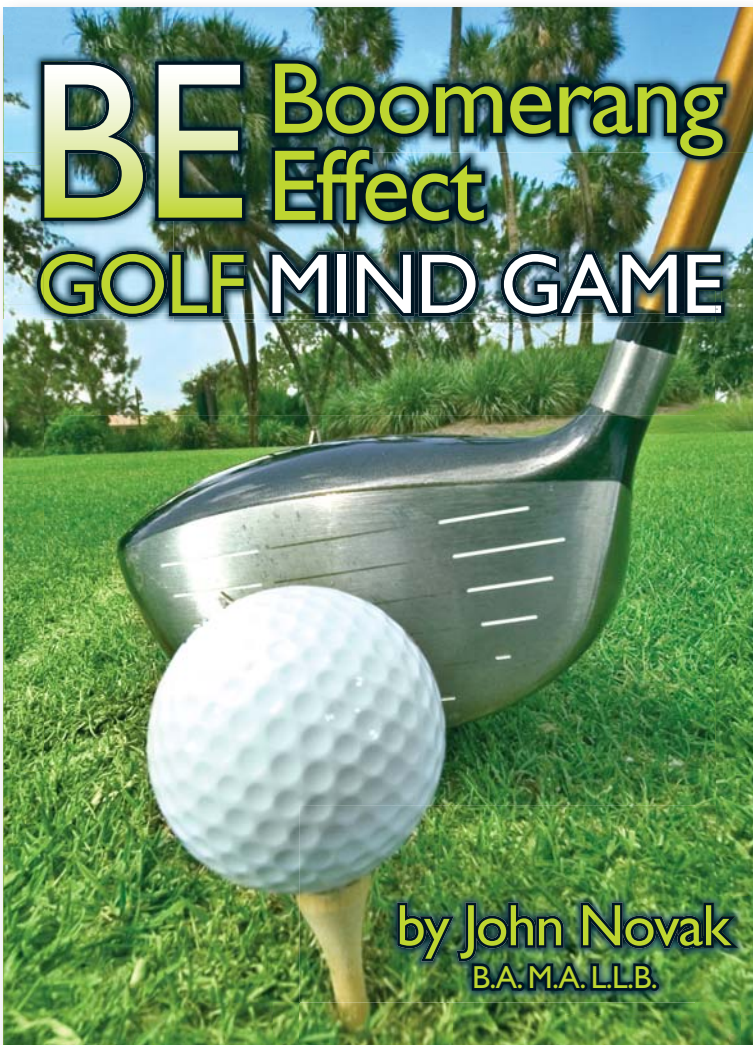


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Boomerang Effect

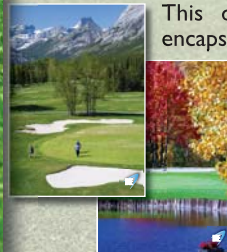


"Golf is a game that is played on a five-inch course – the distance between your ears."

Bobby Jones (Winner of 13 Majors including the Grand Slam).

Arnold Palmer believes that *"Ninety per cent of golf is played from the shoulders up"*. The right MIND GAME is THE crucial factor in playing great golf!

John has been a sports motivator and MIND GAME trainer for over 20 years. He has devised hundreds of personalised MIND GAME strategies for amateurs to elite professionals on Major International Tours.



This deck of 80 beautifully presented cards encapsulates the essentials of John's MIND GAME techniques. They are a unique blend of Western positive psychology and Eastern philosophies that all great players use. But golfers of any age, playing at any level, will find every card simple to understand and easy to apply. John has countless success stories of people who have applied the principles and remarkably improved their scores.

All you have to do is pick one or two cards to work on every time you practise or play. Consistently do this and watch your game astronomically improve.

So why not give yourself the edge that every professional golfer has?



John is a wellbeing and motivation speaker, author, and TV, radio and DVD presenter. With three academic degrees, a 3rd Dan black belt and illustrious sporting career, John has *walked his talk.*

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www.boomerangeffect.com.au

Printed in China through Palace Press International

I. Golden Rule
Words, thoughts and actions, always positive.
No exceptions.
Every day in every way.
94/71 card!
Whether you are behind in trees or in a bunker, or a deep rut and of bounds, always BE POSITIVE. Consistently seek positive. How can I see blue in the most positive light? Thus, you will give yourself the greatest chance on every shot.





57. Consistency

Consistent scoring is near impossible if every thing you do preceding the result is inconsistent.

Consistent processes and consistent swing cues are imperative.

A consistent practice regime, working through all the clubs in your bag, shaping shots and mastering your distances, will give you a sense of certainty and confidence in competitive situations. Practise like you intend to play.

6. Process, Process, Process

Your process, your WAY, is a repeatable routine that includes a sequence of systematic thoughts and physical actions.

Devise a specific system of steps which includes:

1. Pre-club decision-making process - the what and how.
2. Your positive phrase/s - *I can do this*, etc.
3. Your pre-shot routine.
4. Over the ball routine.
5. After-shot thought process - *It is what it is*.

Focus on the rhythm of your routine, the feel of your practice swing and each detailed step of your process.

Then, see it, feel it, trust it.



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