

***THE ANATOMY OF
A MODERN DAY
GOLF PRO***

The 13 Qualities That Set Them Apart

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ACHIEVEMENT SOLUTIONS

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MANUFACTURED IN THE UNITED STATES OF AMERICA

7 8 7

LIBRARY OF CONGRESS CATALOG-IN-PUBLICATION DATA

BOUCHARD, LESTER J.

THE ANATOMY OF A GOLF PRO: THE QUALITIES THAT SET THEM APART / LESTER J.
BOUCHARD

1. GOLF-PSYCHOLOGICAL ASPECTS. I. BOUCHARD, LESTER J. II. TITLE

GV979.P95R15 2005

ISBN 0-715-75230-Z

Table of Contents

	Page
Introduction	iv
Dare to Dream	1
Develop the Plan	1
Set High Standards and Keep Raising the Bar	2
Commit to Excellence	2
Keep Things in Perspective	2
Accept Responsibility	3
Do What You Love	3
Develop the Learning Mentality	4
Build Positive Relationships	5
Take Care of Your Health	5
Develop the Right Habits	5
Conquer Your Fears	6
Have the Never Say Die Attitude	6
Summary and Conclusion	7

Introduction

I would like to begin with a few quotes from individuals who achieved success and excellence in their own respective fields.

"Success isn't something you chase. It is something you have to put forth the effort for constantly; then maybe it'll come when you least expect it."

Michael Jordan

"The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor."

Vince Lombardi

"Success is peace of mind that is a direct result of self-satisfaction in knowing you gave your best effort to become the best of which you are capable."

John Wooden

"I feel that the most important requirement in success is learning to overcome failure. You must learn to tolerate it, but never accept it."

Reggie Jackson

"Flaming enthusiasm, backed up by horse sense and persistence, is the quality that most frequently makes for success."

Dale Carnegie

"The man who has done his level best... is a success, even though the world may write him down a failure."

B.C. Forbes

"Always bear in mind that your own resolution to success is more important than any other one thing."

Abraham Lincoln

"Success is how high you bounce when you hit bottom."

George S. Patton

"Success consists of going from failure to failure without loss of enthusiasm."

Winston Churchill

"Don't aim for success if you want it; just do what you love and believe in, and it will come naturally."

David Frost

"Eighty percent of success is showing up."

Woody Allen

"Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome."

Booker T. Washington

Those that are successful in athletics or any other endeavor in life for that matter share many similar philosophies and characteristics. In the pages that follow I will briefly discuss these commonalities and describe how each of you can develop and implement these pro level strategies to maximize your own potential and fulfill your performance dreams. One of the main objectives of this book is to mold you into a problem solver. Throughout the course of this book you will be introduced to various techniques that will help you learn how to let go of past thoughts, habits, attitudes and actions and develop more productive activities that will facilitate the realization of your maximum potential.

Dare to Dream

“I can only tell you one thing that I do know for sure, I am a dreamer. There are not many people that will recognize or want to recognize the fact that they are dreamers in their own life ... I continue to get up in the morning, enthusiastically, and go pick up a golf club with a thought that I can somewhere find that secret to making the cut. That's just an example, but it applies to other things in life, too, and that's the way I live and the way I think and the way I feel.”

Arnold Palmer

It all starts with the dream. It is rare, if not unheard of, that a high-level athlete stumbles upon success. The vast majority of them have dedicated their lives to the pursuit of athletic excellence with the hope of some day making it to the top. As children they played games pretending to be the next Bobby Jones, Ben Hogan, Arnold Palmer or Jack Nicklaus. They visualized playing in the majors, overcoming adversity and hosting the trophies just as their idols did. And throughout the course of their lives they have worked hard to fulfill it with a belief in themselves.

Develop the Plan

“You can't go into a shop and buy a good game of golf.”

Sam Snead

One hour of planning can save three hours of work. Once you have identified what your objective is it is just a matter of defining the step necessary to get there. Clarify the “how to” and then prioritize the activities. Break your long-term goals into monthly, then weekly and daily tasks. Put it all to paper and then keep it somewhere where you can see and review it often. Most importantly, discipline yourself to take action on a regular basis.

Set High Standards and Keep Raising the Bar

"There are no short cuts in the quest of perfection."

