

“Lessons from the Golf Course”

Finally! The perfect weather to get outside and play golf. Now I know that some of you think that golf is a walk in the woods ruined by a little white ball, but to me it is a chance to challenge myself while I enjoy that walk. I just love it (well, most of the time). It is something I can do by myself or with friends and on good days it is a great way to spend time with my family!

I've always believed that there is much to learn about yourself on the golf course besides your ability to play golf. Some of those “things” are really good and the other...well, have you ever thrown your club? OK, have you just thought about it? Yea, me neither!!

Last week I learned a bit more about divots. If you are using an iron most times you are suppose to take a divot and if you are like me you even take a divot when you are not suppose to and it ends up not even in a place a divot should be. Well, anyway, if you replace your divot the grass will grow begin to regenerate within the day. The longer you wait the longer it takes to rebuild that area. Just like in a relationship where there has been conflict or you have said something negative to someone. If you apologize right away the healing can begin. Waiting delays that process and in some cases you may never again be able to really repair the relationship. So, in golf, remember to repair your divots right away. And in relationships make sure you do the same thing!

In golf you need to have certain skills to be effective. Most people can't go out to the golf course once a week and end up being great or even pretty good. People that are good practice the game of golf. They go to the range, they take lessons, they play, they compete. And in life, with relationships, with your work you need to do the same thing. You need to look at your skills and ask yourself, “what do I need to practice?”, “what do I need lessons in?”, “How can I get better?”

In golf you must have a positive attitude. Yogi Berra was talking about baseball when he said, “Ninety percent of the game is half mental”, but it goes for golf too. It is important to hit the course feeling good about yourself and your abilities and your limitations. What messages are you giving yourself as you hit the ball? Bob Rotella, a golf teaching pro, said, “It won't help to tell yourself, “don't hit it in the water.” Your mind will only hear WATER and guess where your ball will end up. The message needs to be positive, “Hit the green” (or something like that) and you must believe that you can do that. You must feel good about making mistakes and learning from them. You must feel good about just being able to be outside taking a walk with nature and that little white ball. And such is life. Having a positive attitude about your relationships, your work and your play helps you to do better and to feel better.

Yup, there is a lot to learn about life and about yourself on the golf course. All the more reason to be out there on these beautiful (and sometimes not so beautiful) summer days. Now you have another reason to be on the golf course.....personal development! You are becoming a better person.....”FORE!!”