

at it... There was a pilot in Viet Nam that I knew. Told the most unbelievable story for visualization. Back home he was an average golfer shooting in the mid nineties. He was shot down in Nam and placed in a POW camp. Not knowing how long he was going to be captive, he decided (to keep his sanity) to play a perfect round of golf every day. Four hours a day, he saw in his mind all of his shots on his home course. He focused on the flight of the ball following it every time to a perfect spot for his next shot. He shot par or better for 7 years in his head. After Nam, he decided to go out to his favorite course and play a round of golf. THE FIRST TIME HE PLAYED GOLF HE SHOT 77, AND WORKED ON SEEING THE FLIGHT OF THE BALL EVERYTIME HE STRUCK IT. Most people were amazed at his 77 but when asked, he was upset, because in his mind it was the worst round of golf he shot in 7 YEARS!!!!

Jack Nicholas does it, Tiger Woods does it, and we all can too.

Take 2 deep breaths and let them out all the way. Then see yourself with your hands up in the air as you ran a PR in the State meet, but see it and burn it into your head for 5 minutes, every day, and like the golfer...YOU WILL IMPROVE!!! You can use this technique for taking a test, for asking someone out on a date, or like me, picture my clients signing the contract, or agreeing to a great price on a home, or putting the check in the bank!!!

Have you heard of 'fake it till you make it'? Try and stand in front of a mirror and not smile as you say 5 times (with different intonation) "I like myself", or "I am terrific" or I will win state this year, I will!!! Aim for your dream and feel proud as your achievement in running, school, or life improves more and more all the time. IT WORKS, BELIEVE ME OR NOT...TRY TO FAKE IT UNTIL YOU MAKE IT... Your subconscious mind doesn't understand words like, I can't, this is silly, and I am not really as good as I am pretending. Believe in yourself and arm your self with the tools to strive for success, and it will come your way.