

## **"I came To Win" is our new thought pattern.**

We must believe we can win. Create this perception and you will form the right mental state of mind.

We do three things from our mental state of mind.

We act....."I came to win"  
We think....."I came to win"  
We perform....."I came to win"

In this past season, the four major golf tournaments have produced a unique experience. Mike Weir won his first major when he won The Masters. This got the mind set started. Jim Furyk wins his first major by taking the U.S. Open. Ben Curtis shocked the world when he took the British Open on his first try. Shaun Michael captures the PGA Championship on his first attempt. Not to be outdone, in the Women's division, a French girl won her first major.

When we think we can do something, we get added skills to do it. You know the drill, "as a man thinks, so is he".

Take some time to watch the match being played just before your match. Use this time to get yourself into a playing mindset. Don't go into a match when you are not prepared to win. Take a moment to instill a winning spirit within your mind. You can use the "I came to win" concept found in my book. You will win more games simply by getting ready to win.

You must join my winning team by thinking winning thoughts. I do not like it when my student tells me how great other players are. I simply refuse to be impressed with anyone playing in the tournament. I go to a match with an 'I came to win' attitude and focus only on that concept.

A professional competitor will never enter a contest with thoughts of losing. We must prepare to defeat our opponent. We must study the art of winning and most importantly, we must guard against negative thoughts. The art of war is fought in the mind. Change your mindset and you change your destiny.

*We can get the edge only when we seek the edge. Take an active role in training your mind to think winning thoughts...The Monk.....last week's Reloaded*

"After all, your performance is the only reality that matters. The results have nothing to do with reality." The Monk.....last week's Reloaded Be ready to gain the edge. Don't think about winning. Don't think about losing. You "came to win." Let your stroke reflect that attitude. I will look for you in the finals and when anyone ask, 'how did you get to the finals?' tell them "The Monk sent you".

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