

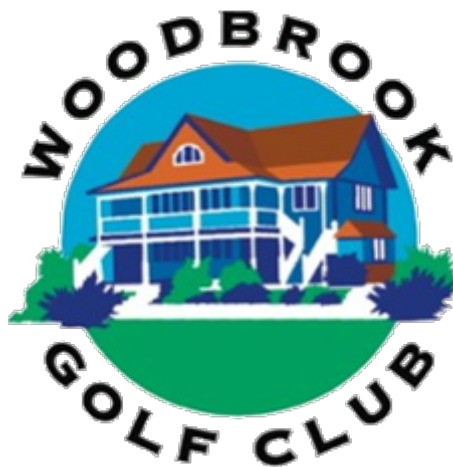
#YOURGOLFCHALLENGE

WILL YOU TAKE THE CHALLENGE??

Presented by

Karl Morris

For



2018

INTRODUCTION FROM KARL MORRIS

I would personally like to thank you for coming along to this workshop. It is my hope you will have an informative and enjoyable time and you will be able to leave the session with some ideas which will have a big impact on your golf in the future!!

- **ARE YOU GOING TO TAKE THE CHALLENGE?**
- **COULD THE NEXT 12 MONTHS BE YOUR BEST GOLF YET?**

As you look back on your golf last year, what are your true thoughts about your performance?

Did you play the golf you know you are capable of?

Did you enjoy the actual experience of playing the game?

How would you rate your previous twelve months?

Do you want more of the same this year?

As we look back on our golfing past, we often resolve to make it better in the future. We say that we want to improve. We moan about our past performance but how often do golfers actually do anything about it? How often does a golfer actually improve?

It is very sad to say but the biggest predictor of how someone is going to play this year is how they played last year.

Many golfers talk about consistency yet most are remarkably consistent in the sense their handicap hardly ever changes from year to year.

However, after coaching the game for over 25 years, I have seen what can be possible in a single season IF the player goes about improving in the right way.

That would be my challenge to you.

Could this year be the best of your golfing life?

The reason I ask is, for this to happen, you have to open up in your mind the power of possibility. You will need to change the 'story' of your game. The way you talk to others about your game but then, more importantly, how you talk to yourself about your game. The narrative we carry around with us tends to bind all of the pieces

together and we become a product of our 'story'. We form an identity around being a ten handicapper or a good ball striker but poor putter.

There is an old saying, '*what the thinker thinks the prover proves*', so, in effect, if I think I am poor on the greens, then my brain will go in search of every piece of evidence to confirm that story. Every three putt, every missed opportunity becomes more confirmation of the story.

So how do we change the story?

Well, you cannot just wake up one morning and say I am going to change my putting story and from today I will hole everything. The narrative does have to have some basis in reality. However, if the story changed to '*this year I am going to learn how to be great on the greens*' then this story sets in motion a chain of events. A chain of physical actions.

You then perhaps look at getting your putter fitted correctly for the first time, you get some instruction on how to improve your stroke, you find the best mindset to free you up on the course itself. You begin the process of learning and exploring how to become great on the greens. With a mindset of learning, you are then much more able to take the inevitable ups and downs the game throws at you. Yet, when you **DO** start to hole a few putts, the narrative changes, the story takes a different direction. The better putting round is actual confirmation you are indeed learning how to be great on the greens.

You can take this same approach and apply it to any part of your game. Look back on 2016 and be honest with yourself. Where are the what I call '*leakages*'? Parts of your game that leak shot after shot.

It could be your driving, your short game, your mental game out on the course. Look at the areas you could really improve, look at the story you currently tell yourself and others and then make a commitment today that you are going to begin to change that narrative by committing to learning how to be better off the tee or better with your mental game. Take the instruction, become a fascinated by the learning process and what you could achieve. It could be possible that 2017 was your best year yet. How good would it feel to look back on a year and be able to see real and genuine progress?

It is possible if you apply yourself in the right way to change your story, the key element is action because **NOTHING** will change if you don't do things differently. Or, you could just settle for more of the same stuff you delivered last year. You can choose to do nothing and stay exactly the same.

The choice is yours!!

WHAT MAKES OLGA RUN?

HOW OLD IS TOO OLD?

WHAT COULD ACTUALLY BE POSSIBLE?

I read a quote recently from renowned Harvard Social Psychologist, Ellen Langer that got me really thinking. She said, '*what if aging was nothing but a mindset?*' I began to ponder two questions :

'How old is old?' and 'What could be possible?'

Obviously, the answer to both of the questions is incredibly subjective yet, when you start to dig a little deeper, you do realize as Langer points out that so much of the aging process could be a conditioned response.

What kind of activity would you expect someone who is 77 years old to take up for the first time? Flower arranging? Bridge?

Not Olga Kotelko!! This remarkable woman took up middle distance running in her late seventies!! Not content with just running, she decided to get competitive and before she died in her late nineties, she had broken 30 world records for her age and won over 750 gold medals!! How old is old? What could be possible?

Olga Kotelko set **HER** challenge time after time. In her book, she reveals her number **ONE** secret to staying alive.

KEEP MOVING FORWARDS

THE END of AVERAGE

In the 1940's, the US Air Force had a serious problem. Pilots could not keep control of their planes even though the technology within the planes had improved out of all recognition. There were numerous non-combat accidents. A whole host of incidents and accidents, unintended dives, bungled landings. At its worst point, 17 pilots crashed in **ONE** day!! At first, pilot error was blamed. The planes themselves were not malfunctioning. The experts then began to look a little deeper and, in particular, at the cockpit itself. The design was still rooted back in the 1920's when hundreds of pilots had been measured in over 10 dimensions. Height, arm length,

leg length etc. The cockpits were designed for the 'average' of these dimensions. As the accidents increased, a scientist named Gilbert Daniels decided to test the idea of **AVERAGE**. He tested 4063 pilots to see how many of them actual fitted these 'average' dimensions.

4063 tested.

How many do you think fitted the 'average'?

20%?

10%

The figure was ZERO!!!

Not one single person fitted the idea of average.

A fundamental principle of the **MIND FACTOR** is you must look at yourself and find **YOUR** way to be the best golfer you can be. It is not and never will be a case of finding **THE** way to do something we need to help you find **YOUR** way.

ATTENTION

The single most simple but profoundly important concept you will learn tonight is that of **ATTENTION**. At all times on the golf course your attention will be in one of two places relative to your goals.

Your **ATTENTION** will either be on something :

USEFUL to the task at hand

OR

USELESS to the task at hand

A better mental game and a better golf game all round is simply developing the **SKILL** of having your attention in the right place more often.

We cannot always 'control' our mind. Some of the best players in the world can suddenly have the most negative of thoughts. Yet, we **CAN** decide to gently bring our attention **BACK** to the most important thing. **The task right at hand.**

What is YOUR golfing challenge this year?

What are you going to DO to meet the challenge?

**FOR FURTHER INFORMATION ON HOW TO TRAIN YOUR GOLF BRAIN
CONTACT :**

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NOTES :

**THE MIND FACTOR WORKSHOP
2018 FEEDBACK FORM**

PLEASE PRINT CLEARLY

FIRST Name : (required) _____

SURNAME : (required) _____

Email : (required) _____

Which TWO ideas will you take action on from this workshop?

1.

2.

MIND FACTOR EVENTS : Please tick topics of interest :

- **3 Day Mind Factor Course ‘Play to Win – Coach to Win’** []
- **Personalized Mind Factor programmes** []

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