



The Top Pros Aren't Perfect, So Why Should You Be?

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Driving Accuracy 2008

Tiger Woods: 58.93%	Lorena Ochoa: 70.00%
Rank: #137	Rank: #61

Putts Per Rounds 2008

Tiger Woods: 28.63	Lorena Ochoa: 29.6
Rank: #42	Rank: #60

Earnings 2008

Tiger Woods: \$4,425,000.00	Lorena Ochoa: \$1,440,550.00
Rank: #1	Rank: #1

As one can easily see from the statistics above, Tiger Woods and Lorena Ochoa are far from perfect in their skills, but remain ranked #1 and the leading money earners. Major lesson from these statistics: You do not have to be perfect to be successful in golf.

As a sport psychologist, I constantly work with golfers whose desire to hit “perfect” shots gets in their way of being successful. Hitting perfect shots every time on the course is not possible, yet many golfers beat themselves up make more mistakes because of this expected perfection. The sooner that golfers realize that great golf does not involve hitting “perfect” shots, the sooner they will experience higher success. All you have to do is look at Tiger and Lorena. Are you going to argue with their success? They are not perfect, but they are sure doing something right.

Remember the following:

1. Accept Mistakes

One mental hurdle to overcome is that mistakes do occur each and every round, and this includes Tiger and Lorena. You must learn to accept this experience and commit to learning to manage mistakes rather than trying to eliminate all of them.

2. Learn to Score

If you want to be successful in this game, you need to learn to score. Scoring low does not mean hitting perfect shots, it means hitting the lowest number of shots in 18 holes. Again, Tiger and Lorena are not perfect, but they do know how to score.

3. Forward Movement

Every great golfer commits to forward movement after bad shots or mistakes. This is a principle you must commit to and practice if you want to reach your potential in golf. Again, look at Tiger and Lorena. Nothing more needs to be said.

Play Hard, Play Smart, Play Well