

Hi Craig Sigl here. The no-practice expert coming to you from Seattle. This is typical weather up here and it's not real fun golf weather. It rains about 2/3 of the days in the winter months. And it's tough to get out there and get in some time to work on your game isn't it? Much easier to stay in your warm house and watch the tour on TV to get your golf fix right?.

Changing the subject, let me ask you this...

The next time you finish a round and go to the 19<sup>th</sup> hole or the snack bar, I want you to pay close attention to what your buddies say about the game they just played. Use your memory right now and think about some of those times in the past. You've probably heard things like:

"I just lost my focus on those 2 bad holes"

"I need more consistency...I can't put 18 holes together"

"I had a great round except for those two putts that cost me 4 strokes"

"Why is it that if I don't start playing well until the back 9"

or the ever famous:

"I played pretty good today except the scorecard doesn't show it"

It's so pitiful when we do that last one isn't it?

I've wasted way too many hours trying to justify to myself WHY I wasn't able to hit my goal of scoring in the 70's on a championship course. ...You know when you try to make yourself feel better later about blowing it? Hey, I get it. I've said and done all of those quotes and probably a lot more than you along those lines.

So when we wake up to reality and decide whether or not we are going to actually get serious or not about lowering our score, then what should we do?

Well, most golf instructors will say that you have to practice and practice and practice some more. And, guess what, I'll be the first to admit that works! Yep!

Ben Hogan when asked how he played so well would answer: "The Secret is in the dirt" meaning, he'd hit a zillion golf balls. I get it. No argument here.

And the proof is in the pudding that most pro golfers get to the top that way. No doubt about it. But what if you're like me and don't have the time to put in at the range? What if you're already up to your eyeballs in your career, family and other obligations and you're lucky if you get to play a round a weekend during the season... let alone have the time and energy to go the garage, haul the clubs in the car, drive through traffic down to the course or range, get your golf shoes on, stretch and then spend time hitting balls or practicing your putting? Then,

pack it all up, get back in the car for the drive and head home. It takes 2 hours of your time just to get in about 45 minutes of useful practice.

Yeah, all of that was me a few years ago...I had a full time job with a wife and 2 little kids and the yardwork and blah blah blah...would you believe that when I got to that point in thinking, I thought the solution to finding more hours in the day to be able to work on my game was to cut down on my sleep?! I actually bought an ebook on how to function on less sleep! Hahaha. Geez, what a hardhead I was....

So if you know you aren't playing to your potential, but you've seen flashes of it, and you have little time to work on your game...

Or, maybe you're not like that and you DO have time to work on your game...and yet, those quotes in the 19<sup>th</sup> hole that I mentioned, you still use them or some variation of them. In other words, you're stuck.

...are you simply doomed to stay at the same scoring level as you are at now? Absolutely Not! Is there hope for you? Yep...and I am going to give you some tools, tactics and strategies here to help you out.

So what's the solution then?

Have you ever heard these words in talking about a golfer or other athlete playing over his or head...

"He's playing unconscious." It's said so often it's a sports cliché. Maybe you've heard it this way... "She's playing out of her mind"

You know, every mental game guru will tell you that the way to play your best is to play unconsciously. But that's a heck of a lot easier said than done now isn't it?

So how do you do that?

Before I give you that, You've first got to break out of the box.

Because now...I'm going to talk about some things in this video and the next one that, if you really pay attention, can have profound effects on improving your game and lowering your score....In order to do that, you've got to put aside everything you know about golf for a moment if you want to really do something powerful for your game that takes very little time and energy. You've got nothing to lose and everything to gain by staying open-minded.

I promise you I will make total sense and back up everything with logic. Listen, I hardly believe anything unless it makes logical sense or is backed up by science. And...I still need to see the results before I really buy into it. I understand you if you're like that. So let's see if we can open you up a bit. Are you ready?

Let me start with a question...and try to answer it as fast as you can:

"How many seconds are there in a year?"

Some of you would get out your calculator, or maybe do some math in your head, and then be able to come up with a huge number. You'd multiply 1 second times 60 in a minute, times 60 in an hour, times 24 in a day, times 365 days in a year....and the number you come up with would be right!

