

My Golf Map

Sample User



On the Tee

There's power in statistical data, and that's as true of your internal game as it is of your golf swing or the design of your latest hybrid club.

What follows is your personalized "Me-Management" Map, explaining it all for you in the language of golf, and telling you what you can do to make this information work for you

In addition, we feature our exclusive Tips from the Pro. Our seasoned experts offer you words of wisdom customized to your unique style of internal game - insights that you can use before, during, and after the game.

Your Scores

Decisive

Social

Assertive

Competitive

Organized

Intuitive

Expressive

Your starting point for iMapGolf begins with data. This chart maps your inner self in seven key areas and becomes the foundation for understanding who you are on the inside and how that affects the way you play a round of golf.

Begin by getting familiar with what is being measured. The blue line shows where you stand in the key areas being measured. The yellow line represents how you see your competitors or playing partners. There are definitions of the terms below and what they measure to help you better understand how you are mapped.

Your score is just the beginning. The remainder of your map provides descriptions in everyday language of your internal golf game.



Your Motivators

About Motivators

People enjoy playing golf for a variety of reasons. It is important for you to understand why you play as this will help you stay motivated to get out on the course. Know what these motivational triggers are for you and use them to help you recover from the times when your performance isn't what you wanted it to be. Shape your golf experiences to incorporate your personal motivators and you'll find your enjoyment increase.

Your Motivators

The primary reason you play golf is that it's a matter of doing things the right way. You know the technical aspects of how to swing the club or how to produce a pure putting stroke, and you also know that - if you do it correctly - you'll get the result you want. It's a continual opportunity to put what you know into practice. In a sense, it's a system, and your challenge is to execute it correctly.

Your Pars

Here's what you look like when you're playing your best game:

You're action-oriented. You enjoy the physical game: being outside, doing something, thinking tactically, focusing on the here-and-now.

You're at ease with the people you play with, and just as comfortable with people you don't know as people you do, particularly if they respond well to your natural friendliness.

You're in charge, not just of your own game but probably of your partner's too, if you're playing in a foursome. You project a natural authority when you play; generally, you appear to be on top of your game.

You're a competitive player. No matter how easy-going you may be before or after the game, during actual play, it's about winning.

You're a methodical player; you know exactly what you should do with each stroke. Your best game results when you follow that pattern precisely.

You study your opponents carefully, more so than they may realize, because you appear to be casual and easy-going. However, you try to be aware of their innermost thoughts: whether they're over-confident or feeling pressure, whether they're showing self-control or starting to get annoyed with themselves.



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There's a significant emotional component to your game. When you play well, it makes you feel good; if it's an exciting game, you enjoy the excitement. You can find it difficult to relate to people who don't share this emotional element.

Your Bogeys

Here's what might happen if things start to go wrong with your game:

You may start to get physically tired, particularly if you're up against energetic opponents, or if you've been very busy in the hours or days before the game.

Tips from the pro

- When you play well you feel like you could play another 18 easily - and sometimes do. When you play poorly, you can't wait for the round to end, even before it does.
- When your pre-golf activity has been hectic, you might hear many voices bothering you in your backswing - they tend to be YOURS.

You may be annoyed or irritated by the people you're playing with if anyone seems to want to be socially dominant.

Tips from the pro

- Try not to let your playing partners distract you from your game plan. Focus on something to keep you occupied when you feel pressed. Control your concentration.

If the game becomes stressful, you may be more assertive, even pushy, with the other players.

Tips from the pro

- Exhibiting control and lessening intimidation in competitive situations can be good. Managing your golf behaviors in competition can be an asset. Under pressure, that focus will earn winning dividends.

You're naturally competitive, more so than you may be aware. In a pressure-filled game, other players may become conscious of how focused you are on winning.

Tips from the pro

- Winning at any price can exact a toll. In business golf, not winning the match might win you a more valuable prize.

Players who take a casual approach to the game can annoy you. Under these circumstances, you can become too insistent on etiquette and strict rules.

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Tips from the pro

- Practice your focus; make it part of your game.
- Insulate your game with an imaginary isolation bubble. Stay and play in it.
- Energize yourself with special non-golf memories that you like to recall.

