

'THE FOUR STEP PROCESS'

1) **PRE-SHOT ROUTINE** ('Conscious Process') **'SET-UP'** Preparation

The first aspect of this interval is to **'VISUALIZE'** and to produce optimal and optional 'Confident Mental Images' of the 'Ball Flight'. Very quickly the actual 'Ball Flight Visual' will form. After taking into consideration the 'Natural Elements', 'Go with your Gut'. **'Good Routines' make for 'Good Chemistry' and strong 'Performance'**.

Go through the 'Formal 'Pre-Shot Routine' that suits the 'Procedure' you have 'Pre-Selected'. This includes making your 'Club Selection' and going through all and not part of the aspects. Your 'PSR' is your friend! It produces 'Comfort & Confidence' which is essential to good sound and successful **'EXECUTION'**.

2) **EXECUTION** ('Sub-Conscious Process') **Instinctive Execution - Process**

Very simply, once you have done the three 'STEPS' above and you are 'Confidently Ready', in 'Balanced Pace' ('One & Thru'), **'TRIGGER' and 'EXECUTE'**. Allow your 'Spirit and Mind' to run the 'MACRO', remembering that the **'Mental or Focus'** then 'Lateral' the 'Process' to the 'Sub-Conscious'. It is key to NOT obstruct this transition from 'Conscious to Sub-Conscious' or you shall prevent 'Trust' from functioning and likely remain 'Conscious, Mechanical, Manipulative and get bitten by 'OUTCOME GOLF' so often stung by 'Fear and Doubt'.

3) **POST-SHOT ROUTINE** ('Conscious Process') **Eval & Feedback Response**

This is the 'Post-Shot Evaluation' where we respectfully 'Grade Our Performance'. If we do terribly, it is a 'Toilet Shot' and we 'Flush it' with very little attention to anything but the 'Root Cause'. If it is a great shot, we give ourselves two pats on the back. This gives our 'TAPES' two separate opportunities to pay attention and adjust. These two recognitions also, simultaneous to the 'Tapes' provides us an opportunity to load this 'Procedure' to the 'Mental Shot Library' where it is stored for immediate future use. (SHOT MACRO) Automatic or **'REFLEX GOLFER'**. Winner Magic!

4) **RELAX and RE-ENERGIZE** ('Conscious Process') **Relax & Recover**

This is a very important interval. After the 'Post-Shot Evaluation', we all need time during battle to simply relax. From the 'Ball Location' towards the next shot location, we just walk and **'RELAX'** with specifically pre-selected 'Thoughts' being organized or defined. 'Beach, Wine, Lady, Fishing, Flying, Music, Mantra, Dreaming,.... We only become 'Retrieved' from this 'Away Process' when 'Proximity' beckons us back. We know instinctively that we are getting closer to the 'Ball Location'. We step on a 'Yardage Marker' and start gently counting our paces. When we get to the Ball we know how far we are in front of the 'Yardage Marker' so we do a little math and thus know how far the 'Ball' is from the 'Centre or Leading Edge of the Green'.