

THE
MIND FACTOR[®]
in
SPORT



Dr Karl Morris

www.golf-brain.com

Your BIGGEST
influence??



What did **THEY** do?

THE MIND FACTOR[©]

HARRINGTON

The 1% SOLUTION



THE MIND FACTOR®

“It’s about **DEALING** with it, giving it your best and **SEEING WHAT HAPPENS**. And there’s never any excuses. You just go out and **PLAY** and that’s the beauty of it – getting out there and enjoying the opportunity to compete whether you’re 100% or not. You’re out in the environment, so **LET GO**.”



- Tiger Woods

THE 4 QUADRANTS

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

THE MIND FACTOR®

BEFORE SPORT

THE MIND FACTOR[©]

The "BRADMAN EFFECT"



THE MIND FACTOR[®]

PRACTICE PYRAMID



Consequence

Difficult

Facts

THE MIND FACTOR[©]

DURING SPORT



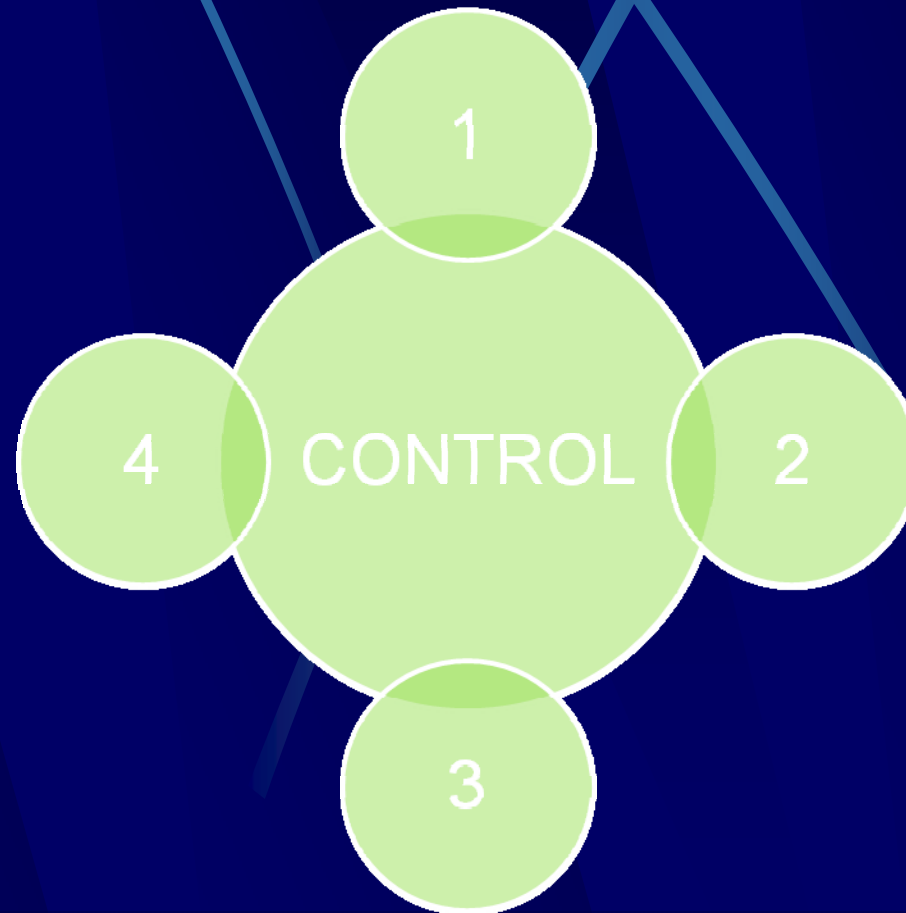
THE MIND FACTOR[®]

THINK ZONE PLAY ZONE



THE MIND FACTOR®

PERCEIVED CONTROL



THE MIND FACTOR©

**The 'IN BETWEEN' of
GOLF**

THE MIND FACTOR®

THE POWER of QUESTIONS

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



TONY ROBBINS

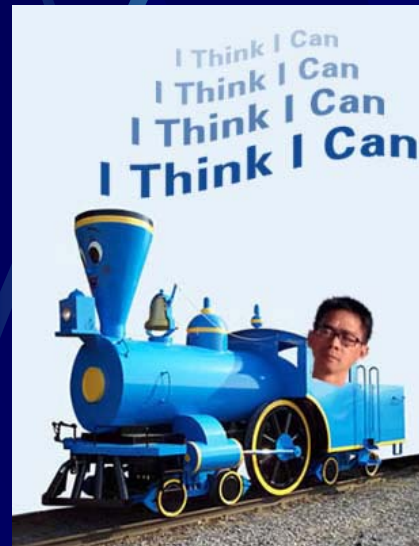
AFTER SPORT

- 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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