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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Golf's Mental Game Plan Thoughts

By George Gabriel

Thinking of having a great round on the golf course can be a lot of mental work. The most important part of having a great round on the golf course begins with a few thoughts. Question is where and how many?

Preparing your mind for a great golf game can be quite time consuming and unhealthy, depending on where you start your mental game. Triggering your thoughts for a great game of golf should not be in the car on the way to the golf course. If you're approaching a curve ahead of you going downhill on a slippery roadway, and you see a sharp curve ahead of you. Do you start thinking on how you are going to fly the trap on the first hole? Trying to dream up a great game of golf in a coffee shop can have your lips seared with hot coffee as well. Thinking of sinking that long 30-foot putt on the first hole, while having dinner out with your wife or girlfriend, could have that same coffee all over your lap.

Trying to conjure up a great game of golf, while doing other things at the same time. Does not work! No matter how good you are! For some of us trying to play a golf hole in our mind is our way of preparing ourselves for the game to come. Thoughts on visualizing how you plan on conquering the fifth, or seventh golf hole that you always seem to have trouble with, could have you playing it over and over again in your mind, until you get it right. I think it gives us the self-satisfaction before we approach the notorious golf hole, that in our mind we have conquered the golf hole the night before. Have you ever lost sleep the night before trying to conjure up a great round of golf for the next day?

The thoughts of having a great round of golf, and a good game plan, should start on the first tee box, looking down the fairway and visualizing the shot at hand. If you start thinking of anything other than where you want the ball to land on your shot at hand. You will find yourself scratching your head, and thinking of where you went wrong.

Thoughts on a good game plan should be on your immediate task at hand. Most of us have been told to play one golf shot at a time. I think the same would apply on playing one golf hole at a time, taking one curve on the roadway ahead of you at a time, and taking one sip of coffee at a time, and leaving your golf game plan thoughts at home when you go out for dinner. Do not attempt to take your golf game plan and wife, or lady friend out at the same time.

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Learned to play golf as a caddie. Now running a discount tee time site at

<http://www.golfanchor.net>

and

a golf site at

<http://www.golfanchor.com>

All For The Love Of Golf

By George Gabriel

Golf is supposed to be an enjoyable game. We golf over and over again, because we love the game. So why do we beat ourselves up, just before we get off the first tee box? Have you ever heard yourself with a bunch of negative emotions before the golf round?

"Another day out on the golf course and my back is killing me." Why would you even consider golfing, if it were painful? Why did those even consider golfing with a bad back? I'll tell you why. All for the love of golf!

"I have to get through this eighteen with the least amount of pain." Why not play nine holes instead of eighteen? I'll tell you why. All for the love of golf!

"I am not too sure if the mental part of my game can take any more. It's tough mentally when things just aren't going right." If your confused mentally, why even bother picking up a golf club? I'll tell you why. All for the love of golf!

"I hope this is not going to be another brutal round, like the other day?" When things are not going right, why not take a day off from golf and meditate instead? I'll tell you why. All for the love of golf!

"If I do not hit the fairway on the first tee box, I think I'll quit playing golf after eighteen." Why quit after eighteen when the first shot may be the reason to quit? I'll tell you why. All for the love of golf!

"If I do not make par on the first hole, I am not going to keep score for the rest of the round." If your temper is that bad, why carry a scorecard at all? I'll tell you why. All for the love of golf!

"The first water hazard my ball ends up in, my golf clubs are going in with it." Do yourself a favor and play with rentals. Why? All for the love of golf!

"I better not three putt any greens today. I'll break my putter on the first three putt green, if I do." Do yourself a favor and pick up for two. Why? All for the love of golf!

"Frosty will never see winter, if I get a snowman today." Do not play golf with anybody by the nickname

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Frosty. Why? All for the love of golf!

To help avoid some of these negative emotions, booking a tee time in advance will help keep your mind on a positive level. Why? All for the love of golf!

Learned to play golf as a caddie. Caddied for as many as three players at once. Played as much as 54 holes of golf in a day. Why? All for the love of golf! Now running a tee time site at

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