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Real Change

Discover the resolution that will unleash your 2021 performance potential

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IT'S A NEW YEAR, WHICH traditionally marks the beginning of personal change and growth for many. It allows us to reflect upon our past challenges, failures and defeats so we can understand what we ultimately want in life. Resolutions offer us the chance to regain control of our shortcomings or the opportunity to make any personal changes we desire through a process of purposeful evolution. It seems, however, that today's society has started to change the way this tradition is celebrated. It's no longer about personal development and change for the better but rather a competitive way to seek validation and acceptance from the world around us through the pictures painted by social media posts and other news outlets.

Real change, however, comes from the competition that we create within ourselves and not with others, much like in the game of golf. Competing with others breeds comparison, which leads to performance habits that are influenced by unrealistic expectations and self-doubt. This pattern of mental weakness can become an emotionally toxic cycle that usually leads to disappointment and failure, but not anymore! Here are a few tips to help you break the cycle and discover your true resolution for 2021.

Personal Necessity

This is key in identifying your specific purpose when it comes to choosing your resolution. This step requires you to think about more than just golf, and it answers two of the most important questions we ask ourselves, which are our *what* and *why*? What is most important to you? Career, family, education, time? When it comes to your golf game, ask yourself how important it is to improve your performance. Is it necessary for you to sacrifice time with family to practice on improving? Or are you able to balance both? Why is this important to you? What about your game creates fear or uncertainty? Find out and challenge it!

The Rule Of ONE

Golf is a complex sport that requires a lot of moving parts, pun intended. There's always room for improvement, with a need to get there that is even bigger. The problem most of us have is finding the time to improve upon what we want, which makes this tip that much more valuable. First, ask yourself this: "What is one thing you would change right now in your golf game if you could?" I'm sure you thought of a million different things, but only pick one. Let's say, for instance, you pick tempo. Great; now we must start from the very beginning of what makes a tempo effective. A good one to start with would be to train your breathing mechanics to fit your swing.

Plan

After you've identified the one thing you need to work on, create a plan of how you are going to get there. This step answers your who, how and where questions. Is there someone who can help you solve your problem or at least assist you on your way? How long do you imagine this will take? Are you giving yourself a deadline? Where will you practice your plan?

Perform

The last step is the easiest. After putting it all together, it's time to get to work. If this creates anxiety or nervousness, then congratulate yourself because it should. One of my favorite quotes to live by is that imperfect action always beats perfect inaction. Take this with you on your journey, and good luck! **GT**