

File Created by [Blogging Rebirth](#) WP Plugin

Golf's Mental Game Plan Thoughts

Thinking of having a great round on the golf course can be a lot of mental work. The most important part of having a great round on the golf course begins with a few thoughts. Question is where and how many?

Preparing your mind for a great golf game can be quite time consuming and unhealthy, depending on where you start your mental game. Triggering your thoughts for a great game of golf should not be in the car on the way to the golf course. If you're approaching a curve a...

golf game plan, great round of golf, great golf game, good game plan, good game plan,

Thinking of having a great round on the golf course can be a lot of mental work. The most important part of having a great round on the golf course begins with a few thoughts. Question is where and how many?

Preparing your mind for a great golf game can be quite time consuming and unhealthy, depending on where you start your mental game. Triggering your thoughts for a great game of golf should not be in the car on the way to the golf course. If you're approaching a curve ahead of you going downhill on a slippery roadway, and you see a sharp curve ahead of you. Do you start thinking on how you are going to fly the trap on the first hole? Trying to dream up a great game of golf in a coffee shop can have your lips seared with hot coffee as well. Thinking of sinking that long 30-foot putt on the first hole, while having dinner out with your wife or girlfriend, could have that same coffee all over your lap.

Trying to conjure up a great game of golf, while doing other things at the same time. Does not work! No matter how good you are! For some of us trying to play a golf hole in our mind is our way of preparing ourselves for the game to come. Thoughts on visualizing how you plan on conquering the fifth, or seventh golf hole that you always seem to have trouble with, could have you playing it over and over again in your mind, until you get it right. I think it gives us the self-satisfaction before we approach the notorious golf hole, that in our mind we have conquered the golf hole the night before. Have you ever lost sleep the night before trying to conjure up a great round of golf for the next day?

The thoughts of having a great round of golf, and a good game plan, should start on the first tee box, looking down the fairway and visualizing the shot at hand. If you start thinking of anything other than where you want the ball to land on your shot at hand. You will find yourself scratching your head, and thinking of where you went wrong.

Thoughts on a good game plan should be on your immediate task at hand. Most of us have been told to play one golf shot at a time. I think the same would apply on playing one golf hole at a time, taking one curve on the roadway ahead of you at a time, and taking one sip of coffee at a time, and leaving your golf game plan thoughts at home when you go out for dinner. Do not attempt to take your golf game plan and wife, or lady friend out at the same time.

You can also find this article published on [Golf's Mental Game Plan Thoughts](#)