



### **GOLF TIPS FROM BETH**

**This month, “Use a Mantra for focus”.**

**When I was competing at the Nationals, in Aloha, Oregon, I was extremely nervous. I knew I wanted to do well for the Santa Barbara Chapter and thought this might be the last time I would make it this far.**

**After reviewing the course layout and scorecard, I knew this was a course I could do well on. It suited my game. It was relatively short and required precision shots to score well. I HAD A CHANCE!! However, this did not take the nerves away; it only made it worse, due to my expectations.**

**I finally realized that to control my nerves, I needed to focus on one thing, when addressing the golf ball. I choose to use my Mantra as my focus point. Over the years I have developed this Mantra to help with my golf game. I have a tendency to sway during my take away, over-swing and lift my head. My Mantra addressed all of these short comings and helped improve my game. So the Mantra I developed was, “shoulder turn, half swing, keep your head down!”**

**During the two day tournament, when I would grab my club, I would start the Mantra in my mind, repeating it over and over again. Once I was over the ball and at address, I would say it one more time, “shoulder turn, half swing, keep your head down!” and as I said “down” I would start my back swing and have complete focus on the ball. It worked to keep the nerves at bay. I even managed to place, with a score of 80 and 79.**

**I believe every one should have a Mantra to help with the focus part of your game. I have heard many, including “Tick-Tock”, “1,2,3 and 4”, “weight forward, head down”. It helps to choose a Mantra that addresses one of your quirks or deficiencies. So, create your Mantra and improve your focus.**