

Count

Sing

Hold any image in mind

Happy picture

Hold target in mind

Relaxing picture

Aggressive picture

Tension level 10

Tension level 8

Tension level 6

Tension level 4

Tension level 2

Tension level 0

Tempo 100

Tempo 80

Tempo 60

Tempo 40

Tempo 20

No look

Hear a relaxing sound

Smell a relaxing smell

Taste your favorite food

**Listen to the world
around**

**Picture your favorite
player**

Activation level 100

Activation level 80

Activation level 60

Activation level 40

Activation level 20

Pretend there is no ball

**Swing to the perfect
finish**

Flight tracer line

Hear the sound of the club

Feel the strike

**Repeat a word you like
your swing to be**

Repeat any word

Visualize the path

Meditate

Hummmmm

Feel perfect balance

See perfect balance

No Club No Ball feel

Open mouth

Grip pressure level

Relaxed jaw

Slow swing

Fast swing

Inspiring image

Inspiring sound

State change

Nothingness

See the perfect shot

Hear any noise

Feel the path

Gratefulness

Grateful image

Tension 3 Tempo 70

Tension 2 Tempo 80

Tension 1 Tempo 90

**Back swing down swing
tempo**

**See ball travel in normal
time**

Practice shot see ball fly

**See the ball fly to the
target and back to the
club 3 times**

**See the flight tracer go
to the target and back 3
times**