

New Year, New Vision

So what is your golfing dream? To one day be competing head-to-head with Tiger Woods and Phil Mickelson for the US Masters? To win your club championship? In the first instalment in a new and exclusive series of articles for *Asian Golf Monthly* in 2010, Jonathan Wallett, director of the Elite Coaching Golf Academy, advises you to tee-off the year with a plan of action.

ALL GREAT PEOPLE who achieved great things, started with a dream. The birth of all great things is conceived in the mind. Dreams create a gravitational pull, a deep intrinsic motivation that gives a player the desire, drive and dedication that are the pre-requisites for outstanding achievement.

As a youngster, **Tiger Woods** had a poster on his bedroom wall emblazoned with all the achievements of **Jack Nicklaus**, the greatest player the game has ever known. Tiger's dream was to take over that mantle.

He wrote on that poster every benchmark achievement – the age when Jack first broke 50 for nine holes; the age Jack first won his State championship; the age Jack first won the US Amateur ... and so forth. Every night he went to sleep dreaming, and envision-

ing himself not only emulating these achievements, but bettering them. He was in fact creating a mental blueprint for success.

So once you've decided what your golfing dream is, the next stage is to start building a pathway to achieve this dream.

What skills will you need in order to be able to achieve your goals? You need to take an assessment of where you are now with all aspects of your game – technical, mental, management and physical. In order to reach your destination you need to know your starting point.

Where do you want to go?



How are you going to get there?

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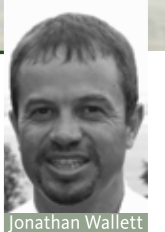
This is the start of developing a masterplan for your golf game. An architect would have difficulty completing a building project without a masterplan, as would a business have less chance of success without a business strategy plan.

It's exactly the same for elite golfers. It's critical that you have a long-term development map or plan for your golf, which also identifies key skills you need to develop and acquire in order to achieve your inner vision.

Once you've made a plan, it's important that you regularly consult, view and act on it. I suggest putting it up on your bedroom or study wall at home, so you see it at least weekly, if not daily. This will help keep you going in the right direction, as opposed to making a plan and then forgetting about it until three months later.

The next generation of golfers to compete and contend with Tiger Woods are out there in the golfing community now. For you to maximise your chances of being one of them, create a vision of where you want to go, and how you're going to get there. This will greatly increase your chances of success.

Jonathan Wallett is a certified and qualified Sport Psychology expert, and a member of the British and Swiss PGA. He has directed golf academies in the United Kingdom, Switzerland and Australia, and taught or lectured golf in Japan, Australia, United Kingdom and Switzerland. Jon has been the author of teaching articles for a host of different videos, DVDs, coaching workbooks and mental training CDs. For further details about the Elite Coaching Golf Academy, visit www.elitecoaching.com



Jonathan Wallett

KEY POINTS

- ▶ Create a clear vision of where you want to go with your golf
- ▶ Create a map of how you are going to get there
- ▶ View and visualise this vision and map regularly
- ▶ Act on it

To Do: On an A3 piece of paper write out a vision for your golf over the next five years. Write out intervals or stepping stones for one month, three months, six months, one year, three years and finally five years.

Take your time. The more clearly you can indentify your vision, the more this exercise will help you.

Once you've done this, turn over the page and divide the page into four quarters, and label each quarter technical, mental, management and physical. Then, in each quarter, identify the relevant skills you need to acquire in order to achieve your goals.

How this can help the club player

How committed are you to improving your game? Many club players will show lots of commitment when it comes to investing money into new clubs and equipment, but less commitment when it comes to planning their golf.

What do you want to achieve with your golf game in 2010?

- ▶ Pleasure from playing?
- ▶ Reducing your handicap by two shots?
- ▶ Qualifying for the club championship?
- ▶ Improving your short game?

Identify the direction in which you want your game to go, and then the skills you need to develop in order to get there. Then to the final stage: how are you going to acquire these skills?

A visit to the driving range or 20 minutes of short putting at home – or in the office! – each week? Investing in a course of lessons?

A golfer with a plan has 90 per cent more chance of success than a golfer without a plan. Take 60 minutes of your time in making this plan and map. It will prove to be the most valuable 60 minutes you'll invest in your golf this year.

