

The key to winning is to Enjoy the Moment, *God I love this game*

When we are focused on the demands of winning it then becomes hard to enjoy this great game. Likewise when we are preoccupied with losing, we are not having fun. As time goes on, we begin to resent the very game we love.

I have heard many tournament players tell me they do not enjoy this game because the pressure is too great.

For many years, I went around with a game face. Yet, it was my love of pocket billiards that kept me at the table. When I finally came to terms with the fact that I really loved this game, my game improved and I was playing better, looking forward to the next tournament. I simply echoed the words, "God I love this game".

Those who have fun at pocket billiards go further than those who get caught up in the pressure of the game. Learn to have fun playing pool. Stop and express your feelings often. Say out loud, "God I love this game". Today, this day, for the entire day, walk around saying "God I love this game". Stop right now and express yourself. Say "God I love this game". It makes you smile.

We are advised to tell our girlfriend we love them. The reason for this is so we will feel better about being tied down or hooked on something. Saying it makes you feel better.

Give in to your true feelings about pocket billiards by using the phrase "God I love this game". When you are waiting for your turn to shoot, say "God I love this game" and mean it. Even when you lose, acknowledge that you love this game. Get in touch with your love of pocket billiards. Don't fight the anxiety associated with winning and losing.

"I don't know if I am going to win or if I am going to lose this game. I may win. I may lose. I simply do not know which one it will be. But I do know I will look good playing this game".

You will always look better when you are having fun. Today, walk around and say out loud to yourself. "God I love this game." Say it with a smile. Say it while you laugh. Say it to look foolish and funny.

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