Ben Hogan

Aim high but within reach. Expect the best from yourself. Act like the person that you want to be with the same attitude and work ethic. Prioritize your activities. List them in the order of importance and allocate your time appropriately to get the most effective and efficient results. Discipline yourself to focus on your high priority activities and on one thing at a time. Eliminate distractions to increase your effectiveness. Reward yourself for meeting objectives and keep striving for more.

Commit to Excellence

"The harder you work, the luckier you get."

Gary Player

High-level players have a goal to be amongst the best in their sport. They have the "I'm Going to be the Best Attitude." They identify the skills needed to be the best and they work hard on them virtually daily. They think things through before they act, develop possible solutions, make up their mind and act quickly. They do not waste time. They regularly look for feedback. They practice with intention and do all the little extras to try and separate themselves from the others. Commit yourself to the vision and process and good things are bound to happen.

Keep Things in Perspective

"The main idea in golf as in life, I suppose is to learn to accept what cannot be altered and to keep on doing one's own reasoned and resolute best whether the prospect be bleak or rosy."

Bobby Jones

Remember what the long-term goal is. Be realistic about your current ability level and potential. It is one thing to aim high and another to be delusional. If you are a 30 handicap with little self-discipline and time to practice then it may be unrealistic to think that you are going to get down to scratch anytime soon. However, if you seek out and get the right help as well as diligently and effectively work at it with the big picture in mind you will be able to get there several years ahead of schedule.

Accept Responsibility

"I screwed up. It's all on me. I know that. But losing this Masters is not the end of the world. I let this one get away, but I still have a pretty good life. I'll wake up tomorrow, still breathing, I hope. All these hiccups I have, they must be for a reason. All this is just a test. I just don't know what the test is yet."

Greg Norman on the 1996 Masters

Only you can determine your own success. No matter how many techniques I share with you if you do not implement them they will not work. Take it upon yourself to move forward. Do not make excuses or blame others. Take the initiative and take action. Getting started is the hardest part. Force yourself to do what is necessary. Once you do, you will realize that it is not as bad as you believed, it will progressively get easier, and you will start to see results.

Do What You Love

"... As far as golf, one of the things my dad kept instilling in me was the joy of the game. He made it fun for me. A lot of the times I see a lot of the kids, they don't enjoy being out there and that's a shame, you're supposed to enjoy the game, it's a game, ultimately ... "

Tiger Woods

How often have you heard players say in an interview that they love their job, that they have a passion for the game, and that they have fun playing. After

all, play is really what is and should be. It is hard to be successful at something that you hate to do. You will not have the motivation and dedication to persist, particularly when things do not go your way. If the game is not your passion, find something that is and the journey to success will be much more likely and enjoyable. If it is your passion, then make your practices and play fun. Be creative. Play games against yourself and others. This will present a challenge, help you keep focused, and stir your competitive spirit.

Develop the Learning Mentality

... I realized that the secret to golf isn't how low you shoot when it's going good, it's how to make your bad rounds better."

Notah Begay

Every playing experience, regardless of outcome, is an opportunity to learn and grow as long as you look at it from the right perspective. Your successes indicate that you obviously did something, and in most cases multiple things, right. Think about it. What allowed you to be successful? Was it your attitude, your physical conditioning, your mental focus, etc.? If it worked for you once then theoretically it should work again. Alternatively, if things did not go well, what caused it to be so? What do you need to work on to correct it? What could you do differently in the future to potentially change the result? Focus on the solution and not the problem. Keep a journal, reflect after matches, and record this type of information. This is a learner's mentality. They are always looking for quality feedback to improve their chances at success. The more that you learn the better equipped you will be to tackle potential obstacles in the future. Read about your idols. Listen to audiocassettes, watch videos, and attend

camps, workshops, or seminars. Determine what they did and do to be successful and apply it to your own life.

Build Positive Relationships

"I try to work with God as a partner."

Gary Player

Success breeds success. Take the time to get to know individuals that are more successful than you. Ask them their secrets. Notice and develop their habits. Ask for their assistance. You never know when an acquaintance might become an influential ally on your road to success.

Take Care of Your Health

"As you walk down the fairway of life you must smell the roses, for you only get to play one round."

Ben Hogan

Proper diet and fitness have now become the norm rather than the exception and for good reason. There is a mountain of empirical evidence documenting the physical and psychological benefits of exercise and, in general, healthy living. Establish and maintain an acceptable weight for your body type. Limit the amount of garbage that you put into your body and participate in an enjoyable exercise regimen.

Develop the Right Habits

"Most golfers prepare for disaster. A good golfer prepares for success."

