



## **The Three D's of Becoming a Top Golfer in 2008**

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### **Destination**

All golfers must know *specifically* the destination to which they are working. Most people do not know that there are 11 cities named *Columbus* in the United States. All of them may be an appropriate destination for any one person, but it is critically important to know and specify *your* exact destination. Without defining and prioritizing your exact destination, the chances of reaching it are dramatically diminished. If people do not define the exact Columbus city, they will wander for months. It is not enough for golfers to state they want to “be their best” or “become better”, they need to determine specific end goals. It may be reaching a certain scoring average, winning a specific competition, or achieving a certain award, but these endpoints must be specified so that all energy and focus can be directed toward these goals.

### **Direction**

Upon selecting a destination, such as which Columbus, it is important to find the direction on how to get there. There are many different routes to any one place, but based on where you are coming and how fast you want to get there, a “best” direction does exist. It is critical that you map out the specific route to get to your final destination. Just as someone can obtain various directions from Map Quest, there are different ways to reach your golf goals. You need to define the exact direction or game plan for achieving these goals, such as physical conditioning, skill and mental ability. Developing these specific maps need to take place with swing coaches, trainers, dieticians, coaches, and sport psychologists.

### **Determination**

The final D is an attitude of determination. There is nothing in the sport of golf that is easy. It is one of the most difficult sports in the world and it is also one of the most popular. This growth means that when you are sleeping in on a Saturday morning in February, there are hundreds of your competitors practicing. Achieving high success in golf is not for the mentally weak. Ask anyone on the mini-tour or trying to get to the NCAA finals. It takes a tremendous amount of determination. Are you up to the challenge?