



Improve your distance putts

Remember that your unconscious is far better at judging distances and controlling the club than your conscious mind. If you're throwing a ball back and forth do you think about technique and how far to take your arm back or do you just throw it?

Take putting for example. Many people struggle as they try to work out how hard to hit the ball.

So stop trying to work it out mentally. Say to yourself:

"I trust that my unconscious mind knows how hard to this" – on second thoughts just say something shorter like '**Trust**' or '**let go!**'

With practice you'll learn to trust your unconscious mind more and more, and you'll hole a lot more putts.

The best way to change this is to add this keyword into your pre-shot routine that you follow on every putt.

If you're not sure how best to do this or want to make sure that your pre-shot routine isn't costing you shots, get in touch and I'll help you improve it.

Most people get in touch anyway to let me know how they are getting on and to fine tune their technique. Look forward to hearing how you get on!
