoppable confidence.

The material in the book has transformed my game from a high handicapper to a 3 *without* lessons. And it is **jam packed** with exercises that I hadn't even developed years ago when I was first applying things! The techniques you'll be using are superior to what I used to get the results I did. I wish I knew what I know now back then! But such is life.....

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 away at **how quickly you** begin to make changes!

Before we begin your self assessment, here are several questions I use to focus my entries into the 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".

Keep your journal up to date!

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

I like to 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 steps are very inclusive and each one is expanded on here.

1- Mental Imagery - this is different from 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 my book. This is the area I applied the most in my game and it yielded measurable results. I would literally see myself winning matches and games with people and hitting great shots. Guess what happened? Just that!

I played in a match play league that ran over several 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.

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 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 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, 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 book.

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 rounds 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 I began applying this process to my pre-shot routine my scores dropped immediately and added consistency to my scoring. My offline clients experienced the same and 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. Ultimately you will know what is right for you in a natural way.

9- Inner game journal - well, I told you about this one above! And since you just did it it should be up to date! 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 add 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.

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.

Would you like to receive steady mental game updates? Add my URL to your newsreader and join my blog. You can download a free newsreader [Here!](#)

If you're already familiar with newsreaders simply Copy and Paste the following URL into yours.

<http://www.golf-mental-game-coach.com/mental-game.xml>

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 strategies and exercises for moving your mental game from development to mastery.

Purchase **Every Golfer's Guide Mental Game Coaching System Now** by [Clicking Here](#) Your game will improve for a lifetime. It comes with a complete, **100%, no questions asked, money back guarantee for a full 2 months.** 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.

Ps; For a limited time I am offering an incredible bonus. Receive Lifetime Updates to the book. I continue to test and apply the best strategies in the mental game and write additional sections for my book. I upload these to a password protected webpage and you simply visit there monthly to see if there are updates! All Free.

Thanx again and go low!

Wade Pearse
Keeping you on target!