

## Self Motivation Reminders

Below are some great tips and thoughts on ways to help you stay self-motivated. While young athletes typically workout, practice and compete because their parents encourage them to, there comes a point where it must be what you want as an athlete. You must take ownership of your future and determine your own goals and how you plan to achieve them. College coaches are always looking for players who want to succeed for themselves and not for anybody else. The players that will go above and beyond to get better. The ones who work hard because they want to, not because they feel like that have to. The players who have an internal desire to be the best they can be. Cut each of these out and put them in different places as a good reminder to stay motivated to work towards your goals.

Write down your future goals, then, develop a specific, day to day plan on how you can achieve those goals. Hold yourself accountable for each step along the way.	Get out of your comfort zone! Be hungry! Magic happens when you are willing to leave what is comfortable and test yourself against things that make you uncomfortable.
Focus on gratitude; focus on all of the positives in your life, all of your successes and strengths. Don't let your mind continue to focus on what you don't have, what you didn't achieve and what you are weakest at.	You have to believe that you deserve success. You have to believe in your goals. You have to believe in yourself to achieve them. First you have to believe, and then your mind will follow.
You can't have a fearful mindset. If fear is what leads your mind then you will never push yourself to be your best. You must approach each practice, each tournament, and each workout with the mindset that you are going to do great.	Be happy. Happy people wake up each day ready to be the best they can be. They don't let failures or tough times get them down. They keep a positive attitude and keep grinding towards success.
At the end of the day, life goes on, so don't hold anything back. Don't let fear of failure get in your way of being successful	It's ok to ask for help and ask someone to hold you accountable but the underlying motivation must come from you.
Don't be afraid to make mistakes. 90% of learning comes from making a mistake but you must be willing to learn from the mistake and make changes in order to better yourself.	Keep learning: Read golf books, watch golf on TV, ask questions to those who have more experience than you. Always be willing to learn and expand your knowledge of the game and the process.
Stay present. You can't change the past and you can predict the future so don't waste energy on either. Focus on the here and now.	Do things to help and inspire others. This will give you a much better appreciation for what you have and the joy that comes from helping others achieve their own goals
Don't compare yourself to others. We each have our own journey towards success. What works for one person may not work for someone else.	Don't compete against others. Focus on just doing your best and don't worry about what others are doing. You can't control how someone else is playing so don't even waste the energy.
Everyday remind yourself of your goals, why they are important and what you are going to do that day to help achieve them.	Be confident but not cocky! Be humble but not timid! Be gracious but not intimidated! Be focused but not blind!



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