



## **Golfers Must Learn From Instant Replay in the NFL**

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Anyone who watches the NFL knows that instant replay is consistently utilized in the game. At times, replay is used to make sure a correct call was made. Most other times, replays show a great or “not so great” play. Fans love to see mistakes over and over again. ESPN and FOX NFL show replays of key plays in games, sometimes ad nauseam, during the day or week after, many of which are blunders by teams or individual athletes. They show fumbles, dropped passes, botched passes, late hits, illegal procedure, and hard hits that show blood and broken bones. Although fans may enjoy seeing these replays, players do not and certainly do not turn on their televisions to watch this over and over. If only golfers could do the same thing.

Numerous golfers seek me out because of “bad shots” running through their head over and over. Even though they did not see these shots on television, humans have the remarkable ability to remember quite clearly mistakes and bad shots on the golf course. Part of the reason for remembering them is because of attaching strong emotions to the mistakes. When powerful emotions are attached to a missed shot or putt, it is seared into our memory and quite easy to replay. Golfers, however, must practice letting go of the bad shots and mistakes and giving more intense emotions to good shots. Again, do not let “instant replays” run over and over in your head. Jack Nicklaus was phenomenal at only paying attention to the positive events. He won 18 Majors and can recall with great detail all of his great shots and moments. Did you know, however, that he finished in 2<sup>nd</sup> place in 19 Majors? Of course, he does not remember as many of the details here.

Here are some quick tips to get on the right mental road:

### **1. Replay only great shots and experiences**

Make a commitment to only think about great shots and performance. When you make a mistake on the course, and you will, make sure to put your focus on the next shot, for it is the most important. After the round, only think about and absorb the great shots.

### **2. Learn, not linger.**

It is important to learn from your mistakes, but learning from them and giving them powerful emotions are two different things. Learn from your mistakes and

then let them go. Do not linger on the mistakes – this does you no good. It does an NFL player no good to watch his mistakes over and over on ESPN.

**3. Discipline yourself to keep a great performance journal**

A journal is something I have all golfers keep when they are working with me. I have developed a journal for golfers, but many times they keep their thoughts in a simple notebook. Either way, it is critical to keep track of your great performances – you give more attention to great moments, give them more emotion, and train your mind to pay attention to them in the future. And do not just limit great performance journal entries to entire tournaments – write about your great shots in practice as well as on certain holes.

**Keep Working Your Mental Muscle and Success Will Happen!**