



The 20th Hole at Five p.m.

The Mental Coaching Podcast for the Best Game of Your Life

E-Book and Bonus Materials for Episode 2: “The Mental Reset Button”

Contents of this E-Book

1. Episode Transcript

A word-by-word transcript of the whole episode to re-read if you don't have an MP3 player at hand or want to review the contents.

2. Action Steps

The Action Steps for this episode.

3. Printable Cheat Sheet

A ready-to-print card suitable for taking with you on the golf course.

4. Additional Resources

Includes essential reading for aspiring golfers.

About the HeadProCoaching Podcast

Let the Mental Golf Techniques in this podcast improve your mind and your golf game, quickly and easily. Join Mathias Maul, professional mental golf coach and inventor of the HeadProCoaching Technique, as he reveals the secrets to lowering your handicap and impressing your fellow golfers.

This podcast is aimed at all those golfers, all over the world, who still haven't reached that magic threshold: a handicap of 12 or less. Those lucky enough, or hard-working enough, to have reached that level can improve their game even further by working one-on-one with Mathias Maul. For those not so fortunate, this podcast is the next best thing – an easy, fun, affordable way for the “Mental Meister” to guide you, too, to a lower handicap – and this series is designed to work with golfers of all experience levels.

Why “20th hole”? For many golfers, the game stops at the 19th hole – the clubhouse or an after-game pub or restaurant. If you're one of those golfers whose game is finished at the 19th hole, this series probably isn't for you. But for those of you ambitious enough to look beyond the 19th hole, who are on the never-ending quest to improve their golf, themselves and their lives, who seek answers to bigger questions — if you are one of these, then this podcast is for you.

Welcome to what may have been, till now, beyond your expectations: The 20th hole.

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1. Episode Transcript

It's 5 PM ... it's the 20th hole ... so welcome to the mental coaching podcast for your all-time favourite game: golf.

You are listening to episode two, entitled "The Mental Reset Button"

By now, you should have mastered the contents of episode 1. If you have not listened to it yet, please do so now, otherwise you will not be able to benefit from the techniques laid out here in episode 2.

Now, many of you know these pitfalls—you hit a ball into the woods, then deal with mounting frustration as you waste time searching for it, or you hit a perfect hook ... into the rough ... and with your boss watching. These annoyances are bad enough, but even worse, they seem to stick in your mind, like burr weeds sticking to your trousers, during the rest of your game. Indeed, they only seem to fade – and slowly, at that – once you're relaxing at the 19th hole. This issue is encountered by amateur and professional golfers alike and it's one of the most difficult problems to overcome when relying solely on traditional golf training. But with mental golf coaching HeadProCoaching style the cure is simple and very effective.

Here's a wonderful, old story with a great lesson at the heart of it ...

* * *

Once upon a time, there were two monks who were trudging through the countryside, heading for their monastery. On the way, they came upon a cold mountain stream. No bridge could be seen in either direction and, on the bank of the stream, an old woman stood trembling as she watched the icy torrents. One of the monks offered to help and he carried her, on his shoulders, across the stream while his companion waded through the ice-cold water beside him.

When they reached the other side, the old woman thanked the monk and went on her way.

The two monks set off for their monastery, trudging in silence until, some two hours later, the one who had not carried the woman turned to his companion and yelled angrily: "How could you have done that? We are not allowed to engage in worldly affairs, let alone touch a woman and carry her over a stream! You will have to repent for that!"

The other replied, calmly: "I put her down two hours ago. Are you still carrying her?"

* * *

This simple story teaches us a lesson that's vital to the game of golf. No—it's not a lesson about how to get your golf balls across water obstacles. It's about learning how to find your *mental reset button* and using it to let go of mental tensions, instantly. How often have you missed a shot and got angry at yourself for doing so? And then carried that frustration with you for the next couple of holes? What if you could learn to just push your internal *mental reset button* and cancel out any kind of anger, frustration, nervousness, or any of the other ailments every golfer knows all too well? You can, you know ...

