Be Mentally Prepared

I'm a huge believer in preparation. There's the classic 5 P's of Peak Performance:

   **Proper Preparation Prevents Poor Performance**

As you know my language patterns are centred around success thinking and positive framing so I like to say it like this:

   **Proper Preparation Promotes Peak Performance**

My clients know my commitment to preparation during our coaching sessions. In fact everything you do while golfing and playing at your peak is the result of preparation.

   => You practiced at the range
   => You rehearse your pre-shot routine away from the course and dial it in
   => You mentally prepare for your round

Really Training Your Brain For Success

Players who decide to really go low and improve their game know the **importance of mental preparation**. Yet I receive comments from clients on the difficulty they have in training their mind to respond properly to imagery and focus exercises.

I wrestled with this for quite some time and although I created numerous processes to accommodate their needs some players still experienced frustration in tapping their mind properly. After a long search and some serious testing I have found something ALL people can benefit from.

This is a very impressive program for designing states of peak performance, among many other uses it has. Actually they call it a Personal Achievement Device. This program **turbocharges all of my processes** and accelerates their integration into your game.

This program can be distributed through pro-shops and any self-improvement related outlet. Spas, sun tanning places, yoga centres, etc.. If you are interested in distributing it let me know. I also provide discounts to distributors on their own purchase as most distributors use the product.

It brings a great relaxed frame of mind, is like meditation with all the intrinsic benefits. Both hemispheres of the brain become synchronized for the true, Whole Mind Golf experience.

As a member you are entitled to a 20% discount, which is substantial.

[http://wholemindgolf.com/epad](http://wholemindgolf.com/epad)

Enter the following code for the Discount: eliteepad

When you prepare properly you are instructing your unconscious what experiences you desire. This directly influences your performance.
Be mentally prepared and Prepare to Go Low!