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Shingle Creek
GOLF CLUB

GOLF ACADEMY

Grow Your Game by knowing how Best to Channel Your Energy

The cost of energy is all the buzz. Believe it or not, **energy is a major factor in your golf game development**—it determines whether you continue to improve or not.

Applying energy to your golf game is not about quantity, it is rather all about quality. Ever watch someone at the range hit one ball after another non stop? Whether the golfer is pleased or displeased with his last shot he continues mindlessly. He would gain more by hitting fewer balls applying the right energy.

Here is something to think about: Whatever we give energy to will grow--good or bad. A fabulous quote on this very subject was taught to me by Bob Proctor, "Successful people do things in a certain way, every time." When we look at playing pros experiencing extreme success, Tiger Woods sits at the top of the list.

Tiger is a great model to observe in how he applies his energy toward growing what he wants in his life, and, a great example of someone who applies very little toward what he doesn't want. When Tiger hits an off line shot notice how he immediately lets out a sharp exhale—like he is shaking off that bad shot. Now think about when he sinks a spectacular 30 foot putt—he pumps his fist and draws into him all the energy from his fans.

Here is something to ponder about Tiger's amazing application of energy. When he won the 2008 US Open, he was hitting fairways only 60% of the time. Here he is having an off week, landing nearly every other drive in the rough, and, knowing full well his left knee could let him down at anytime due to a torn ACL, yet he walked away with the cup. Tiger is number one in the world because he unequivocally does certain things in a certain way, every time.

You don't have to be Tiger to celebrate a good shot or to quickly shake off a bad one. Actually the typical social golfer's behavior is the exact opposite—blow up on nearly every errant shot, and blow off every good shot as if to say, "Well it's about time!" Are we having fun yet?

Next round at Shingle Creek, I challenge you to grow what it is you want in your game. Apply energy to every good shot, and starve any poor shot by giving it no energy what so ever. I look forward to hearing your good news! Until then, Happy Golfing!



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