

Doc Rotella's Ten Commandments

(Adapted)

1. Play to be great. Don't play not to play poorly
2. Love the challenge of the day, whatever it may be.
3. Get out of results and get into the process.
4. Know that nothing will bother or upset you on the green, and you will be in a great state of mind for every shot.
5. Playing with a feeling that the outcome doesn't matter is almost always preferable to caring too much.
6. Believe fully in yourself so you can play freely.
7. See where you want the bowl to go before every shot.
8. Be decisive, committed and clear.
9. Be your own best friend.
10. Love your draw shot.

CM
24/08/2007

Taken from Doc Rotella's book "Golf Is Not a Game of Perfect" 1995