



# VISION Habit

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# Introduction

VISION54 is committed to supporting habits that lead to better performance and happiness – in golf and in life. As such, we have created this complimentary guide for creating a vision for your golf and life. VISION54 will be creating additional habit training guides in the future. These guides will be an extension of the VISION54 Eight Essential Playing Skills, the Two Practice Essentials, and the Four Insights for Parents. We hope that this is a valuable tool for you as a player, or as a coach or teacher, to explore the greatest possibilities we all have inside of us.

## Notes



# How to create your own VISION

## Notes

### ► Player Activity - Warm up:

For the next 60 seconds write down all the things you can think about that you want to do in the future in golf and/or life.

In life we have three time frames: the past, the present and the future. It's very useful to have good habits to manage each time frame, and also be able at your own will, move to the time frame you want to be in.

You have hundreds of habits, from how you brush your teeth to how you react after a golf shot. The brain needs habits to save energy. It would be too exhausting if you consciously would have to think through everything you do. A habit is an automated action, thought or feeling that you do or experience without having to think about it.

John Dryden once said, "We first make our habits, then our habits make us." What habits are useful for you to reach your goals and help you become who you want to be? By developing the habit to always be aware of your vision for golf and life, you will avoid taking too many wrong turns as you go through your journey.

## Explaining the Time Frames:

**Past:** To re-experience the many putts you made yesterday or to remember a good talk you had with a friend.

**Present:** Being right here, right now with either inner or outer focus. An example of inner focus is noticing your breathing or feeling the tension level in your shoulders as you swing. An example of outer focus is hearing the birds singing or listening to a friend speaking without having your own inner dialogue.

**Future:** Thinking about what you want to do tomorrow, or seeing the kind of golf you want to play a year from now.





# How to create your own VISION

Notes

## ► Player Activity:

- Give one example from golf or life that is about the past.
- Give one example from golf or life that is about the present.
- Give one example from golf or life that is about the future.

## ► Player Activity:

- Say/Write down one thing that you want to do in the future with a golf shot (something in the pre-shot routine/Think Box).
- Say/Write down one thing that you want to do in the present with a golf shot (something in the Play Box).
- Say/Write down one thing that you want to do in the past with a golf shot (something in the post-shot routine.)



# How to create your own VISION

## Notes

Two strategies for “the future” are setting goals and having a vision. Here you will learn about “VISION.”

**How is a vision different than goals?** A vision inspires you to set goals. Goals are very specific; vision is not as specific and has no timelines. Vision is about creating the big picture of what you really want in golf and life. It's about dreaming in a proactive way. Goals are more logical. Vision is tapping into all possibilities. A vision gives you direction for your actions and energy. A vision is compelling, it pulls you and attracts you. Your vision is living and dynamic, which means that you revisit it, and if needed, fine-tune it regularly. You also want to feed it and nurture it.

Goals are like steps on a ladder. The vision determines which wall the ladder is resting on. You want to climb your goal ladder and make sure you like where you are climbing to!

**How is a vision different than a dream?** A vision is something you create in a proactive way to guide your future, and all senses are involved so it's congruent with how you vision your future. A dream can be something that comes to us while sleeping or being awake, and is much more sub-conscious. You can create a vision from a dream, but not the other way around. A dream can be an escape, but that is not true for a vision.

To achieve what you want in life you need some kind of filter for what direction to go and what to say either yes or no to. You are born with infinite possibilities. You can do anything, but not everything. Having a vision can help you make up your mind. You are the expert on yourself. You can get advice and inspiration from others, but then you need to come back and decide on the vision that feels good and right to you.



### ► Player Activity:

- Take one minute and write down anything/everything that you love to do (golf or life). Don't think, just write...
- Take one minute and write down anything/everything that you are good at doing (golf or life). Don't think, just write...

