



**VISION**  
**Habit**



# How to create your own VISION

Notes

## ▶ Player Activity - Warm up:

For the next 60 seconds write down all the things you can think about that you want to do in the future in golf and/or life.

In life we have three time frames: the past, the present and the future. It's very useful to have good habits to manage each time frame, and also be able at your own will, move to the time frame you want to be in.

You have hundreds of habits, from how you brush your teeth to how you react after a golf shot. The brain needs habits to save energy. It would be too exhausting if you consciously would have to think through everything you do. A habit is an automated action, thought or feeling that you do or experience without having to think about it.

John Dryden once said, "We first make our habits, then our habits make us." What habits are useful for you to reach your goals and help you become who you want to be? By developing the habit to always be aware of your vision for golf and life, you will avoid taking too many wrong turns as you go through your journey.

## Explaining the Time Frames:

**Past:** To re-experience the many putts you made yesterday or to remember a good talk you had with a friend.

**Present:** Being right here, right now with either inner or outer focus. An example of inner focus is noticing your breathing or feeling the tension level in your shoulders as you swing.

An example of outer focus is hearing the birds singing or listening to a friend speaking without having your own inner dialogue.

**Future:** Thinking about what you want to do tomorrow, or seeing the kind of golf you want to play a year from now.





# How to create your own VISION

Two strategies for “the future” are setting goals and having a vision. Here you will learn about “VISION.”

**How is a vision different than goals?** A vision inspires you to set goals. Goals are very specific; vision is not as specific and has no timelines. Vision is about creating the big picture of what you really want in golf and life. It’s about dreaming in a proactive way. Goals are more logical. Vision is tapping into all possibilities. A vision gives you direction for your actions and energy. A vision is compelling, it pulls you and attracts you. Your vision is living and dynamic, which means that you revisit it, and if needed, fine-tune it regularly. You also want to feed it and nurture it.

Goals are like steps on a ladder. The vision determines which wall the ladder is resting on. You want to climb your goal ladder and make sure you like where you are climbing to!

**How is a vision different than a dream?** A vision is something you create in a proactive way to guide your future, and all senses are involved so it’s congruent with how you vision your future. A dream can be something that comes to us while sleeping or being awake, and is much more sub-conscious. You can create a vision from a dream, but not the other way around. A dream can be an escape, but that is not true for a vision.

To achieve what you want in life you need some kind of filter for what direction to go and what to say either yes or no to. You are born with infinite possibilities. You can do anything, but not everything. Having a vision can help you make up your mind. You are the expert on yourself. You can get advice and inspiration from others, but then you need to come back and decide on the vision that feels good and right to you.

## ▶ Player Activity:

- Take one minute and write down anything/everything that you love to do (golf or life). Don’t think, just write...
- Take one minute and write down anything/everything that you are good at doing (golf or life). Don’t think, just write...

## Notes

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# How to create your own VISION

## ▶ Player Activity:

Steps to creating your own unique vision of your golf and life:

1. Write down your three most important values in 1) golf and 2) life. What is most important? (Examples of values: fun, free, creative, kind, courage, strong, honest, caring, daring, consistent, open)
2. For your three values in golf, what needs to happen for you to experience each one? If you wrote “fun,” then you ask yourself what needs to happen in your golf to experience “fun.” Write the answers for all three. For the value of “fun” the answer might be: to be with my friends and to learn something new.
3. Now do the same for the three values in life.
4. How can you make these experiences come alive more often?
5. Write down three things that you believe about yourself as a person. (Example: I believe that I always stay persistent and never give up.)
6. Write down three things you believe about yourself as a golfer. (Example: I believe that I am a very good putter.)
7. Without thinking write down your first instinct answers to these questions:
  - What are you best at?
  - What do you like doing the most?
  - What did you like to do when you were really young?
  - What activities do you do when you lose track of time?
  - If there was one thing you could change about your life and golf, what would that be?
  - What do you want other people to say about you as a person?
  - What do you want other people to say about you as a golfer?
  - What is something that is important for you beyond yourself?
  - What are you the most proud of?
  - When are you the happiest?
  - What are all the things you want to do?
  - What are all the things you want to achieve?
  - What values do you want to live by?
8. Now look at how you answered the questions. What comes through? Summarize it in a few sentences. Put that piece of paper in your wallet or purse. Read it twice a day for the next few days and notice if it feels right. If you get a good feeling reading it, use it to help develop your vision for 1) golf, and 2) life.