Now, I on the other hand, could come up with an answer far faster than that...12

What? That's not right?

Oh yes it is.

There is a January 2<sup>nd</sup>, a February 2<sup>nd</sup>, a March 2<sup>nd</sup>, etc. ...Twelve seconds!

Interesting huh? Try that one on your friends and see what happens.

Now, Let's go back to what it means to play "unconscious golf"

Sam Snead who had one of the sweetest swings on earth, when asked what he thought of when he was swinging the club would answer: "nothing"...now we're getting somewhere...that's unconscious golf!

When I meet golfers at events or seminars that I put on, I like to ask them if they were to have a lot more consistency, would that help their game and lower their scores. The answer is usually YES as it should be. I then ask them "What's the most consistent thing you do from the time you are born until the time you die? Usually the answer is: "Breathing" which is a good answer but not correct.

The answer is your heart beating....and you never have to think about it...it just keeps beating and beating over and over.

Well, the definition of playing unconscious golf is to be playing the game with that part of you that controls the beating of your heart. I call it: The Unconscious Mind.

Are you getting the picture here? It's no accident when they say "He's playing unconscious"

I've heard other people call it the Subconscious mind but I don't like that because the "sub" tends to mean lessor or lower and I'm going to teach you that it is actually the greater part of you and definitely the part you want to golf with.

Have you ever heard of that old saying that we only use 10% of our brain power? Well, that's not exactly true as it's being used all right. It's just being used 90% on automatic functioning. It's time for you to tap into that 90%, it's extremely powerful and robotically consistent.

So, the first strategy then, is to set yourself up with, like a separate part of you that you just assume is totally consistent and has all of the instructions stored for how to hit a great shot. It's an absolute fact that if you've hit a great shot with each of your clubs, then you have the memory stored for how to repeat it...over and over with consistency. And it doesn't matter how pretty your swing is!

The second strategy is to personalize that part of you. I'm happy just calling it my unconscious. Tim Gallwey in his book, Inner Golf, now a classic, called it Self 2. Call it whatever you like but for now, pretend you have this amazing golfer in you and give it a name. Why do we want to do this...it sounds kind of silly huh?

I hear you saying....

What is all this crazy "pretend" stuff, I just need to get out of the house and hit a zillion balls like Ben Hogan and my game will come around..." right?

Well, like I said before, yes, by all means, go and practice if you can. Whether you do or don't practice, what you are learning is going to take your game to a new level, if you really want it to. Ask yourself right now if you really want to score lower or do you just want to go out and drink beer and show off those cool new golf clothes and your beautiful swing.

The reason you want to create this persona is because it becomes a metaphor for you and your game. Let's pull back the curtain for a moment here...(do you remember that scene from the wizard of Oz?) You see...Metaphors, analogies, stories and parables are the way to tap into that powerful 90% and that consistency mechanism I talked about earlier. You already know that just telling yourself to be more consistent is about as effective as telling a teenager not to smoke, drink and have sex.

All the great religious teachings and savvy politicians use this tool to get inside your unconscious mind this way. It's no secret. It's just time you take advantage of it and apply it to your golf game...and maybe other areas of your life...but that's another story.

Anyway, This will all make more sense as we go along...

Finally, You want to begin to have small conversations with your other self. You want to begin to talk to it like it's your little brother or sister who wants to be just like you and is willing to do whatever you say because he or she looks up to you.

Let me explain how this works in reality on the course.

When golfer's miss a shot, they usually ask themselves what they did wrong mechanically. When I miss a shot, I chalk it up to the fact that I didn't tell my

other self exactly what it is that I want. In other words, it's a communication error, not a swing error. Why? Because, as I said earlier, I assume that my great golfer self KNOWS how to hit the ball perfectly. The problem is, it also knows how to hit it poorly many different ways. The difference here is in making the connection.

The reward for doing this is repeatability...consistency!

In the next video, I'm going to give you more specifics on how to make that communication connection and destroy some myths that have been holding you back. I will also give you a very simple way to dramatically improve your focus that you can do while sitting in your easy chair at home.

I'm Craig Sigl, your no-practice expert. Catch me on the next video.

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