Bob Toski

Most people have heard the line from Field of Dreams starring Kevin Costner "build it and they will come." Well I am going to use this same quote to illustrate a different point. Successful people have developed success habits.

They become masters of the process to success. Work hard at mastering all the aspects of the game that are important for success. For example, building a reliable swing, exhibiting mental and emotional control on the course, learning to use their time correctly, staying focused on the intention rather than on obstacles, and doing the necessary things for success even when they don't want to. Now, back to the quote. If you build these skills, success will come!

Conquer Your Fears

"The first time I played the Masters, I was so nervous I drank a bottle of rum before I teed off. I shot the happiest 83 of my life."

Chi Chi Rodriguez

Fear is nothing more than unfamiliarity with the experience. Many things are frightening the first time that we try. It is partial because it is a primal instinct developed over millions of years to ensure our survival and partly because we are uncertain of the outcome. Such was the case the first time you jumped off a diving board as a child or when you played in your first competition. It may have seemed scary in the beginning but the more that you did it the easier and more enjoyable it became. Let me further say that there is no such thing as failure, as long as you try. As mentioned earlier, every experience is a learning opportunity and if you learned something about yourself or the process and what to do or not do to be successful, then the experience was at least a partial success.

Have the Never Say Die Attitude

"I've always made a total effort, even when the odds seemed entirely against me. I never quit trying; I never felt that I didn't have a chance to win."

Arnold Palmer

Try to develop a long-term perspective. Keep the big picture in mind. Progress is rarely quick. Be patient. No one has ever gotten to the pro ranks or any other high-level of ability without putting in the time and effort. Further, expect that there will be ups and downs. It is inevitable consequence of life. No one stays on top or the bottom forever. Make adjustments in your plan along the way with the end intention in mind. As long as you do not quit and keep trudging forward eventually you'll get there.

Summary and Conclusion

" ... Scoring comes from being able to preserve what you've got and play your smart shots when you need to play them and not do stupid things and take advantage of things when have you them ... "

Jack Nicklaus

Every person has incredible resources within themselves available to unlock and unleash the potential to grow. Regardless of education, socioeconomic status, gender or age everyone has some degree of untapped potential to be more successful. No one has yet to discover their full capability.

The way that I see it you have two choices: to stay as you are and continue to make the same mistakes over and over or to implement the plethora of scientifically proven techniques that so many individuals have utilized to maximize their potential. The choice is yours.

Where most people fail is the lack of clarity in vision, they don't develop a logical plan and most importantly they don't take regular action and follow through. First create the vision of what you might become. You are a human being that has the ability to think, feel, judge, and choose. What is your ultimate goal? You have many years ahead of you. You can do whatever you choose, be

whatever you want. You were born with a higher purpose. What is it? What do you have to do to achieve it? If you wait for it to happen it never will. Take charge of your future. Make it happen. By reading this book you have taking the first step towards your destiny. Focus is what manifests the vision into reality. Distractions deter the vision and dilute the focus. The vision plus the plan, in addition to the focus to execute is what manifests success.

Others fail because they do not have faith. They don't believe in their own abilities and the possibility of the dream becoming reality. There are two main reasons why individuals do not believe that they can achieve and succeed. The first is that it contradicts what society has told most of us and ingrained in our belief system about our abilities. Second, we all have had negative experiences in our lifetimes that have become imbedded in our subconscious which cause us to hesitate from taking action.

To be successful you must reject these preconceived notions. You have more potential than you have been led to believe. Negative beliefs hold you back from discovering and developing your capability. Successful people are positive. Although everyone has negative moments and tendencies, you have to fight them in order to produce positive results. You can choose to focus on the negative, what didn't work or could go wrong and watch it happened or you can focus on the positives, the possibilities and work to make them happen.

We all have the ability to learn and create. The process to success starts when you open yourself up to the possibility of success. Open yourself up to the

dreams, desires, ideas, opportunities and challenges. Your success will be assured the moment you start believing yourself.

Success equals dreams, beliefs, winning expectations, an improvement perspective, planning, liberating yourself from your inner demons, thinking creatively, affirming thoughts and persistent pursuit. Seize the moment. See a need. Listen to advice. Take action. Learn along the way and continuously build.

You have the personal choice to succeed. By generating the expectation of success you allow yourself to explore your true potential. Break the chains that bind you. Conquer the demons. Avoid the traps. Get advice from those who know and relentlessly look for the answers. Seek and pursue and before you know it you will be there!