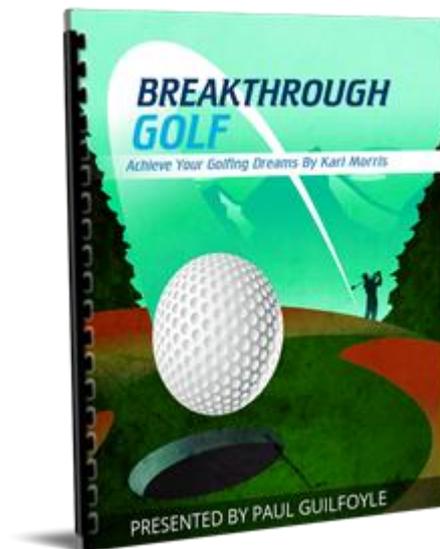




## Achieve Your Golfing Dream

By Karl Morris



Office Telephone : 01925 764053 Email : [sales@themindfactor.com](mailto:sales@themindfactor.com) [www.themindfactor.com](http://www.themindfactor.com)

© 2018 Masterstroke Ltd and The MIND FACTOR. All Rights Reserved

## INTRODUCTION

### By Mind Factor Golf Coach Paul Guilfoyle

Congratulations on downloading this special report.

Many average club golfers seem to think that learning how to use their mind to improve their golf is just for Tour Pros. They decide to concentrate on working on their technique, get their swing working perfectly and once that's all sorted, perhaps they'll learn to deal with "all that mind stuff".

Unfortunately this strategy just doesn't work out for the vast majority of amateur golfers. It may even explain why despite all the advances in technology and the abundance of video swing tips the average handicap has not improved over the past 20 years.

I'm a certified Mind Factor golf performance coach having studied under my mentor Dr Karl Morris. Karl is one of Europe's most successful performance coaches. It's my pleasure to present to you this special report.

Please feel free to give away this report to friends, family and colleagues. If you haven't yet subscribed to my regular email newsletter you can do so at <https://mentalgolfpro.com>

You'll get weekly updates with the latest videos, blog posts and news from me. You'll receive free access to some of the very best golf success information as well as receiving the latest guides and reports together with future updates. You'll also get exclusive bonuses reserved for my VIP subscribers.

If you register today you'll gain access to a free video and discover the **one simple question** you can ask yourself to help you shoot lower scores, drop your handicap and enjoy golf more.

If you're interested in continuing your journey to discover how good you're really capable of becoming at this game or if you simply want to make the very most of it and gain as much pleasure as possible from golf, I've got a valuable special 100% free offer for you at the end of this report. I hope you take this up and I really look forward to hearing further from you.

Enjoy this free copy of "Breakthrough Golf". I'm now handing you over to Dr Karl Morris...

## Playing Your Best Golf

Whether you are an amateur or pro, there is no denying that we all want to play to the best of our ability and to relax and enjoy our time on the course.

And yet, how many times do you find all that confidence you had on the range evaporates on the first tee? How many times have you left the course wishing you hadn't bothered getting out of bed? How is it that everything can click into place one day, but the next day you find yourself wanting to hurl your driver into the nearest water hazard?

I'm sure you will agree that the game of golf has seen many improvements in the last 20 years or so. For example:

- ✔ Golf equipment has improved
- ✔ Modern golf balls fly further
- ✔ Course management and green keeping has improved
- ✔ The quality and detail of golf tuition has improved
- ✔ Launch monitor technology is everywhere
- ✔ And yet, with all these improvements, the average golf handicap in the US and Europe has not come down in the last 20 years.
- ✔ So what is going on here?

## The Swing That Stands Up Under Pressure

Similarly, a great score on the front 9 does not automatically mean that the back 9 will be great too. How often do we feel we are on track for a personal best, only to watch the wheels fall off during the last few holes?

It's ok; we have all been there. Pros and amateurs alike.

It seems we forget everything we learned and practiced when the pressure is on. So what does conventional golf wisdom say we should do to overcome this?

Yep – train more, practice more, and build a rock solid golf swing that will stand up under pressure.

And yet, as we have already seen, even though we now have endless technical data on what makes a great golf swing, even though we can now dissect golf swings on video, even though we can buy every piece of training equipment under the sun, even though modern golf clubs are much more balanced and forgiving with enlarged sweet spots and cavity backs, even though there are hundreds of books, magazines and web pages available full of golf swing tips... we come back to that undeniable truth...

