



# RENEGADE

**MINDSET**  
Techniques™

FOR GOLF



Special Report  
By Stephen Ladd



## Renegade Mind Tricks for Golf

Techniques and Strategies for  
Performance on the Links... and in Life



## **Renegade Mind Tricks for Golf ®**

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## Introduction

If you've been golfing for any amount of time, then you have certainly heard that success in golf is a large part MENTAL.

Once you have honed your skills to a decent level, it is often simply a matter of getting out of your own way, in order to perform to the best of your true, current abilities.

Easier said than done, no doubt!

Many golfers say that they appreciate the importance of the mental side of the game, but fail to give it much attention. One reason for this is that much of the information currently on the market in sports psychology is, well... boring.

You probably know what I mean –

*Always focus on the positive*

*Play one shot at a time*

*Breathe deeply*

*Be that ball*

Most golfers I know have grown tired of these same old mantras. It's not that they have no value, but rather that today's golfer wants a little more - something different - to add a little spice to their mental game and make a serious dent in their handicap.

This Special Report contains three rather different, and dare I say “spicy” techniques, that will change the way you think about the mental game of golf.

These techniques come from the peak performance trainings of Neuro-Linguistic Programming (NLP). They can be used not only on the golf course to slash strokes, but in almost any area of your life to great benefit.

The first one is called Anchoring, and it will allow you to instantly move into your peak performance mindset.

The second one is called the Swish Pattern, and I’ll show you how to use it to become completely confident on the golf course, regardless of the situation.

And finally, the Brain Scramble (sounds dangerous, but it’s not) is a quick and easy way to let go of bad experiences from past rounds.

Enjoy.

# Anchor Yourself To Win

What is an anchor?

An anchor is formed when an internal response becomes associated with an external stimulus. Think Pavlov and his salivating dogs.

Hear A Bell = Salivate

Anchoring yourself is very easy to do. As a matter of fact, you've done it many times in your life.

You've even anchored yourself without your conscious awareness.

Is there an *adult beverage* that you just can't drink?

I've got one! Apple Pucker.

I drank two 2-liters one night... by myself. Now, simply smelling it will send me running to the bathroom.

If you have any fears, those are anchors.

You are born with two fears: the fear of falling and the fear of loud noises.

Every other fear that you have had been learned somewhere along the way.

These are all anchors.

For example, many people have the irrational fear of spiders. You see a spider, and you automatically exhibit the fear.

The spider is the anchor, and it set into motion a set of emotional and physical reactions without your conscious involvement.

What are some anchors that you have?

**If you can set an anchor on yourself on accident, then you can surely set a positive anchor on yourself on purpose.**

Setting positive anchors on yourself is the most powerful and immediate way to improve your golf game, your love life, your business - you name it.

For example, when you nail the perfect drive and split the fairway - how do you feel at that moment?

You feel at the peak of your game, confident, in “the zone.”

**Anchor that state!**

**How to Set Anchors**

You can easily set an anchor by performing some unique action while you are experiencing your peak state. So, when you’ve just hit that perfect

drive, and you're feeling in "the zone"; do something unique... maybe you could rub your thumb and index finger together and quietly say "YES!"

I recommend making your anchors rather subtle, so you will never feel uncomfortable firing them off in front of others.

Watch Tiger Woods closely when he prepares to hit a shot.

He blinks his eyes several times.

That's an anchor he's been using since he was a small boy.

Hey, if it's good enough for Tiger!

You can do the same thing.

Once you set your anchor on a few great shots, you can put yourself in a peak state ANYTIME at will by simply rubbing your fingers and saying "YES!"

Regardless of the actual situation, by activating your own anchor you will immediately put yourself into your peak state, thereby greatly increasing your chances of performing well on your next shot.

How valuable will this be on the course?

Answer: VERY!

**TIP:** The best place to set and reinforce your anchor is on the practice range with each perfect shot that you hit.

But get this - How would you like to set a peak performance anchor without having to actually hit that perfect ball or sink that awesome putt?

## **Your brain does not know the difference between what you vividly imagine and what actually happens?**

A study was conducted using three groups of basketball players.

The goal was to improve their free throw shooting percentages.

