

MODULE 5

Control What You Can

*Part of the Master Your Golf Brain System
Powered by My Mental Caddy™*

Introduction

I just came back from playing in a member-guest tournament in Wisconsin. We won, which was super fun.

But what I noticed playing with twelve different guys over two days was how much mental energy people were wasting on things they can't control.

And when you're negotiating with things you can't control, you lose. Every time.

So let's talk about what you actually have control over on the golf course — and what you need to stop wasting energy on.

What Do You Actually Want?

Here's the thing: when you go out to play golf, what do you want?

You want to play well, right? You want to score well. Maybe you want to win.

So the question is: how do you do that?

And the answer starts with this: stop wasting energy on things you can't control.

We were playing in windy conditions. It was chilly. Lots of trouble on the course. We played with different people who said lots of different things.

There were so many ways to waste mental energy.

And if you're not good at guiding your brain, all of that is going to challenge your ability to swing freely and think clearly.

This isn't just about my tournament. This is about any time you go out and play.

When you say, "I really want to play well today," I would ask you: **Where are you wasting mental energy?**

Because we waste mental energy on things we can't control.

What You Cannot Control

Here's the list:

- Weather — wind, temperature, rain
- Bounces — good or bad

- Lies — divots, plugged bunkers, sitting down in grass
- Course conditions — aerated greens, wet, dry, sand on the green
- People — your playing partners, what they shoot, how they play
- Words people say
- Luck — good and bad, balances out over time
- Tee times, pairings, the course you're playing
- Pace of play

That's it. That's the list.

This is golf. This is the variable part of golf.

The game of golf is designed to be unpredictable.

That's not a bug. That's the game.

What You Can Control

Now, what CAN you control?

- Your thoughts — what you think about the conditions, the people, the words, the bounces
- Your emotions — not what shows up, but what you do with them (avoid, react, resist, or allow)
- Your pre-shot routine
- Your course management — club selection, strategy
- Your own pace of play
- The mental tools you use — the frameworks we're teaching you

That's about it.

Stop Arguing With Reality

So when you go out and want to play well, remind yourself:

What can I control? What can't I control?

Because when you argue with the things you can't control, you lose.

You cost yourself mental energy. You get irritated.

And here's the thing: you'd be way better off if you just didn't get irritated in the first place.

Life gets a lot easier when you stop getting irritated about things you can't change.

Doesn't mean you have to like it. But you can't do anything about it.

You get to control what you think about it.

I saw so many people being at the effect of things they couldn't control, and it was costing them their best golf.

So decide what you want to think about those variables ahead of time.

The bounces. The weather. The lies. The words people say.

Decide ahead of time.

And what you do is lighten up your mental load so you can focus on the things you can control.

When you do that, you're going to bring your best game that day.

You are not going to be at the effect of the game of golf.

Key Takeaway

You don't need perfect conditions to play well. You need a well-managed mind.

Stop arguing with things you can't control. It's a waste of energy.

If your ball is in a divot and you're ticked off, it doesn't change the fact that your ball is in a divot.

If someone said something that bothered you, the words were still said.

Now you get to decide what you want to think about it.

Spend your energy on the things you can control.

Action Step — Range for Your Brain

Before your next round, ask yourself:

What can I not control today?

Just name a few: weather, bounces, people, pace of play.

Then ask:

What CAN I control?

My thoughts. My emotions. My pre-shot routine. My course management.

And here's the key:

Decide ahead of time how you want to think about the things you can't control.

So when they show up, you don't waste energy arguing with reality.

You just play.

Continue to Module 6: STEAR — The Framework