# How to create your own VISION

## ► Player Activity:

Steps to creating your own unique vision of your golf and life:

1. Write down your three most important values in 1) golf and 2) life. What is most important? (Examples of values: fun, free, creative, kind, courage, strong, honest, caring, daring, consistent, open)
2. For your three values in golf, what needs to happen for you to experience each one? If you wrote “fun,” then you ask yourself what needs to happen in your golf to experience “fun.” Write the answers for all three. For the value of “fun” the answer might be: to be with my friends and to learn something new.
3. Now do the same for the three values in life.
4. How can you make these experiences come alive more often?
5. Write down three things that you believe about yourself as a person. (Example: I believe that I always stay persistent and never give up.)
6. Write down three things you believe about yourself as a golfer. (Example: I believe that I am a very good putter.)
7. Without thinking write down your first instinct answers to these questions:
  - What are you best at?
  - What do you like doing the most?
  - What did you like to do when you were really young?
  - What activities do you do when you lose track of time?
  - If there was one thing you could change about your life and golf, what would that be?
  - What do you want other people to say about you as a person?
  - What do you want other people to say about you as a golfer?
  - What is something that is important for you beyond yourself?
  - What are you the most proud of?
  - When are you the happiest?
  - What are all the things you want to do?
  - What are all the things you want to achieve?
  - What values do you want to live by?
8. Now look at how you answered the questions. What comes through? Summarize it in a few sentences. Put that piece of paper in your wallet or purse. Read it twice a day for the next few days and notice if it feels right. If you get a good feeling reading it, use it to help develop your vision for 1) golf, and 2) life.

# How to create your own VISION

## Notes

When you set goals in the future, you want to be sure they are congruent with your vision. Your vision will guide you to what goals are most meaningful for you. Your vision is multi-sensory. It can be something you see clearly, feel in your heart/gut/or other parts of your body or you can hear how it sounds.

*Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world! ~ Joel A. Barker*

List of vision examples:



**VISION54®** – “We believe golfers can shoot 54 or lower for 18 holes. We want everybody to bring their unique possibilities to life, and we create the coaching and support materials needed to make it happen.”

**NIKE®** – “To bring inspiration and innovation to every athlete in the world. If you have a body, you are an athlete.”

**APPLE®** – “Apple is committed to bringing the best personal computing experience to students, educators, creative professionals and consumers around the world through its innovative hardware, software and internet offerings.”

**McDONALD’S®** – “McDonald's vision is to be the world's best quick service restaurant experience. Being the best means providing outstanding quality, service, cleanliness, and value, so that we make every customer in every restaurant smile.”

**IKEA®** – “Affordable solutions for better living”



# How to create your own VISION

## ► Player Activity:

### Inner Imagery for your Vision

The purpose is to make your vision stronger inside of you and ensure your vision feels compatible with who you are. You want both your senses and your intellect to like your vision. You want both your head and your heart to say YES and be aligned.

Think about your vision. Sit comfortably, take some deep belly breaths, close your eyes and check it out. Experience it from inside yourself, not as if you watch yourself from the outside (like you do on TV or a screen):

“When your vision is happening what does it look like? What are all the things you see when it’s reality? Is it color or black and white? Is it close or far away? Is it sharp or blurry? Do you see it from your own eyes, or do you see yourself from the outside (if you are in the picture)? Check to see if you like what you see? Or is there anything you want to change, add, take away. Anything you want. When your vision is happening do you like what you see, or does something need to look different? What would it be?

When your vision is happening what are all the things you hear? Is it silent, or do you hear sounds or voices? What is the volume like, pitch, location of the sounds? Do you hear trees, birds, hands clapping, people talking? Is it your own voice or is it other peoples? Or is it silent? If it’s voices, what are they like, how do they say things, and what do they say? Or is it yourself talking to you or others? What is your voice like? Listen in if you like what you hear, or do you want anything to be different so you like it even more? What would that be? Change, add or take something away.

Now when you like what you see and you like what you hear, go and check what it feels like when your vision is happening. Where do you feel it? In your hands, tummy, whole body, heart? How do you feel it: light, heavy, pressure, warm, cool or happy? Check in with yourself to determine if you like what your vision feels like. Or do you want anything to feel different, so you like it even more? What would that be?

Now you can come back to here and now.”

What was your experience with the imagery of your vision? Make sure to notice anything of importance.

## Additional Player Activities

## Notes

Help make your vision come to life by implementing a few of these additional activities.

► **Player Activity: Golf Vision Photo Collage**

Take a photo of:

- Your best set up with a full swing
- Your reaction when you have made a great putt
- You walking with your best body posture in between shots
- Your ball being in the bottom of the cup
- Cut out the best part of each photo and put it on a piece of sturdy paper.
- Bring it with you and look at it often and soak in the good feeling

### ▶ Player Activity: Vision Board

When you have created your vision for your golf and/or life spend a few days looking for photos, sayings, quotes, drawings, images and your own writing that inspires you towards your vision. This is your own unique vision board for life and golf. Put it together in a notebook or a poster board. You might want to put it above your desk or bed and take a look at it before going to bed or when you wake up.