Average golf handicaps have not come down in the last 20 years. What is actually going on??

There is no such thing as a swing that can stand up under pressure. Unfortunately, most coaches and pros don't know what else to suggest.

The secret that the most successful players already know is that what is really needed is a mind that can stand up to pressure. To develop mental resilience.

## The Importance of The Mental Game

Over the past few years there has been a lot of talk about the mental side of the game, from the top levels of the sport right the way down. Pretty much everyone agrees that the mental side of golf has a significant impact on the game, but no-one really agrees how much. Estimates vary from 30% to 90%.

In some ways, they are all right. Every golfer is at a different stage of development and skill, so working on the mental side of the game will have a greater or lesser effect for each person.

Take a moment to think about your own game. Go grab a piece of paper and a pen and write down your current handicap.

Seriously, go grab them now... I'll wait here for you.



Now, write down the word POSSIBLE. And as you look at that word, think about what could be possible in 12 months' time if something extraordinary were to happen with your game? If you had a genuine BREAKTHROUGH.

Before you do that, let's be clear – there is a huge difference between a possible goal and a delusion! Imagine that the possible comes true and in 12 months you have achieved something remarkable with your game, something that would really test you, but which would be possible.

Now, think for a moment what achieving that would do to improve your handicap and your enjoyment of the game. And as you do, write down your new handicap and the percentage of the improvement that would come from the mental side of your game.

What percentage did you write?

Now, think for a moment and write down three of the things you are currently working on in your technical game – perhaps you are working on some part of your golf swing or posture, or working on a particular type of shot. What kind of things are you thinking about as you address the ball?

Now, write down three of the things you are currently working on in your mental game. Not things you think you should be working on, but the things you are actually working on!

## What happened?

Did your pen run out of ink?

That's the problem. We all know that the mental side of the game is important – people give figures from 30% to 90% - but how many of us are actually doing something about it? Unless we know what this mental side of golf is all about and have some specific things to work on, chances are we will do nothing about it.

This is what **BREAKTHROUGH** is all about. Creating a Win-Win for Players and Coaches



MIND FACTOR Coaches like Paul Guilfoyle believe that the mental side of the game accounts for around 30-40% for most players.

You still need good technique. And knowing whether a problem is technical or mental is vitally important – after all, how else do you know where to concentrate your efforts?

Paul Guilfoyle Certified Mind Factor Coach [www.mentalgolfpro.com](http://www.mentalgolfpro.com)

Consider the typical scenario. You go and see your coach or club pro and take a few lessons. You get a bunch of things to think about and practice. So you go ahead and practice, building your confidence and feeling great.

So what goes through your mind when you find yourself under pressure in a game or tournament and your game falls apart?

For most people, something like:

“Those @\$!&% lessons aren't working...”

So what do you do next? Blame the coach or pro and vow to find a new one? Blame yourself for not practicing hard enough and sign up for even more lessons or hours on the range?

Learning how to deal with the MIND FACTOR in golf not only helps make you a better player, but can also make pros and coaches better teachers, meaning more successful clients, more referrals and more business.

## What Type Of Golfer Are You?

Over the years, The MIND FACTOR has identified four types of golfer:

### ✔ 1) Untrained Swing, Untrained Mind

This golfer is the novice. They have no real understanding of the technical side of the game, nor the mental side, and placed in a competitive situation would not have the tools to cope.

### ✔ 2) Trained Swing, Untrained Mind

This golfer is the most common type. They have a functional golf swing, but something seems to get in the way and stops them playing to their full potential, especially under pressure. What separates the average player from the average pro in this category is their level of technical skill, and 90% of pros feel they are a Type 2 golfer.

### ✔ 3) Untrained Swing, Trained Mind

This golfer is our favourite character, and you have probably played this person at some point... and lost. This is the kind of golfer (often a senior) that you see on the first tee, with that funny something or other in their swing. You don't really notice them at first, as they appear to plod their way up the fairway, chipping it up and rolling it in. Then your jaw drops when you see they shot 68!

### ✔ 4) Trained Swing, Trained Mind

These are the world's top golfers – think Justin Rose and Dustin Johnson. They are technically proficient, consistent, and can handle almost any situation a course can throw at them.

Which type of golfer are you? Chances are, as you are reading this report, you are a Type 2 (or maybe Type 1) golfer, with an untrained mind. It's ok; you are just like 80% of golfers playing today, and 90% of the pros.

