

Seven Thoughts to Improve Your Swing By Rick Semple

“Improve my swing” – it’s a desire that tops the to-do list of almost every golfer. Many will spend a great deal of time, and often money, trying new tips, training aids, and techniques, not realizing that the true heart of golf improvement is behind the scenes, in the mind. Too often, the purely physical approach takes precedence over any mental golf techniques. Yet while the improvement-oriented golfer is hitting bucket after bucket of balls with a new driver and a new technique, there are still old habitual thoughts at play that are limiting progress and improvement.

Sure, the golfer striving for change is likely thinking new swing thoughts related to stance, form, and technique. But beyond these new mechanically-related swing thoughts, there are likely old thoughts that fuel pressure, tension, fear, and negativity and limit the value and changes that can come from the new mechanically-related thoughts. These are thoughts like, “I’ve been slicing for so long, I’ll never fix it,” “I can’t get this new swing adjustment to work,” “I don’t have enough flexibility for a good swing motion,” “I’m too old to be able to get more distance,” “I know I’m going to hit over the top again,” “I hate this club,” or “I should be hitting better than this.” Often, a person isn’t even aware of these old habitual thoughts. Yet, they are alive and well in their mind and hindering the progress of any desired improvement.

There is no doubt that inner mental golf changes need to take place in order for significant, long-term outer change to occur in the physical game. These inner changes have to be more than new mechanically-related swing thoughts. There must also be new swing thoughts that are encouraging rather than discouraging, positive rather than negative, supportive rather than critical, and expectant rather than dreading. Bob Toski passes along the wisdom that, “Most golfers prepare for disaster. A good golfer prepares for success.” These positive swing thoughts are what is really at the heart of golf improvement. They lay a solid new foundation which you can build upon with new mechanically related swing thoughts and then new physical techniques. *This* is the powerful blend that makes a difference in enduring golf improvement. Without the element of positive, supportive new swing thoughts, change may be haphazard and short-term, and tension and frustration may be high. But with a new positive way of thinking swing thoughts, the likelihood of long-term change and a more positive golf experience is greatly increased.

Positive, supportive swing thoughts can easily be incorporated into the golfer’s pre-shot routine and between-shots inner (and outer) dialogue. The idea is not to overwhelm oneself with these thoughts, but rather to have them be a natural, habitual way of thinking during practice and play. Seven examples of these positive, supportive swing thoughts are provided to help in the practice and

development of a whole new language that supports a better golf experience for you on the range and the course.

Seven Positive Swing Thoughts to Improve Your Swing:

1. I can succeed at improving my swing. (Instead of, "I'll never improve my swing.")
2. I am making progress in my swing improvement. (Instead of, "I should be doing a lot better in improving my swing.")
3. I enjoy practicing new golf swing techniques. (Instead of, "I hate practicing all these new techniques.")
4. I can swing with the perfect tempo. (Instead of, "I just can't get the right tempo.")
5. I expect a good session on the practice range. (Instead of, "I dread another frustrating session on the range.")
6. I will hit great drives today. (Instead of, "As usual, I probably won't hit any great drives today.")
7. I have confidence in my ability and potential. (Instead of, "I don't think I'll ever be able to do this.")

Try this out and see what a BIG difference a few "little" new thoughts can make!