

## **Mental trick for big events**

1. The night before you have a tournament or an event you really want to play well in...
2. Sit down and close your eyes and start visualising from the very beginning of your day.
3. Imagine everything going really well, imagine your are calm and happy and confident, imagine you are taking your time and not feeling at all rushed.
4. Visualise everything, even getting out of the car and greeting people, through heading to the first tee, then every single shot that you will play, from the first tee shot going straight down the middle beautifully until the final putt.

This actually works for life as well. If you want a particular day to go well, you can sit down and visualise it going exactly how you want to the day before. Pre-rehearse it how you want it to go. Try it, its amazing how well it works.

GOOD LUCK,

Anne