

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 6: "Fine-Tune your Brain"

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're listening to episode 6, entitled "Fine-Tune your Brain."

With this episode, we have reached the end of Season One of the 20th Hole podcast, so let's start by reviewing what we have learned so far.

Episode 1 taught you how to evaluate parts of your mental gameplay with the HeadProCoaching Baseline Evaluation Scorecard. In Episode 2, you learned how to install a mental device, called the *Mental Reset Button*, that helps you play every club as if it were your favorite club, and play them all equally well. Episode 3 showed you how to improve your physical and mental stability simply by imagining you are breathing through the *Soles of Your Shoes*. In Episode 4, you learned how to build a winning pre-shot routine, based on the practices of sumo wrestlers. And, in our last episode, the 5th, we showed you how to apply the methods of reinforcement learning to your golf game.

Wow – that *is* quite a lot. So, it is important that you find enough time to fully integrate these new techniques into your gameplay before we move on to Season 2. **To help you do this, we will use this episode to teach you how to create a mental context that will make it easier to integrate all you have learned.** This mental context is created simply by filtering out all those parts of your environment that distract you when practicing.

By way of an example, let's look at the card game, poker – you may play the game yourself, or you may have seen it on TV. If you have, you will recall that many poker players, professionals and amateurs, wear sunglasses during games. One reason is, wearers' eyes cannot be seen by other players – this makes it difficult to "read" the state of mind of these sunglasses wearers and thus get a hint of whether they're holding good cards or bad. The second reason, though, is even more important: By wearing

dark sunglasses, these players create a world of their own by shutting off much of what goes on around them.

Now, in golf, it would not be practical to wear really dark sunglasses, so we have to find another way to create such a "world of our own", where distractions are filtered out. This filtering out is the first step in creating what we call a "zone bubble". You will be hearing a lot more of this HeadProCoaching technique in Season Two of this podcast.

In golf, it works like this: Instead of shutting off much of what you *see*, you shut off what you *hear*. You use your ears to do this, not your eyes. Remember the title of our first episode? It was "What's Between Your Ears?" Yep, we've come full circle and now, we are going to focus on what you can do to make that place between your ears beautifully, comfortably ... quiet ... with no distractions at all.

Now, this may sound paradoxical, but an easy way to make things quieter is actually to listen to more noise – not just any noise, but a special kind of noise called "pink noise." It's generated at very specific frequencies which, when played, neutralize or cancel out the the frequencies of background noise – you are left with the serene "sound of silence."

Now, the sound of something else serene – free. Yep, that's the cost to you of these sounds we're giving away. Your coach Mathias Maul applied some additional auditory tricks to simple pink noise to make it even more effective. You can get free copies of the *HeadProCoaching Mental Noise Shield* by visiting the store at store.headprocoaching.com

Sounds, or auditory stimuli, can be used in even more sophisticated ways. You can actually induce specific states of mind by combining, and listening to, specific frequencies. Watch out for some of these sounds on HeadProCoaching's forthcoming audio CDs, available soon at store.headprocoaching.com

But, before you get to use those sounds to help you into the zone, first, we have to deal with today's Action Steps.

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2. Action Steps

Step One. Review episodes one through five of this First Season of the 20th Hole podcast and from all the techniques we taught you, choose the one that you like best.

Step Two. Make *absolutely* sure that you choose only one technique. Don't overdo it – remember that your brain functions best when you focus on one thing at a time.

Step Three. Now, if you have not already done so, download the *HeadProCoaching Mental Noise Shield*, available at store.headprocoaching.com – and copy it onto your Apple® iPod® or other media player.

Step Four. Take your iPod®, with the file on it, to wherever it is you practice, and follow through, completely, the HeadProCoaching Technique you chose as your favourite from the previous episodes. Play the “Noise Shield” audio file as you do this. Work **ONLY** on your chosen technique and keep practicing...and don't worry about the funky looks you may get from other players – you know something they don't...unless, of course, they also listen to the HeadProCoaching series!

