



## 7 Days in Utopia

If you can repeat it, you can play. If what you are repeating is good enough, you can be great. It is that simple.

Take what you do well and perfect it

### **Mental check list:**

See it  
Feel it  
Trust it

### **Foundation:**

Rhythm  
Balance  
Patience  
Freedom

He had time to invest himself in the life of another who was lost on his journey

In life we must be willing to coach and be coached; either one alone will leave us empty

Traded unconditional love from his dog to a life of conditional acceptance based on golf score

He believed that golf was a game, not a swing. Emphasis was always about playing the game in front of the ball not the game behind it

Purest form of teaching was taking a novice and building a love for the game and an understanding of the skills required to enjoy it

### **Conviction**

Why do you grip the club the way you do? Just feels good...you are fired

If you want to lead a successful organization, you better build a bullet proof foundation for why you do what you do and how you do it. There is no model swing in this business, no pat

answers. Each person must develop a blueprint for his swing and style of play. Must have such a conviction for the manner in which it is done that there is no chinks in the armor when facing the toughest foe on the tour. Although the toughest challenge will not be the course or even your competitors scores. Toughest foe will be the casual comment offered up by a fellow player or teacher about how you should be doing it

Not here to improve your swing; my purpose is to help you find your game

Every champion has convictions, but perennial champions have convictions based on foundations. These foundations become his first line of defense when facing adversity

Until you feel the music, you aint nothing but a step counter

The swing is a dance. When the interference mounts, at least you have an internal compass that will help you return to this place and time

Get rid of other peoples words and find your own. Be creative, use word pictures, illustrations, anything that will help you return to this place

Do you ever slow down just to think? Let the experience of the day sink in deeply

Time to listen to the learning is crucial in the change process

Deep time for a guy who spent most of his time in the shallow waters of life

### **Shadow Casting**

Shadow casting had enticed the fish into an emotional frenzy and the response made him vulnerable to the trap

Focus our attention on the variables that control and guide r game...rhythm balance and patience

Fly-fishing is about rhythm balance and patience...fish become secondary. Takes a calm mindset focused on feel rather than outcome

Dancing rather than counting steps

Playing music vs. notes

Trying vs letting

Art is not about the outcome

Surprise gives way to emotion

Emotion loses

Sneak attacks

You have to expect the unexpected

### **Signing a Masterpiece**

All shots start with a blank canvas

Must paint the shot with our eyes first before our body can produce it accurately

Quality of our shot mimics the quality of our painting

Muscles work off images sent from eyes. Your muscles will hit the shot, but like a pilot in the fog, they can only respond to the information you send them. The most powerful information is an image, a picture. A good picture produces feel and feel produces trust

First you must see  
Second you feel  
Third you trust

Painting the picture is paramount in the process...it is the cornerstone

Take a look at the entire setting to get your perspective...sets up the process

Tree, bunkers, sand traps, water not the enemy...allow these inanimate objects to steal energy and focus. Painting will reveal they are just part of the story, part of the perspective. Enjoy painting them. Guides that lead you to target. The environment commanded attention

Everything flows from perspective

You have to let go of perfect to be an artist  
Objects in the painting told the story of the shot

Every time you hit a shot, you are signing a painting

### **Tradition vs Truth**

The genesis of a new thought often happens in the simple things in life

Putting...distance and direction

Over focus on direction and under feel distance while putting

Respect Tradition but have a passion for the truth

Each generation has innovators who rise up and challenge tradition

Tradition has a vice grip on most people

Tradition is safe...great place to hide, but it is also the enemy of innovation and the destroyer of new thought. It can hold back the wisdom and creativity and squelch the dreams of man...steals talent

Nothing of great feel is done without the tip of index finger leading the way...artist, surgeon, violinist

Is it tradition you seek or truth

Is it excellence or acceptance

### **Pilot's checklist**

Maybe the pace of life is relative to the roads we choose to drive

Good roads may quicken our step to our next destination

Gandhi...there is more to life than increasing its speed

External and internal flight checks

Confidence builds for the flight as you eliminate possible problems before you get airborne

To fly a plane with confidence is to know you are prepared for any challenge, any emergency

Supreme confidence that you can solve a crisis in the air

Confidence comes from being prepared for an emergency

Intense experiences do that to a person

Pre shot check list will become the most valuable asset in tournament play...foundation/  
security system

Conditions are never the same, must be free to feel and respond to the conditions

See/ Feel/ Trust...not only your take off mind set, but also your response to emergency

Does not guarantee success, it does give you the highest probability to reach your fullest  
potential

Your response to any emergency such as poor shot is to focus on check list

### **Hickory Sticks**

Kept 2 scores golf game

1. Actual score

2. Concentration score...number of times he went through check list

Only coached the input that day

Accountability to the process

People say they are going to change but without accountability they rarely do

If you commit to the check list, you increase the probability for success

A look sees the shot...a glance does little more than see direction

Without a look, there is no memory

Greatness is revealed in the unorthodoxy of life. It is in thinking out of the box labeled comfort  
zone that we discover truth. Our box is nothing but a self-imposed prison, a trap set for  
unsuspecting souls. His passion in life was to set people free from their boxes

Score was a goal, not a definition of a mans self worth

Posting a score can intimidate the learning process

You play the victim well...Bravo/ Excellent acting...blaming

You reverted to the ordinary and it only took you 3 shots...stay with the process

Simple is relative

Simple is a concept, difficult in practice

Intellect can never describe the sweet spot, it can only be sensed

Checklist puts you in position to hit the best shot at a given time. Does not guarantee  
perfection. Just increases the odds of hitting the shot you picture. Want the odds in your favor

Be expectant

Always set an extra place at dinner table so when destiny comes knocking at your door you  
invite him in as though you have been expecting him

The only thing more powerful than calling your shot is recalling your shot

### **Buried lies**

Had simply become a golf score

Life in the end will be measured by significance, not a golf score

Significance will be defined by your character, relationships, values, virtues, and faith, not golf score

Success is a destination while significance is an eternal calling

We don't take into consideration the effects that our everyday decisions have on our destiny the lives of others, or the world as a whole

Like an alcoholic in need of drink, spend rest of life trying to get high from a score