# How to create your own VISION

## Notes

When you set goals in the future, you want to be sure they are congruent with your vision. Your vision will guide you to what goals are most meaningful for you. Your vision is multi-sensory. It can be something you see clearly, feel in your heart/gut/or other parts of your body or you can hear how it sounds.

*Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world! ~ Joel A. Barker*

List of vision examples:

## VISION54

**VISION54®** – “We believe golfers can shoot 54 or lower for 18 holes. We want everybody to bring their unique possibilities to life, and we create the coaching and support materials needed to make it happen.”

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**NIKE®** – “To bring inspiration and innovation to every athlete in the world. If you have a body, you are an athlete.”

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**APPLE®** – “Apple is committed to bringing the best personal computing experience to students, educators, creative professionals and consumers around the world through its innovative hardware, software and internet offerings.”

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**McDONALD’S®** – “McDonald's vision is to be the world's best quick service restaurant experience. Being the best means providing outstanding quality, service, cleanliness, and value, so that we make every customer in every restaurant smile.”

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**IKEA®** – “Affordable solutions for better living”

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# How to create your own VISION

## ▶ Player Activity:

Read this text or listen to the audio track below by clicking on the play button.

Audio Track

### Inner Imagery for your Vision

The purpose is to make your vision stronger inside of you and ensure your vision feels compatible with who you are. You want both your senses and your intellect to like your vision. You want both your head and your heart to say YES and be aligned.

Think about your vision. Sit comfortably, take some deep belly breaths, close your eyes and check it out. Experience it from inside yourself, not as if you watch yourself from the outside (like you do on TV or a screen):

“When your vision is happening what does it look like? What are all the things you see when it’s reality? Is it color or black and white? Is it close or far away? Is it sharp or blurry? Do you see it from your own eyes, or do you see yourself from the outside (if you are in the picture)? Check to see if you like what you see? Or is there anything you want to change, add, take away. Anything you want. When your vision is happening do you like what you see, or does something need to look different? What would it be?

When your vision is happening what are all the things you hear? Is it silent, or do you hear sounds or voices? What is the volume like, pitch, location of the sounds? Do you hear trees, birds, hands clapping, people talking? Is it your own voice or is it other peoples? Or is it silent? If it’s voices, what are they like, how do they say things, and what do they say? Or is it yourself talking to you or others? What is your voice like? Listen in if you like what you hear, or do you want anything to be different so you like it even more? What would that be? Change, add or take something away.

Now when you like what you see and you like what you hear, go and check what it feels like when your vision is happening. Where do you feel it? In your hands, tummy, whole body, heart? How do you feel it: light, heavy, pressure, warm, cool or happy? Check in with yourself to determine if you like what your vision feels like. Or do you want anything to feel different, so you like it even more? What would that be?

Now you can come back to here and now.”

What was your experience with the imagery of your vision? Make sure to notice anything of importance.



# Additional Player Activities

## Notes

Help make your vision come to life by implementing a few of these additional activities.

### ▶ Player Activity: Golf Vision Photo Collage

Take a photo of:

- Your best set up with a full swing
- Your reaction when you have made a great putt
- You walking with your best body posture in between shots
- Your ball being in the bottom of the cup
- Cut out the best part of each photo and put it on a piece of sturdy paper.
- Bring it with you and look at it often and soak in the good feeling

### ▶ Player Activity: Vision Board

When you have created your vision for your golf and/or life spend a few days looking for photos, sayings, quotes, drawings, images and your own writing that inspires you towards your vision. This is your own unique vision board for life and golf. Put it together in a notebook or a poster board. You might want to put it above your desk or bed and take a look at it before going to bed or when you wake up.





