

## **A Brief Reminder about your Mind!**

The fact that your mind loves habits is an **asset to your game**, not a liability. So when people talk about habits as being “bad” they're out of touch with what really goes on inside your head. Habits are extremely powerful allies to your inner golf game. They are your subconscious mind simply repeating what it has learned through repetition and belief, so why resist nature - *Use it.*

So if our mind works habitually, we must create habits that it will employ in the future and one that works well is getting the mind to become “target” focussed.

When it is fixated on a target it will do what it is necessary to reach it. Everything you should do with your mental game should be built around this mindset. It's like a compass for your mind.

Just remember to Focus on the right things and not let outside distractions nor negative thoughts destroy this powerful ability that you carry around with you.