

THE
MIND FACTOR[®]
in
SPORT



Dr Karl Morris

www.golf-brain.com

THE MIND FACTOR®

MIND COACHING!!



What can it do ?

THE MIND FACTOR®

“My creative mind is my greatest weapon. It is a kind of inner vision which enables me to see things which others might not, like a certain way to play a shot. The psychology of golf can be complicated as it does entail mental toughness, self-confidence, conquering inner demons,

instant recall of past successes and being able to purge failures.

It is the game within the game. I developed mental strength early, I cannot over emphasize the important of YOU developing yours NOW.”

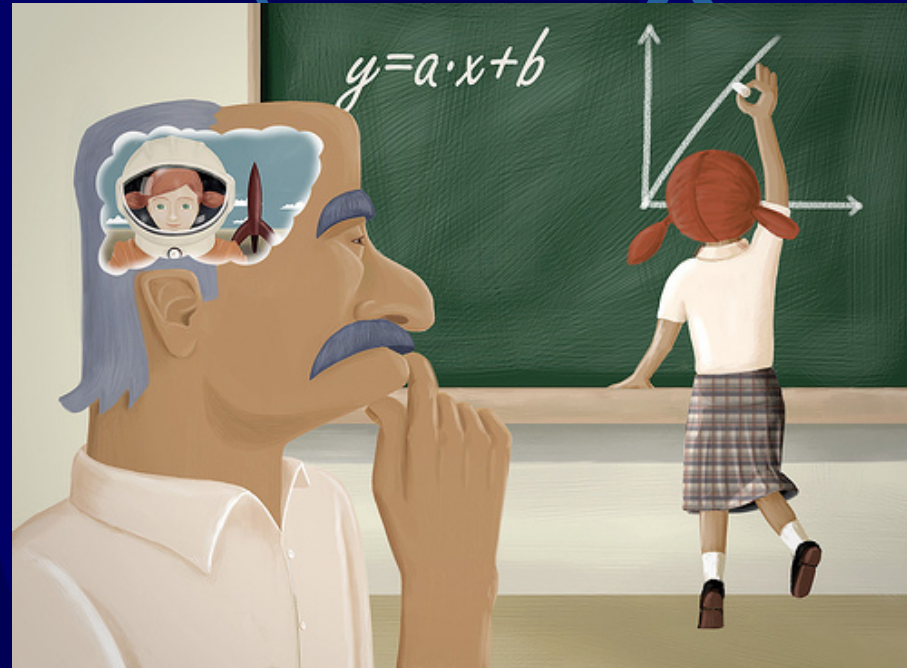


- Tiger Woods

THE MIND FACTOR®

WHAT BUSINESS
are you
IN?

THE PYGMALION EFFECT



Be VERY careful !!!

THE MIND FACTOR[©]

EVERYBODY IS 2
PEOPLE !!!



Elijah Wood and Daniel Radcliffe

Hillary and Bill Clinton

THE MIND FACTOR®

Big Dreams are Fine
BUT
Daily RITUALS
are
PROFOUND



THE 4 QUADRANTS

- Before
- During
- The 'In Between'
- After

THE MIND FACTOR®

BEFORE SPORT

THE MIND FACTOR[®]

PRACTICE PYRAMID



Consequence

Difficult

Facts

THE MIND FACTOR®

DURING SPORT



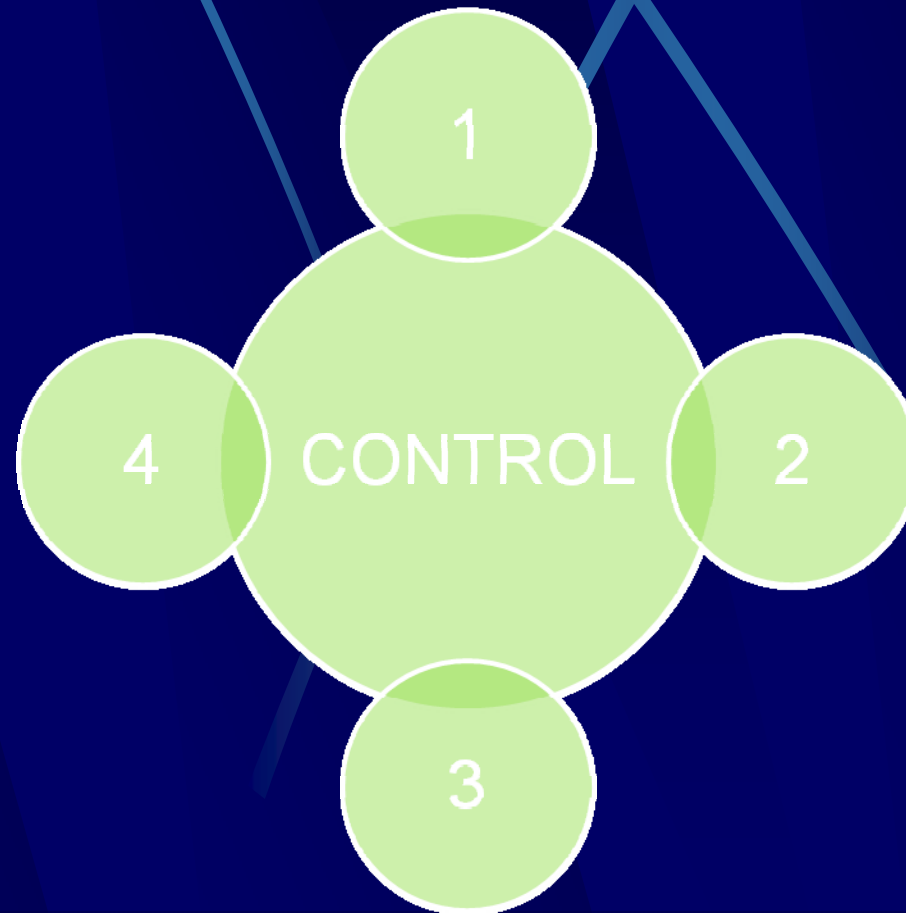
THE MIND FACTOR[®]

THINK ZONE PLAY ZONE



THE MIND FACTOR®

PERCEIVED CONTROL



THE MIND FACTOR®

THE POWER of QUESTIONS

“The QUALITY of your LIFE will be determined
BY The Quality of your QUESTIONS”



TONY ROBBINS

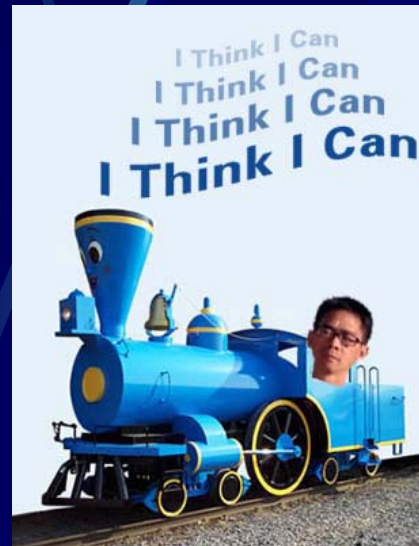
AFTER SPORT

- TWO kinds of SPORTING MEMORY
- Ordinary Storage
- Emotional Memory



POSITIVE THINKING? Maybe ANOTHER way

- The POWER of NEUTRAL



POSSIBLE



INTENTION



ACTION



RESULT



DEAL WITH

THE MIND FACTOR®

Dr Karl Morris



FREE VIDEOS

www.golftrainingproducts.co.uk

MIND FACTOR COACH

CERTIFICATION Nov 14th -17th

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