**Group One** practiced free throws for thirty minutes every day for a week.

**Group Two** could not practice, play, or even watch basketball on television for a week.

**Group Three** simply closed their eyes and imagined that they were shooting free throws for thirty minutes a day.

At the end of the week, the players were tested.

Group One, who practiced, improved their shot performance modestly.

Group Two, who did not practice, made a lower percentage of shots, as you would expect.

**Group Three**, who practiced only in **their imaginations**, improved significantly more than Group One who had practiced with a real ball every day.

Granted, each of these groups already had the physical ability and know-how when it came to shooting free throws.

The really cool thing is the fact that you can improve your game by using your imagination.

And it gets even better!

The old adage that practice makes perfect is only partially true.

In reality...

## **Perfect practice makes perfect!**

And you can practice perfectly in you imagination.

By practicing perfectly in your mind and feeling the rush as you hit that perfect fairway splitting drive as if you were actually on the course, you have unlimited peak experiences at your disposal to use for your peak performance anchor!

Simply take some time with your imagination to ramp up your emotional state by visualizing yourself golfing your perfect round.

When you feel as if you're at the very peak of that state... you're in "the zone", set the anchor on yourself.

**Get creative!**

And don't stop there... what other states would be valuable to access out on the course?

Would it be to your advantage to instantly have access to a feeling of calmness, clarity, extreme focus, or the ability to block everything and everyone out?

**Anchors can be created for every state that you need to access.**

- Touching your left elbow could be calmness
- cracking your knuckles could bring on extreme focus
- rolling the ball in the palm of your hand instantly gives you clarity, and
- looking down at the tee could allow you to spontaneously block everything and everyone out.

Your imagination is the limit. Let the possibilities be limitless!

**Now, do yourself a favor that will pay off big...**

**set some anchors!**

# The Swish Pattern for Ultimate Confidence on the Course

The Swish Pattern has been used for decades to change behaviors (like smoking or nail biting) and improve confidence and self-image. Here you will learn how to use this unique protocol to increase your confidence on the golf course. This technique would be practiced off the links at home.

1. Think of a situation on the golf course that brings up a feeling, response, or behavior that you would like to change. For example, it might be how embarrassed you feel after missing a two foot putt for par, or how angry you get at yourself for falling apart on the back nine and missing out on your best round of the year.
2. Close your eyes (and keep them closed through Step 6) and imagine that scene - see what happens from an “associated” point of view. This means that you see what happens through your own eyes as if it was actually happening to you in real time. Next, imagine a border around it (like a picture frame) and make everything about it bright and intense.
3. Next, imagine that you can see yourself “dissociated” (like you were watching yourself on a movie screen) as if you have already made the change you desire. See how you will be acting when you are full of confidence. Watch yourself being the golfer you want to be. Imagine the scene as vividly as possible. Now put a border around this more preferable picture.
4. Now you will have two pictures, your current negative state and your more positive desired state. Imagine that both are in front of you, and that there is a large rubber band connecting these two pictures. Stretch the desired state way off into the distance until it’s just a little

dot on the horizon so that the rubber band becomes stretched and tight between the two images.

5. Now, imagine that the rubber band is let go and the desired state comes flying up towards you at great speed, and allow the desired state to “crash through” the first image. Make the sounds “s-w-i-i-s-h” as you do this (yes, it is necessary to make the noise!) All that should be left in front of you is the desired state.
6. Open your eyes to “break state” (reset the scene).
7. Repeat steps 4 through 6 thirty times (yes, that’s 30 times).
8. Practice the above process three times a day for two days, and then use it as needed after that.



# The Renegade Golf Brain Scramble

## **“How to Quickly and Easily Diffuse Negative Emotions After a Poor Shot and Get Back in the Zone”**

Every sport is a mental game after you develop the physical skills and fitness required to perform.

Golf is no exception.

As a matter of fact, golf is more of a mental game than most other sports.

To gain the victories over your opponents or “Old Man Par” on the course...

You must first take control of your mind.

In this third and final technique, you're about to learn one of the most critical skills in golf, in all sports, and in life.

I took up the sport of water skiing a few years ago, and it taught me a very important life lesson.

