



Your Favorite Club Will Build Your Confidence

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One of the mental keys involved in golf is having confidence. We sometimes talk about confidence as if it is some elusive state that can be obtained only in the rarest of moments. We also at times believe confidence is something that we should “just get” and if we do not just get it, we are lacking skill or talent. The reality is that confidence is probably somewhere in between these two extremes. Regardless of where you fall on your belief about confidence, however, two things are true. First, confidence is a state of mind that assists golfers in playing better and usually scoring lower. Two, you can gain more access to confidence through your favorite club.

Take a second and think about the favorite club in your bag right now. If you are like most golfers, your favorite club is probably the one you have been hitting the most consistently and frequently in the past several months. This club may have been your favorite club off and on for several months, years, or maybe just a few weeks. A club becomes our favorite because we are able to hit it very well with great consistency and accuracy. Now that you have identified that club, think for a moment about your feelings and thoughts around this club. You probably feel ease, excited, comfortable and yes, confident. What if you could feel this way about all of your clubs? You can. It is a simple matter of learning how to do so.

Identify Your Favorite Club

Take a second to think about your favorite club. Reflect on the following questions: Why is it your favorite club? What thoughts and feelings do you have when pulling it out of your bag? It is important to identify and assess the exact thoughts and feelings you have with this club. The other clubs in your bag are very similar to your favorite club in construction – the major difference – you swing your favorite club with a high confidence level and the others not quite as high.

Use Favorite Club on Range

Your path to improvement and experiencing a similar level of confidence with other clubs in addition to your favorite is the start by using your favorite club on the range. As you are using this club, become attuned to and comfortable with your thoughts, feelings and physical body. You are probably hitting the club with ease, not thinking much and just swinging, and knowing that you can hit this club.

Follow Use with Other Clubs, Creating Similar Mindset

Once you have this comfort level on the range with your favorite club, select another club in your bag, not necessarily one you have zero or minimal confidence, but one with less confidence than your favorite. Take your same mental and emotional state and begin hitting this different club. The key is to bring your mental state of confidence that you have with your favorite to the club in your hand. This will improve accuracy and consistency. And as a result of improved accuracy and consistency, your confidence will improve. You may now have two favorite clubs!