

Essential Playing Skill – Storage of Memory

E + R = O

Event in golf is the ball moves from point A. to point B.

+

Reaction (3 types of Reactions: positive, neutral, and negative)

=

Outcome stored in the brain's library for future reference

**How to create confidence and build your library of good shots:
Have a good POST SHOT ROUTINE!**

- 1. Celebrate if you committed to your decision**
- 2. Celebrate the outcome**

You can CELEBRATE...

on the inside: anchor it by saying something positive like “awesome”
on the outside: fist pump or high five

Say one thing great about every shot.

Replace a negative reaction with a phrase: “fairways and greens, fairways and greens”

After every shot, practice being a scientist by only stating the facts about the outcome with no emotion.

Ask yourself if the shot was good enough.

Post Round Storage of Memory:

Say or write down 10 things you did good on the golf course and feel it so you store it in your library.

Say or write down 1 thing you could do better without emotion

Say or write down how you are going to practice the better then go and do it!