

## **Visualisation Exercise:**

This has been designed to help you Practice and Master Visualisation.

1. Get comfortable in a chair or lie down.
2. Take several slow, deep breaths to begin relaxing. Breathe in the following manner:
  - Inhale counting to 4
  - Hold counting to 5
  - Exhale counting to 6
3. Imagine being at your favourite golf course. It can be *any* course, even one you have never played before (such as Augusta or St. Andrews) as long as you can “see” what it looks like.
4. Slow down internally and take a look around this course. Breathe in the air, feel the breeze on your skin and the sun on your back.
5. Pick your favourite hole and stand on the tee looking down the fairway. See your tee shot travelling with your desired ball flight, and landing in the middle of the fairway.
6. Take this feeling and stroll around the course. At this point it is more important just to practice using your imagination. No need to get too involved yet. Take your time to see, hear and feel as much as you can around you. Let these sensations sink in.

When you are ready – open your eyes and return to the room.

Practice this technique often and for different situations.

You are exercising your imagination. It will be the foundation of your inner golf game so take your time and get into it.

This will begin to open your mind's eye.