You're aware that other people's casual remarks can bother you. But this may be more of a problem than you think; it can upset you and your game.

Tips from the pro

- Often a grudge reaction can be a motivator or distraction; make it a motivator.
- Turning the energy of upset into power to play better is an acquired golfing skill that winners develop. It is a deflecting device that brings you back to concentration and focus. Knowing how to do this begins with developing reliable routines.

Although you're aware of your feelings, you think that you're less emotional than others. While this may be true when you are at your best, it's likely that you experience negative thoughts and emotions when things go wrong, with adverse results on your game.

Tips from the pro

- Energize yourself with special non-golf memories that you like to recall. When you return to the present, the golf stressors will be neutralized.
- 'Cortical inhibition' is when your emotions short circuit your brain. The first symptom is poor decision-making; the second is loss of coordination. To offset this response, practice deep breathing. Renewed focus will follow.



Your Birdies

Here are some simple things you can do to increase your chances of playing your best game:

Relaxing before the game is very important. Once on the course, a brisk rate of play will tend to favor you and may well place pressure on opponents. The exception may be when you find yourself with very strong opponents, in which case slowing your game somewhat may work better for you.

Tips from the pro

- Against other players, your natural pace may be an asset, especially if it is different from your opponents. If they're slower than you, use the time to chart the hole for future plays.
- Your strong will is your special advantage. Use it well.



Take some time to be by yourself before the game. Time spent alone can be a significant help for you, even though you are naturally friendly. Stay away from games with players who are interested only in socializing.

Tips from the pro

- Meditation and imagination are as important in your warm-up as chipping, putting and ball striking.
- Listen to music that matches your rhythm when driving to the course or while warming up.



You tend to perform best around people who share your authoritative style of play.

Tips from the pro

- There is no better golf experience than playing with a compatible group of competitors. When you find your group, make every effort to keep it intact.

Where possible, choose games with players who are truly competitive.

Tips from the pro

- When you find golfing companions compatible with you, nurture and hoard them. They are golfing jewels to be treasured and worn proudly.

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- One good way to ensure being paired with serious players is to enter tournaments. Not outings or charity events - tournaments run by golf organizations or leagues.

Your awareness of your feelings, which can improve your game when you are thinking positively, can also lead to problems if you're under stress. When stressed, play the conservative stroke rather than the riskier one that may be worrying you.

Tips from the pro

- Routines are your personal pathways to golf success. Pre-shot routines, warm-up routines, club selection routines, snacks, hydrating and breathing routines are important comfort zones in pressure situations. Practice them, rely on them and trust them in all conditions.
- Energize yourself with special non-golf memories that you like to recall when stressors try to take over. Marinate in the good feelings for a moment then return to the golf task at hand with reduced stress.



Golf Glossary

Decisive players tend to be energetic, action-oriented, and tactical.

Thoughtful players tend to be strategic, good at conserving their energies, and like to think before acting.

Social players relate well to others, meet people easily, and enjoy the social component of the game.

Private players tend to keep their thoughts to themselves, focus on their game rather than on other players, and socialize less.

Assertive players like to take control, like vigorous debate and discussion, and like to take the lead.

Easy-going players tend to be more agreeable, like to hear what others have to say, and prefer a consensus.

Competitive players like to win, aren't reluctant to seize on a competitive edge, and may value victory over everything else.

Fair players tend to observe golf etiquette, be natural 'sportsmen' or 'sportswomen,' and value the game itself rather than winning.

Organized players have a routine, learn by rote, and take a systematic approach to the game.

Flexible players dislike routine, are often happy to 'wing it,' and tend to be more creative in their play.

Intuitive players often 'play from the gut,' rely on the inspiration of the moment, and can often determine what their competitors are thinking and feeling.

Forthright players like to be direct, say what they think, and don't worry too much about other players' sensitivities.

Expressive players tend to find their game is affected by their feelings: they can excel on 'good' days, but negative emotions can adversely affect their game.

Detached players take a more objective approach to their game: they are less affected by mistakes, but may also be less inspired if they suddenly find they are playing well.