

Golf Is 90% Mental

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APEX Performance

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I am sure you have heard that said a hundred times. But it is true. Once you have developed a decent game, improving your score becomes more mental than physical. Golf is especially challenging mentally because you are all alone out there. No one else to blame. You are solely responsible for your results. That's what makes it so tough but also so easy!

Unlike in other sports, there is no opponent or teammates to consider. Other than the weather and the course, you actually control everything else. That can be a good thing if you are mentally prepared. The good news is you can develop that control. With a systematic and integrated approach, you can significantly improve your mental skills, just like your physical skills. The challenge is you have to work at it just as hard. And you have to do it right.

There are many aspects of the mental side of the game of golf and they have been presented in many ways by many people. Years of research and experience, however, have demonstrated that certain men-

tal skills are more critical than others. I will touch upon these in a series of articles in each issue of the Carolina Golf Journal.

My intent in these articles is to raise your level of awareness and, by doing so, improve your mental and emotional control in your game. You will learn what is mentally possible and the science behind it.

Perhaps the best example in golf of the power of the mind is Tiger Woods. As most who follow golf know, Tiger Woods started with his mental training at the early age of

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