Good technique is absolutely vital, but over 100 rounds, a Trained Mind (Type 3) will beat a Trained Swing (Type 2). And yet, where do we spend most of our time and effort?

It seems to be a universal problem amongst golfers that great results on the driving range or practice green do not automatically translate into great results on the course.

Yep, working on our swing.

The best news is that, although most of us will never be able to turn our hips just like Justin, it is possible to learn and use the same techniques that Justin uses!

With a swing change, you tend to get worse before you get better. With a mental change, the worst that will happen is that you won't improve, and you can only move towards that number you wrote on your piece of paper.

## **The Enjoyment Factor**

Ask any golfer why they play, and one of the top reasons they give will invariably be 'to relax' or 'because I enjoy it'.

And yet, how many times do you see people stomping back to the clubhouse with their heads down, steam coming out of their ears?

All that frustration and tension out on the course not only ruins the enjoyment of golf, but also interferes with your game.

Why? Because, as any martial artist will tell you, tense muscles are weak muscles.

Most golfers are completely unaware how their state of mind is affecting their performance, creating a vicious circle of tension – poor performance – frustration – tension.

Tense muscles do not allow you to access your golfing motor programme

Try it for yourself next time you are at the range. Tense all the muscles in your shoulders, back and forearms as hard as you can and then try to drive a ball. Chances are, your drive will fall much shorter than normal.

Most people find they can only drive half the distance. When we enjoy something, we are motivated to do it more. When we find something unpleasant, we subconsciously try and avoid it.



How could thinking differently about your game improve your enjoyment, as well as your handicap?

## The Golf MIND FACTOR Difference

Many of the 'self-help' programmes currently on the market focus primarily on visualising success. Or dreaming big, as we like to call it.

If these programmes are to be believed, golf is 'all in the mind', implying you can simply sit under a tree and manifest golfing greatness by tapping into 'the secret' or the cosmic ordering service, or by listening to relaxing music whilst a soft voice convinces that you are a great golfer.

Unfortunately, all these programmes tend to do is lead to a short period of false confidence. When you stand there on the first tee, full of positive thoughts, then slice the ball into the rough, where do you go from there?

For most people, the answer is that they go the opposite way – the positivity dissolves and a fast slide into negativity begins. Anyone that tells you golf is all in the mind is wrong. And as we have seen, anyone who tells you that golf is a purely technical game is also wrong. The only way to be a top golfer or coach is to combine these two worlds.

The MIND FACTOR is completely different in that it is based on sound principles of how the mind actually works. It's more than just research, however. The MIND FACTOR approach has helped some of the world's top golfers (as well as professionals in other sports) to improve the mental side of their game, with real and measurable results.

At the core of this programme are practical and useable techniques based on research from the world of neuroscience.

### **Here are 10 things you need to learn to be the best player or coach you can be:**

- ✔ How to make your practice effective
- ✔ How to get into the right 'state' to play your best
- ✔ How to know whether a swing problem is technical or mental
- ✔ How to stay calm in a pressure situation
- ✔ How to create an effective pre-shot routine
- ✔ How to deal with bad shots
- ✔ How to develop the skill of acceptance
- ✔ How to keep your attention in a useful place
- ✔ How to make your mind work for you, not against you
- ✔ How to learn something constructive from every round

## Where Next?

### 5 SHOTS LOWER WITHOUT CHANGING YOUR SWING

It's Paul again here. I hope you enjoyed the free report.

What would you think if I said there was a way to reduce your score by 5 shots or more, without any complicated, expensive or time consuming swing changes?

That's the kind of difference that a top mind coach can help you achieve.

Karl Morris has a range of material available, including an MP3 product that is guaranteed to get you 5 Shots Lower Without Changing Your Swing.

For details visit <https://mentalgolfpro.com/news/5shotslower>

### FINALLY, AS PROMISED HERE'S MY SPECIAL OFFER –

#### **My amazing 1 hour 100% Free and full on 1 to 1 coaching session via Zoom**

I want you to have the opportunity of, **at no cost**, a **free coaching session with me** where I share with you a revolutionary approach as applied to golf to **transform your game forever**.

And if like me you see golf or sport in general as a metaphor for life you could even use this new understanding as many others have to transform your business or career and personal life for the better.

This is a limited time offer so make sure you visit my website today for full details

<https://mentalgolfpro.com>

.