

A.C.E.

The outcome goal in golf is to get the ball in the hole in the fewest number of attempts. Your goal however is to do the best you can with every shot you're faced with by staying in the present. How you do that and stay focused on what you WANT to do will always come down to the process, or your routine, for each shot. With so many tour players and great golfers talking about getting engaged in the process of each shot, there needs to be a way to measure the success rate in which you're in the present and into the process ... A.C.E. is exactly that. A.C.E. will help create a quieter, productive mind instead of being bogged down with a busy, congested mind.

- **ANALYZE:** this is where you evaluate all of the factors that go into choosing the appropriate target, shot and club. Items you must thoroughly Analyze include:
 - lie of the ball
 - yardage to pin, yardage to clear any trouble/front of green, yardage behind the pin
 - wind speed and direction
 - location of hazards and obstacles; best place to miss
 - elevation change
 - temperature
 - surface of landing area
 - altitude
- **COMMIT:** this is the few seconds just before you hit the shot and where you need to create your own trigger that confirms you're in a beneficial frame of mind and ready to swing. A Commitment trigger helps fill those vital few seconds and assists with keeping the demons out of your thoughts. A Commitment trigger keeps things positive and helps you stay focused on what TO DO.

○ Visual examples

- "I see a runway leading from my ball to the target then I swing."
- "I see the apex of the shot in the air then I swing."
- "I burn a thin red laser line into the green on the trail in which my ball will take to the hole then I roll the putt."

○ Verbal examples:

- Say to yourself "This is perfect!" then swing.
- Say to yourself "Right at it!" then swing.
- Say to yourself "I own this!" then swing.

○ Feel/Sensations

- "I let out a breath then swing."
- "When my feet feel grounded and solid then I swing."
- "When I feel connected to the target I swing."

○ Rhythm

- "I look at the target 3 times then swing."



- “I count to 4 ... ‘1’ is positioning my club behind the ball, ‘2’ is my feet getting set, ‘3’ is when I look at the target, and ‘4’ is my backswing begins.”

A high handicapper will be surprised at how often the mind will make the muscles hit the ball to the target, even with a far less than perfect swing.

-- Harvey Penick

- **EXECUTE/EXIT:** execution is simply swinging the club. There is virtually no time that takes place between the time you become committed and the time you swing. The commitment trigger not only counters any negativity but also fills the timeframe when most negative thoughts creep into your mind. However, there are times when you need to back off (Exit) a shot and regroup. This would include:

- Any negativity creeps in your mind
- Your eyes drift to, say the pin, when your target is something else
- You get distracted
- Score comes to mind
- The wind speed or direction change
- You're not really 100% committed
- You're thinking about what others might be thinking about you

No one else is to blame for the shots you hit - it is your responsibility. Back away and gather yourself if needed. The best level of commitment is one that engrosses you so much in your shot that you don't even notice the distractions that are around you. Being so into the process of your shot allows you to disregard poor shots helping you to put them behind you and dramatically aiding your ability to bring a clear and focused approach to your next shot.

When using the scorecard for A.C.E. you can enter your percentage score for 9-hole or 18-hole rounds of golf. You earn dots for each shot based on the following:

- ✓ If you correctly ANALYZE the shot, place a dot in the 'A' box. If after hitting the shot you realize that you failed to Analyze a factor then you do not get a dot in the 'A' box.
- ✓ If you wholeheartedly go through your COMMITMENT trigger on the shot, place a dot in the 'C' box.
- ✓ You automatically get a dot in the 'E' EXECUTE box unless you hit the ball when you should have Exited the shot (ie: score came to mind, wind changed, doubt, negativity, eyes looked at something other than your target, the result, etc.)