

**10 Common Thoughts and Attitudes That
May Be Inhibiting Your Golf Game
And Positive Affirmations That Can
Help You to Change Them**

- 1. I am too old to play good golf (or too young, too short, too tall, too big, too small).**
Positive Affirmation: *I possess every quality necessary to play golf well.*
- 2. I am afraid I will hit it out of bounds.**
Positive Affirmation: *I expect my shot to land on the fairway.*
- 3. These old clubs really put me at a disadvantage.**
Positive Affirmation: *I love hitting good shots with these clubs.*
- 4. I can't play well in the wind (or in the cold weather, the hot weather, early in the day, late in the day, etc.).**
Positive Affirmation: *This is a great day for golf. I am enjoying playing my best.*
- 5. I can't hit the ball as far as others do.**
Positive Affirmation: *I am learning how to achieve distance and accuracy.*
- 6. I'll never be as good as my brother (or my sister, my mother, my father, my cousin, my friend, my teammate, etc.).**
Positive Affirmation: *I enjoy playing to the best of my own ability.*
- 7. I hate this hole (or the sand, this club, this course, etc.).**
Positive Affirmation: *This is a great hole. I enjoy the challenge of playing it well.*
- 8. People will laugh at me when they see my score.**
Positive Affirmation: *I trust in my ability to play golf. I know I can play my best today.*
- 9. I fear missing this three footer.**
Positive Affirmation: *I have complete confidence in my stroke.*
- 10. This is a dumb game.**
Positive Affirmation: *I love the game of golf. I enjoy the whole experience – the beautiful course, being outdoors, getting exercise, and developing my skills.*