



Golf Talk - How to Talk to Yourself to Win

Daniel Acuff

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Whether you are a professional golfer, a low handicap amateur, or a weekend links warrior, what you say to yourself before, during, and after a round will determine in large part which numbers you put down on your scorecard at the end of the day. What you say to yourself will also determine how much you enjoy the game. The words that you silently say to yourself inside your head—and sometimes blurt out in negative bursts of emotion—string together to form the thoughts you have about yourself as a golfer and your thoughts on each and every shot. Over time, your thoughts become your beliefs. Words become thoughts, thoughts become beliefs, and all this “self-talk” directly and powerfully influences how you perform on the golf course and in the world. Your thoughts and beliefs guide your muscles as you execute each shot out on the course. The words you say to yourself are definitely instrumental in creating golf as a beautiful and positive expression in your life or they can be the source of frustration and suffering out on the links. You have the power to choose which of these realities will manifest. You have the power of your word.

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