

# **Make Your Routine, Routine**

90% of your mental abilities are performed by your subconscious mind. This part of your brain works automatically every single shot. It contains all of the habits you have ever established and will perform them even in the most exciting situations. This is why golfers practice, so that the part of the swing they want to dominate can become a habit. Once these muscle memories become habits, you don't have to think about them ever again. Then golf is more like play, and less like work. They claim that just by watching a golfer swing properly, a habit can be established. It will take many repetitions, but five minutes a day for three weeks can do the trick.

Routine in your approach, can also become a habit. This takes conscious effort, repetitions, and work, but again, this work becomes more like play after a habit is established. This pre-shot routine is essential for putting the player into a good position to swing. They say that if you have a good grip, good posture, good alignment and ball position, you will eliminate about 98% of what can go wrong with a golf swing. Now do you see why you want to make your routine, routine?

Get a good routine for all shots, full swing, pitching, chipping, sand shots, and putting, and I guarantee your scores will come down. Once your scores start coming down, your golf game will blossom, you'll get more excited about it, and the adrenaline factor alone will help produce longer straighter shots. Good luck and happy golfing!