



# SECRETS OF THE GOLF WHISPERER

Focus on the Target. Deal with the Interference.

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**[Secrets of the Golf Whisperer: On & Off the Course is now on Amazon and Barnes & Noble! Click Here to view and order](#)**

Happy September! As fall approaches, we hope you take a few moments to reflect on your goals and vision.

## How do you know when you are FOCUSED?

*-A note from Dan-*

In a recent coaching session, one of my clients asked, "how do you know when you are focused?" In this case, the conversation pertained to golf.

He achieved his goal for the summer and fall by August. His goal was to win four tournaments and score a certain average, which was in his control. Although we worked on creating and clarifying his goals and vision back in March, it wasn't clear to him HOW he achieved them. For those that choose to play golf, you may see a target in your mind, but then lose the target through impact. This also happens in our daily lives.

*So how do you hold the target in your mind throughout impact?*

1. Call the shot out loud to yourself
2. Ask yourself if your voice sounds real
3. If it does, commit to the shot and hit the ball.  
If not, start the process over again until it does.
4. Of course, the shot that you are trying to achieve needs to be realistic within the realm of possibilities.

My nephew, who plays for a college golf team in Colorado, provides a great example of this after playing a recent round. He was 185 yards away from the hole and needed to carve a shot around a tree to get the ball on the green. He clearly defined the shot he wanted to play by calling it out loud with a firm belief. He stated, "I want to curve the ball around the tree, land the ball three feet right of the pin, take two bounces, and spin the ball back in the hole on the right center of the cup." He made the shot just as he vocalized it. Many of us have had similar stories to this, both on and off the course. We lose our focus as we are human and tend to let interference get in the way.



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In Secrets of the Golf Whisperer: On & Off the Course, I tell the story of Scott and his hole in one. His goal for the round was 82, but he was on the 18<sup>th</sup> hole with a score of 81. It was a par 4, 370 yard hole, but he was able to achieve his score goal of 82. The learning that Scott achieved that day affected his belief in himself. This transferred off the golf course and into all aspects of his life. Over eight years later, Scott continues to be a very successful business owner. He learned to see new possibilities through experience and guided coaching.

So how do we make effective choices daily? In both cases, there was a clear choice in thought. They chose to believe in themselves and their actions became a result of what they were thinking as they stayed committed to the target.

**The thinking creates the attitude.  
The body/action follow the thought.  
The commitment to a game is a game worth playing.**

The way we think is a choice. Your awareness of a consistent and productive attitude is directed by thought. Positive thoughts, words, and mental images can and will determine your future achievement. Although it sounds simple, very few of us are able to maintain this throughout our lives as often our fearful thought takes over. We tend to respond naturally to most of the circumstances of life from the emotion of fear. Unfortunately, this leads to negative, unproductive attitudes becoming natural human responses. Therefore, a process is needed that allows you to see the possibilities vs. the fear. This can be done by recognizing your awareness through written goals, steps to achieve those goals, and a vision board, which applies mental images that allow you to see and believe in the possibilities.

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[Secrets Of The Golf Whisperer: On & Off the Course by Dan DeMuth](#) is now available on Amazon.com.

Utilizing golf as the medium, the book will help you understand how to see the possibilities in order to achieve your vision and goals, both on and off

the course. Golf, sports, fitness, and hobbies can all be a metaphor, allowing us to believe and achieve things we didn't realize we could.

Whether you're looking to improve your business performance, enhance your personal life, or simply upgrade your golf and/or other sports games, many of the same principles overlap when it comes to operating at peak performance. Take it from Dan DeMuth, founder and owner Performance in Motion a company that has helped countless individuals improve their abilities by applying the same approach on and off the course. Through the use of story-telling and strategy planning, this book provides powerful insights for break through thinking and actions.

By mastering your true authentic game on and off the course, golfers, executives, and entrepreneurs alike will recognize and be able to apply the power of focus to achieve their goals. From identifying your current situation to learning how to aim for the target, Secrets of the Golf Whisperer offers a fresh outlook to achieving the results you seek. DeMuth illuminates the fact that when too much focus is put on the mechanics/how to, the target gets lost, resulting in confusion and lack of progress. The book shares his proven approach to changing your belief about what is possible, all while enjoying both the process and improvement. It's a must-read for anyone ready to take their performance to the next level.

From PGA golf professional to performance coach, Dan DeMuth, has helped a wide range of clients discover their unique abilities and strengths both on and off the course. His groundbreaking process, using golf as the medium, shows individuals and teams how to live out their true visions. In addition to being named 2005 PGA Teacher of the Year, the PGA of America has recognized DeMuth for his multiple achievements in both business and golf coaching. He has been in numerous radio, television, newspaper, and magazine features; displaying the practical techniques for easily applying the power of focus. He has conducted coaching, consulting, and team building workshops for private and corporate clients, such as Wells Fargo, General Mills, DuPont, Charles Schwab, and several other organizations. For more information, please visit our website at: [www.performanceinmotion.biz](http://www.performanceinmotion.biz).

**SECRETS OF THE GOLF WHISPERER**  
On and Off the Course

**Dan DeMuth**

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by Dan DeMuth

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Here at [Secrets of the Golf Whisperer](http://SecretsoftheGolfWhisperer.com), we have helped individuals and teams arrive at an "ah ha" moment and become excited about taking the golf learning experience into the workplace/and on the course while making a powerful difference for yourself and others.

Private & Group coaching available by appointment only.

Defining the joy of learning, while achieving peak performance.

13,026 people have now participated in our putting exercise over the years. Out of the 5 ways of putting that we use, only 97 have done better their regular way, 126 have tied with a different way, and 58 got better as they went along. That means that less than 1% score better using their perceived "regular way." This continues to be a lesson looking at a situation differently helps to improve our performance, rather than simply telling someone

improve our performance, rather than simply telling someone  
how to improve.

Secrets of the Golf Whisperer

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