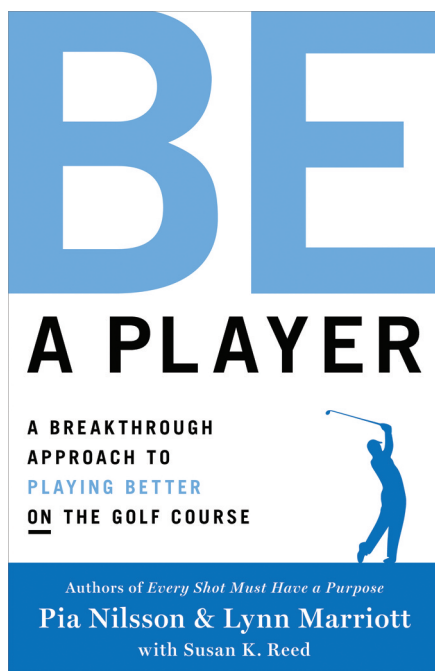


BE A PLAYER Notebook



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Chapter 2

Variability: Welcome to the Game of Golf

Variability Questions

- ▶ How do you react to slow play?

- ▶ How do you react to fast play?

- ▶ How do you react when you get unlucky bounces or bad lies?

- ▶ How do you feel when you start off your round well – or badly?

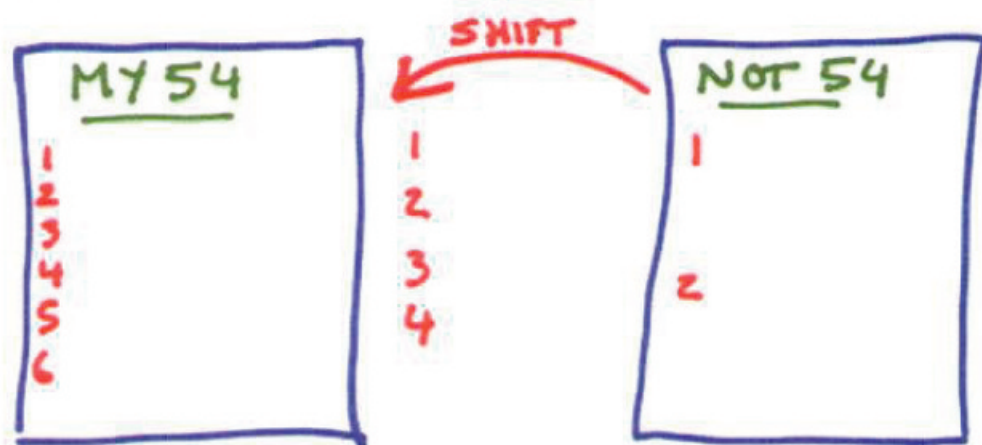
- ▶ How do you perform with different kinds of players and personalities?

- ▶ How do you perform on different types of courses?

- ▶ How do you react when your swing and stroke feels different from day to day?

- ▶ How well can you manage the changes of your body, mind and emotions during a round?

Master of Variability



- ▶ What are at least 6 things I AM or I DO when I play great?
- ▶ What are the 2 main things that happen to me when I don't play well?
- ▶ What are at least 4 things I can DO to shift to **MY54**?

Your Human Skills Game Plan

- ▶ Before the shot – **Think Box:**
- ▶ During the shot – **Play Box:**
- ▶ After the shot – **Memory Box:**
- ▶ Between shots – **Physical / Mental / Emotional state:**
- ▶ Master my Variability – **MY54 / NOT54** / Tools to Shift:
- ▶ Before the round / Course Strategy – Warm up – **Playing Focus:**
- ▶ After the round – **Evaluation:**





Spirit of the Game

Possibiliting = Vision + Positive Emotion + Action

These questions will give you a starting template to get some clarity about your passion, motivation, willpower, drive, joy – in golf and in life.

▶ When I started playing golf, what did I like about it?

▶ What makes golf fun today?

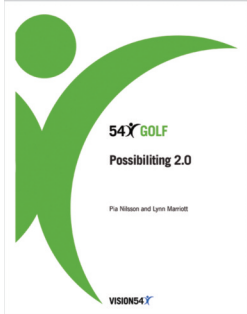
▶ What gives me the most energy in golf?

▶ What takes energy away in golf?

▶ What makes me confident in golf?

▶ Who do I want to be as a golfer?

- ▶ What makes me unique as a golfer?
- ▶ If anything could be different about how I experience golf, what would it be?
- ▶ If I had achieved all my outcome goals in golf, would I still play? If so, why?
- ▶ If golf was not in my life, who am I?



Look, read, listen and reflect on what you have written as answers to these questions. What is the common theme of your answers?

- ▶ How can this help me in making decisions?
- ▶ How can it help me with what to prioritize?
- ▶ How can it help me set goals?

Looking for further guidance to bring clarity to your possibilities... we've got a tool for that!

>> Check out ***Possibiling 2.0*** in our WebShop.

Additional Practice Resources



Tour-proven strategies created by two of the world's best and most highly regarded golf coaches – Lynn Marriott and Pia Nilsson

The VISION54 app has been created to benefit all levels of play: professional tour players, aspiring amateurs, junior golfers, and weekend warriors.

VISION54 App for iPhone

In this VISION54 app, you will find the skills and exercises you can use to complement your technical practice in order to help you become a better player of the game. The app was designed to be an effective practice partner for the range, short game area, putting green and on the course. There are on course practice sessions; skill building tools; exercises to simulate play and improve focus; games to increase creativity and add variety to your practice; and a notebook to track your personal golf journey.

App Practice Plan – A free resource full of practice plans, based on different intentions, to enhance your practice sessions with the app. Available for download on our website.

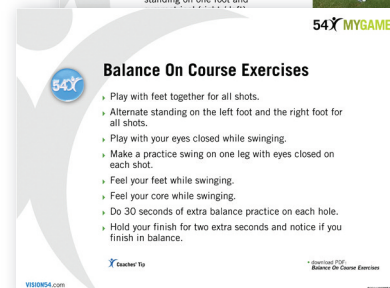
54X MYGAME

Select the Complete Course
or choose a Series!

Register at:
<https://VISION54.myabsorb.com>

► Additional resources, tools, and our in-person program schedule can be found at VISION54.com

MYGAME – Essential Playing Skills Virtual Golf School



We're bringing our highly acclaimed golf programs direct to your screen!

MYGAME – Essential Playing Skills is a self-paced, interactive virtual golf school, for golfers and coaches of all levels, which teaches the human performance skills necessary to complement technique through guided instruction, video demonstrations, and actionable practice. Focusing on technique alone is insufficient. By adding these nine human skills, you will learn to own your game, be your own best coach, and realize your true golfing potential. **MYGAME** is available online, worldwide on any web-enabled device ... on demand, on your schedule, at your pace.

Become a **HAPPY + BETTER Golfer!**



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