# Additional Player Activities

Notes

## ▶ Player Activity: Create Goals That Are In Line With Your Vision

Each week connect with your vision. Set one goal that is 100% under your control for the coming week that will support your vision. We call these “to-do” goals or “action” goals.

## ▶ Player Activity: Being Famous in the Newspaper

Imagine that USA Today will write a story about you 10 years from today. At the bottom of the page, three people have been interviewed about you: 1) your best friend; 2) a family member; 3) someone you admire.

What would they say about you that would make you really proud and happy? Tell someone else what each one would say. If you can, also record what they would say.

## ▶ Seamless Player Activity:

Create a seeing vision of the swing/stroke or shot you want to make for one minute and then hit the shot or putt.

Create a hearing vision of the swing/stroke or shot you want to make for one minute and then hit the shot or putt.

Create a feeling vision of the swing/stroke or shot you want to make for one minute and then hit the shot or putt.

### Examples

- **Seeing:** I see the ball flight as a neon green wide band from the ball and all the way to the target.
- **Hearing:** I hear the club head hitting the ball and a bird singing in the background.
- **Feeling:** I feel the balance of my feet throughout the swing and a happy feeling in my heart.

# VISION54 Coaching Advice

## Notes

- Choose what is appropriate for your time frame and the age of the players. Make your own script and interchange the application to “life” with “work”, “school,” relationships”, “friends,” “family” or what seems appropriate. It’s okay to start by focusing on the golf aspect in the player activities, but when appropriate keep referring to their life vision.
- Make sure to always ask open-ended questions when the players do the “discovering your vision” activities.
- Give the players enough time for them to be able to listen in to themselves (except for a couple of instinct, spontaneous questions).
- As a coach, do these activities yourself first before coaching the players through them.
- Refer back to vision each week during other sessions. To make this a habit in their lives, it can’t be a one-time activity!
- Repeat a few of the vision activities with the players at least twice a year. You want to support them in creating a habit of checking in with their vision and to make adjustments when needed. A vision is not static. It’s a dynamic process throughout our life.

Resources that have inspired us about creating a vision:

- Stephen Covey – *The 7 Habits of Highly Effective People*
- Simon Sinek – *Start with Why: How Great Leaders Inspire Everyone to Take Action*
- Daniel Pink - *Drive: The Surprising Truth About What Motivates Us*



# Additional Training Resources



Become a  
**HAPPY + BETTER**  
Golfer!

## Remote Training Programs

These innovative, multi-platform, online training programs are being brought to you – anywhere in the world – through the *CoachNow* app / website. The VISION54 principles are delivered using digital instruction, audio and video instruction, and actionable practice assignments since we know it's by doing and exploring that these skills come alive. You train at your own pace through each week's assignments with no schedule or live sessions. VISION54 coaches will offer support throughout the training program and you're encouraged to interact with the other participants in the group. Programs are available for juniors, golfers and elite players, coaches / teachers, and support team members.

### Details / Registration

<https://www.vision54.com/remote-coaching>

## Training Tools

To assist you in becoming the best golfer you can be, we've created training tools to further enhance your exploration of the Human Skills and on course learning. These tools encourage training on the course in the context of play, with the flexibility to learn at your convenience and at your own pace.



Additional resources, tools, and our in-person program schedule can be found at [VISION54.com](https://www.vision54.com)



**App Practice Plan** – A free resource full of practice plans, based on different intentions, to enhance your practice sessions with the app. Available for download on our website.

## VISION54 App for iPhone

*Tour-proven strategies created by two of the world's best and most highly regarded golf coaches – Lynn Marriott and Pia Nilsson*

In this VISION54 app, you will find the skills and exercises you can use to complement your technical practice in order to help you become a better player of the game. The app was designed to be an effective practice partner for the range, short game area, putting green, and on the course. There are on course practice sessions; skill building tools; exercises to simulate play and improve focus; games to increase creativity and add variety to your practice; and a notebook to track your personal golf journey. The VISION54 app benefits all levels of play: professional tour players, aspiring amateurs, junior golfers, and weekend warriors.



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