



Three Things Golfers Must Learn from Scuba Divers

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Scuba diving may seem to have very little to do with golf, but there is a simple saying in this activity that golfers must learn: Plan Your Dive, Dive Your Plan. If you are a golfer, this saying would be changed slightly, but the premise is the same – create a solid plan and stick to it. In scuba diving, there can be dire consequences if the plan is not in place and/or if one does not “dive the plan.” Although golf does not present this danger, it is a must to have a very clear plan and stay with this plan if you want to consistently shoot lower scores. The following three benefits are a direct result of “planning your dive and diving your plan”:

1. Your Plan Keeps Golf Simple and Clear

One of the keys to great golf is keeping the process clear. The clearer the plan, the easier it is to just play and score. Creating and adhering to a specific plan eliminates mental noise on the golf course. When noise is minimized, you are able to relax, swing and play to your potential. Focusing on the plan keeps your mind clear and simple. Furthermore, knowing the plan – writing it out, spending time reflecting on it, etc. – will increase simplicity and clarity on the course. Mental clarity produces consistent golf.

2. Your Plan Minimizes Pressure

A clear plan helps you maintain your focus on the relevant and controllable factors in golf. When you have a plan and commit to it, your focus during the tournament is productive. Focusing on the plan brings you into the present moment and prevents “stinking thinking”, such as obsessing about a bad round, mistake on a past hole, or missing a short putt. Develop a clear plan and stay with it – if you do not, pressure will result, and so will higher scores.

3. Your Plan Eliminates Excess Decision-Making

Golfers must keep thinking to a minimum in tournament play. Again, you need to “play” and not “practice” when competing. Instilling a clear game plan for each course will eliminate one more decision in the tournament. I want you to “score” and keep thinking to a minimum. If the game plan is solid, clear and in place, fewer decisions need to be made, and therefore, better golf will take place.

Although golf is on land and scuba diving in the water, there is a tremendous amount to be learned. Make sure to “plan your dive and dive your plan.”