The process of building your *mental reset button* is actually very easy, but it does require you to practise a bit to get it really deeply installed. Think of this reset button as a muscle, and think of this process as mental muscle building: the muscle needs to be exercised over time or it will wither. But, always remember, the *mental reset button* is yours to keep forever as soon as it is firmly installed.

So, let's get started with that process. But, before you embark on the following Action Steps, make sure you feel well, that you're nicely relaxed, and you're ready for some serious mind-bending. Don't worry—it'll be fun, we promise! Come on, let's go!

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2. Action Steps

Make sure you've got your Baseline Evaluation Card that you filled out as you worked through Episode 1. If you haven't yet listened to Episode 1 and have not completed those action steps, please stop listening to this episode - download Episode 1 and complete it fully before continuing.

Still with me? Good - then you must have completed Episode 1, so let's get started!

Step One: Take the two clubs you used in Episode one – that's your favourite club and that club you hate most – and take them to the driving range.

Step Two: You know those big red "emergency stop" buttons on power tools, that let you stop the machine in an emergency? Well, visualize one of these buttons in your mind. Go on, imagine it. And now make it emit a nice, rewarding "clunk" sound when you press it. Or, if you prefer a small button that goes "click", visualize one of those instead. As you "see" this button in your mind's eye, imagine what it would feel like. Is it smooth and shiny, or is it dull? What colour is it? Is it warm to the touch, or is it cool? Visualize, and then describe it, as completely as you can. Is this the button you'd like to use to represent your *mental reset button*? Press it a couple of times, hear the "clunk" or "click" sound it makes, and watch as it returns to the state it was in before you pressed it. Don't worry if you find it hard to imagine all this, to start with. Remember that, in this process, we're dealing with that mental muscle we mentioned earlier and it still needs some exercising. Don't worry - you'll soon find this easy to do.

Step Three: Take your "good" golf club. Choose a target down the driving range. And keep it realistic - don't aim for the 200 yard flag if you've chosen your sand wedge. Address the ball. Notice how your club feels. And, when you're ready, swing and hit the ball towards your chosen target. If your shot was great – at least an 8 on that scale of zero to 10 - congratulate yourself and, at the same time, press the *mental*

reset button that you've just created. Watch it being pushed down and listen to the pleasant "clunk" sound it makes.

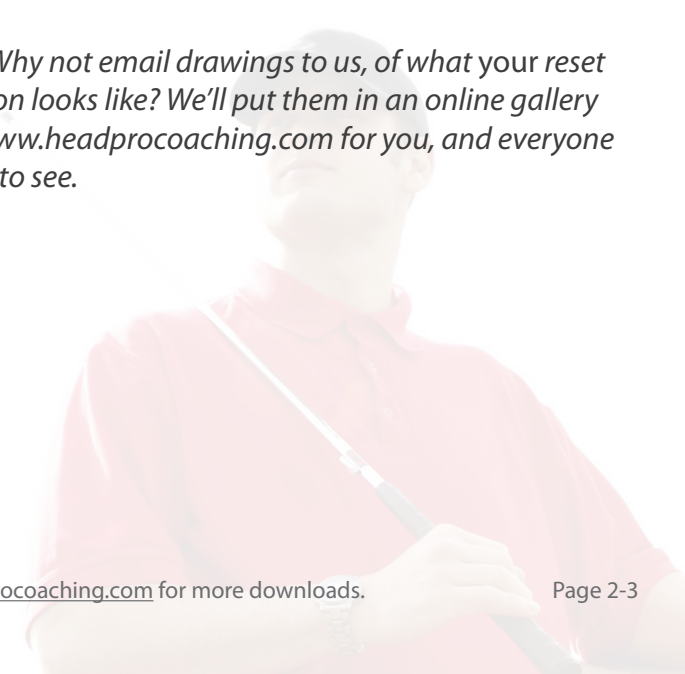
Step Four: Repeat the previous step a couple of times. Whenever you hit a great shot, congratulate yourself and press your *mental reset button*. And, when you press it, always listen closely to the "clunk" or "click" sound that it makes. But what if you hit a bad shot, you ask? It's important that you ignore bad shots - simply continue until you've hit at least a dozen great shots.