If you've never water skied, you must know that there's a very key reflex that you have to learn...

Let go of the rope when you fall!

If you continue to hold onto the rope when you fall, you suddenly become a human submarine. And you'll also soon realize that your bathing suit has been ripped off as well.

The lesson here is that you must let go of the past (the rope) before you can succeed in the future.

That past does not equal the future.

It doesn't matter if you have never before broken 100 on the course you're playing, if you drove your last ball into the drink, or you just shanked a drive on the first tee of a tournament.

No matter what has happened in the past, you can't change that now.

However, you can eliminate the negative effects that it may subconsciously still produce when in similar situations.

The first step to moving forward is letting go of the past, and this process will give you the skill to do that in an instant.

You can use this process immediately after any poor shot on the course, or as soon as you realize a past experience is creeping into your game. You can also use this technique off the course on any past performances that still disturb you when you think back about them.

Examples would be...

Hooking the ball

Landing one in the middle of the water hazard or on the beach

Hitting out of bounds

Missing a 2-foot putt

Or any number of things that you've beat yourself up over.

This process will allow you to let go of what has happened, and get back in the game.

With practice, this entire process will take less than one minute.

## **The Renegade Golf Brain Scramble**

Close your eyes.

Watch the event that happened in your mind's eye as if you were a spectator from beginning to end. For example, imagine someone filmed you, and you're watching yourself on a movie screen.

Now, jump into the movie in your mind as if you're seeing it through your own eyes.

Run the movie backwards as quickly as possible as if you were actually moving backwards, and everything and everyone around you are moving in reverse. Even see the ball come back and land right at the head of your club.

Next, run the movie forwards as quickly as possible still reliving the event through your own eyes.

While you're fast-forwarding and fast-reversing the scene, add rainbow colors on everything.

Now, begin to hear your favorite music playing... something that really pumps you up. Sing along if you'd like.

Put cartoon characters running around in your movie.

Do whatever you need until your memory of the event makes your smile... or better yet, laugh.

Continue to run it backwards and forwards without stopping for the next 15 to 20 seconds.

You have successfully disconnected the poor emotional state from the event, and you can now move on with your game without carrying the negative event with you.

## Conclusion

Thank you for taking the time to read this Special Report: Renegade Mind Tricks for Golf.

As I promised (or perhaps warned) you, these tricks and techniques are a bit “outside of the tee box”. However, the results that golfers from around the globe have achieved using these methods are just as uncommon.

Keep an open mind and test out each of the three strategies for a few weeks.

Let me know if you have any questions, and please keep me posted on your progress at this email [CoachStephen@RMTforGolf.com](mailto:CoachStephen@RMTforGolf.com)

Best to you on the links!

Coach Stephen

## About the Author



**Coach Stephen Ladd**  
**"The Renegade Golf Guru"**

Coach Stephen is a cutting-edge golf mental game specialist, pioneering the use of energy psychology and his Renegade Mindset Techniques – often referred to as mental/emotional acupuncture; but without the needles! His unique coaching style and techniques have been used successfully by golfers in over 72 countries.

## "Who Else Wants To Hit Booming, Jaw-Dropping Drives From The Very First Tee... Stick It Close To The Pin... And Ruthlessly Slash Strokes From Your Handicap?"

Inside you'll discover:

- Why most golfers *NEVER* reach their true potential! (Here's a hint: hard work has nothing to do with this!)
- Why practice does *NOT* make perfect
- How to improve any specific area of your game... **in 45 seconds**
- Why traditional positive thinking actually *hurts* your game... and what to do instead
- **CRUSH** that first drive long and straight... and set the tone for the entire round
- How to enter "the zone" at will... and *stay* there
- **Drain putts** with *obnoxious* confidence - your friends may start to actually hate you (but I'll bet you get over it)
- How to *never* choke again, EVER!

And a whole lot more...

Receive a **FREE** Renegade Golf Video Demo, a Special Report "How to Eliminate First Tee Nerves in One Minute" and get entered in the monthly drawing to win the Pre-Round Peak Performance Audio CD (no purchase necessary) below:

[www.RenegadeMentalGolf.com](http://www.RenegadeMentalGolf.com)

