

Just Wishin', and hopin', and thinkin', and prayin'

Most of us know that great 60's song by Dusty Springfield. Even from the movie "my Best Friends Wedding" the days of getting the guy and falling in love were all so real. Golf is just as real as wanting that special guy. These very words Dusty sang go hand in hand with golf. We strive for a better score, we buy the better ball, and even new shoes sometimes make us feel like we will hit the ball better. In many cases, it does help. But the base of our dreaming needs to have some substance. When we wish, hope; think and pray for a good shot, you may well be surprised what can happen. Women tend to step up to the ball and passively desire a good shot but often get a very different result, which can be very disappointing. I'm sure when Annika made it to the Colonial in Ft. Worth she *hoped* to make the cut. But like a champ she took what she had and moved on to win her next LPGA tournament thereafter. You also can *hope* but not get the exact results you planned. Find the good in what you have experienced.

In much of golf the very sequence of this song get us to where we need to be. Wishing- to want and desire to be a good player, strike the ball clean and for it to travel straight. Wish for something you can realistically make happen, trying to wish for a tour swing when you are 2 years into the game can be disappointing, but wishing for those putts to roll in at 8 feet, now that's realistic. Now when it comes to hoping- is the feeling your swing will turn out well. Say you take a practice swing and it was just perfect, hope is that gut sensation you will repeat the same swing over the ball. Hope doesn't just stop at the swing, it's the flight and result of the ball as it travels to the hole. As we are addressed to the ball, we think. It may be we have a "swing thought" or we need to "think" to keep our balance in the swing, whatever it may be, a slight bit of thinking is required. And last is that bit of prayer after the ball leaves the club asking ourselves do we have a prayer? Yes, we do! They all work together, as you can see much of it is the internal gauge of thoughts and feelings we have inside; golf is 90% mental and 10% physical.

Keeping a light hearted approach to your game is fun and makes the 18 holes go by much easier. Sing along with Dusty on the course, humming it in your mind. Women, get in there and sing your way to a good golf round.