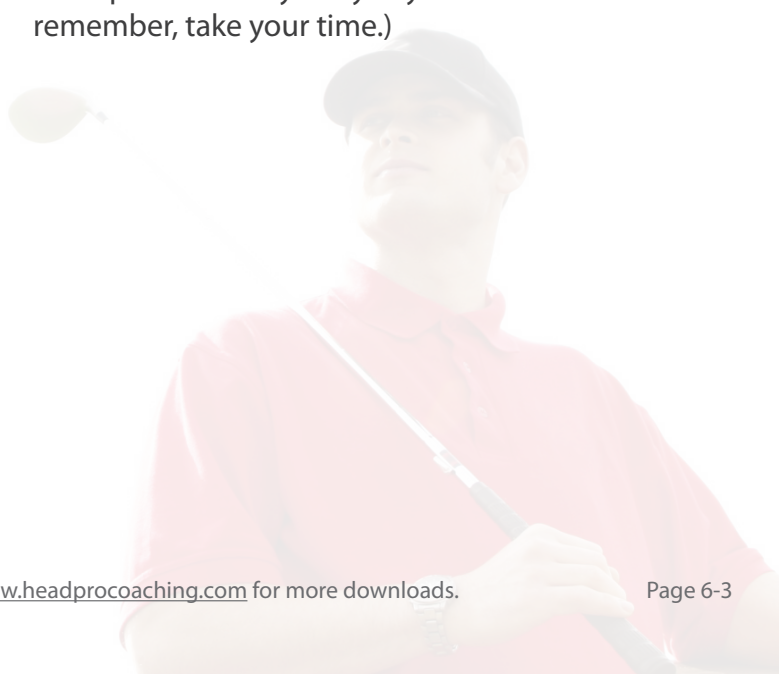
And remember how we said *consistency* was important? So keep practicing this same technique ... for a month – yes, a month – then notice how your concentration, your focus, has improved, and, yes, your golf scores, too. And when you finish practicing that first, favorite technique that you chose, we encourage you to choose another – your second favorite technique – and do the same with that. Then do the same with your third favorite, and so on. Just don't try to do all of them at once and take your time!

Meet the Mental Meister!

If you play to a handicap of 12 or better, you may qualify for a **private HeadPro-Coaching session** with Mathias Maul!

Check Mathias' schedule and book your personal coaching session or teleclass at www.headprocoaching.com.

(Of course, if you worked on this during private coaching with our expert, Mathias Maul, you would see results much more quickly – that's because one of his jobs is to adapt the coaching process to your exact, individual needs. If that's not possible, though, you can still achieve great results on your own – but don't push it. Always stay in your comfort zone and remember, take your time.)



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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 6, "Fine-Tune your Brain"

Suitable Context(s) for this Exercise

Driving Range Putting Green Golf Course Front Lawn Living Room

Synopsis

Create a mental context for integrating all techniques you learned in season one of the HeadProCoaching podcast.

Action Steps

1. Review all episodes of the 20th Hole HeadProCoaching podcast. From all techniques that were introduced in podcast season one, choose *one* you like best.
2. Download the free HeadProCoaching *Mental Noise Shield* MP3 from store.headprocoaching.com and copy it onto your Apple® iPod® or other portable audio player.
3. Using the *Mental Noise Shield*, practise your favourite technique for at least one month.

Make sure to track your progress and e-mail Mathias Maul at matt@headprocoaching.com with any of your questions or feedback.

HeadProCoaching Podcast Cheat Sheet for Season 1 Episode 6, "Fine-Tune your Brain"
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4. Additional Resources

This section contains additional information about the topics covered in this 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.

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

Carl Honore: *In Praise of Slowness.*

Many books that I recommend here have no *obvious* connection with golfing, and this is no exception.

The “cult of speed” is something many golfers have fallen victim to. Rushing from the office to the golf course right on time for teeing off, then to the restaurant at the 19th hole, quickly picking up the latest and greatest driver from the pro shop, quickly chatting with some locals at the pub, only to rush back home and into the office on the following morning.

Rushing the game of golf is a surefire way of ruining it; just like rushing your life will make you look back in frustration when you're old.

Take your time. Buy this book and read it, one page a day, maximum. When you learn to savor this book, transport this quality of slowness to your HeadProCoaching exercises, and then to your game.

Trust me: In years of personal coaching I found that finding one's own true speed is one of the pillars of personal stability and growth. Take your time.

