

THE GOLF WHISPERER

INNER GAME COACHING

BY WADE PEARSE

SECTION V

**THE CIRCLE OF EXCELLENCE – THE ULTIMATE
PRESHOT ROUTINE**



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26 Anchors Away! – Circle of Excellence Exercise

We're about to enter the heart of the matter. The steak. The real meat of the situation. Anchors provide you with the most direct doorway to the zone. Playing at your peak can become a habit. You have noticed by now that habits are a good thing, as long as you choose them!

And with each and every exercise you're doing you are choosing to create powerful, focused, effective and resourceful states. These states become the basis for your peak performance.

Can you remember a time when you played with complete ease? A time when your swing, your putting stroke, the feeling of strolling through your round, and every aspect of the game felt like pure joy? It doesn't have to be only when we shot really low. It can be a time when things just felt simple. At times in our game and in our life we move with grace and ease.

Then at other times our efforts seem like we're dragging a sack of concrete around with us! No matter what we do things just don't work. And even get worse! Sound familiar? We all have these polarized experiences every now and again.

So what is the difference between the two? What do you notice about them that is so obviously separate from each other. I'll save you the time of expressing it! It is all about the state you're in. Your internal state determines how you will experience things in life. So when you are in a certain state when you play golf, this directly influences your actions and results.

When you think about it, life and your experience of it is completely state dependent. If you're feeling tired and stressed it's difficult to sit in class and/or study. When you're wired and pumped up it's not the best time to try and sleep! If you're upset and frustrated from work you find it hard to engage with your spouse or your children.

How we manage our states is the key difference that makes the difference. This is the bedrock of your inner game. If you truly wish to play the best golf you are capable of at any given time you must commit to designing the most appropriate and effective anchors you can imagine. This is exactly what I did and what I teach my clients. There is simply no method available to you that will make as dramatic and measurable a result in your game as properly applied anchors will.

So what is an anchor really? First I'll provide you with a toned down clinical description: *anything that occurs in and around you while you are in a heightened state becomes linked with that state.* I'll use several examples, some very extreme, to illustrate things.

It almost feels like it was yesterday ... you were deeply in love, the setting was magical and then, like a well written script your favorite song starts playing while you are kissing...

Most every couple has a "favorite song" that became the beacon for their love. Filled with love for each other and swimming in each others eyes a song playing in the background will become linked to that state. So whenever they hear that song again ... you guessed it, all these loving feelings arise within.

You're at your desk at work. Yesterday you had it out with your boss, like several times before. You have grown to truly dislike his presence. Even to the point where the thought of him makes you uneasy. Then, you look up and see him walking in your direction. Seeing his face triggers a