Step Five: Relax and walk around. Take your mind off what you've been doing and think about a non-golf topic, like ... what did you have for breakfast today?

Step Six: Now, get your "bad" club - that one you love to hate so much. Hit some balls with it and notice how different this "bad" club feels.

Step Seven: Now, take a ball and address it with this "bad" club. As you do so, press your newly created *mental reset button* - actually visualize you pressing it and hear the "clunk" or "click" sound that it makes. You should feel your mental state switch ever so slightly. Now - hit the ball! Do you notice the difference already? If you do, great! If not, don't worry - you will probably have to repeat these Action Steps a couple of times until your *mental reset button* is firmly installed. After that, feel free to take this new tool with you on a round and e-mail Mathias with your results!

p.s. Why not email drawings to us, of what your reset button looks like? We'll put them in an online gallery at www.headprocoaching.com for you, and everyone else, to see.



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3. Cheat Sheet

This is a handy ready-to-print cheat sheet for your golf bag. Print it and take it with you on the driving range, putting green, golf course, or front lawn to improve your game.

HeadProCoaching Podcast Cheat Sheet

for season 1, episode 2, "The Mental Reset Button"

 This is a two-part exercise. For the first part, see season 1, episode 1.

Suitable Context(s) for this Exercise

Driving Range Putting Green Golf Course Front Lawn Living Room

Synopsis

Learn to gradually transfer the mental and physical state associated with your "best" club to your (until then) "worst" club.

Action Steps

1. Imagine a button with a shape of your choice. Use your visual, kinesthetic and auditory* senses to describe it. You might want to draw a sketch of your button on the back of this card.
2. On the driving range, take the "best" club you used for the previous exercise. Choose a target and hit some balls toward it.
3. For each *great* shot, congratulate yourself and imagine yourself pressing down your button with all senses. Ignore bad shots.** Repeat until you had at least two dozen *great* shots.
4. Distract yourself for a couple of minutes. Walk around.
5. Hit some balls toward the target with your "bad" club and notice its feel. Then, press your mental reset button (use all senses!), notice the shift of your mental state and hit a ball. Notice the difference between balls hit after pressing your button and those without preparation. Keep practising until the button is firmly installed.

* Maybe there is a button in your car that has a particularly satisfying "clunk" sound?

** This is basically a simple form of conditioning and reinforcement learning. We will look at this topic more closely in episode 5, "Dolphins, Ducks and Dog Legs."

HeadProCoaching Podcast Cheat Sheet for Season 1 Episode 2, "The Mental Reset Button"
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4. Additional Resources

This section contains additional information about the topics covered in each podcast episode.

If you have more recommendations, or any feedback to the HeadProCoaching podcast or e-books, drop me an email at matt@headprocoaching.com.

All media mentioned below can be ordered via the HeadProCoaching shop at this address:
www.headprocoaching.com/shop

***The Legend of Bagger Vance.* (Movie adaptation)**

Probably the best movie ever made on the topic of mental golf. If you have difficulties in visualizing your mental reset button, this is a must-see. [Available on DVD; original novel written by Steven Pressfield; movie produced by Allied Filmmakers, screenplay by Jeremy Leven.]

Paul Reys: *Zen Flesh, Zen Bones.*

Just like Eugen Herrigel's book mentioned in the previous episode, this is also a timeless classic. Containing numerous educational tales like the one presented in this episode, this book is a treasure trove of insights into what a "pure mind" (in the most pragmatic and non-esoteric sense of the word) is able to accomplish. And who wouldn't want to play golf with a pure mind?

Bill DeRouchey: *History of the Button*

Read the blog at www.historyofthebutton.com for an surprisingly enlightening look at interaction design. Highly recommended if you want to improve your visual – and mental! – capacity.

