

[Part 3] Play Your Best Golf More of the Time

Thanks again for dropping by. In my last report I discussed the beauty of the 80/20 Rule and how using it, can transform your golf game from complex (and really difficult) into something much more simpler.

The whole idea is to give your learning system a break. Instead of needing to remember lots of rules and tips, you focus on the vital few. From here, you'll get better results with the least amount of effort.

It's a classic win-win situation and it's how you apply the KISS principle (Keep It Simple Stupid). We've all been told to simplify and with my 80/20 ideas this is how you do it.

Today I want to expand on the concepts and give you a way of unlocking your full natural potential. I want to give you a way how you can apply 80/20 learning to your entire game, not just putting.

- Full swing
- Short game
- Strategy
- Mindset
- Mental toughness (overcoming doubt and fear)
- Practice (get more results in less time)
- Overall learning and performance

I believe these are some of the most profound concepts ever to be presented in the golf world. They represent a true path to simpler and more consistent golf. And because the concepts are based on natural learning principles, they can be applied by any golfer, from tour player to weekend warrior.

Before I show you how to start transforming your game, let me cover some of the common questions I've received about Automatic Golf and 80/20 learning.

Can it work for the full swing?

A: Absolutely. I've spent more time thinking about how to apply these ideals to the golf swing above all else.

Why? Because golfers love golf swing thinking and I knew if I could make owning a better golf swing simpler and easier, I'd be on a winner.

So I've blended everything I know about coaching, biomechanics and simple thinking and created a way that anyone can learn a better swing. And there's no mumbo jumbo and you won't get bogged down. It's all about focusing on the key fundamental at letting your own powerful and reliable golf swing come to the surface.

So yes, you will see an improved golf swing.

This sounds like mental training to me, what is it?

A: While there's certainly mental training aspects to what I do, I have gone past this. I have blended the physical aspects of swing technique and hitting the ball, with natural learning principles and mental training. You can't have one without the other two. At least, you can't have it without getting into difficulties.

And this highlights another huge problem with learning golf. Everyone is trying to separate the key aspects of golf. Mainstream teachers like to break everything down into smaller components and then you, the golfer, is forced to put the pieces back together again.

But how hard is this? It's a complicated and ultimately frustrating when your golf game is in ruins and you don't know where to go next.

With Automatic Golf, there's no breaking the game up into pieces. It's full learning that works with your system and not against.

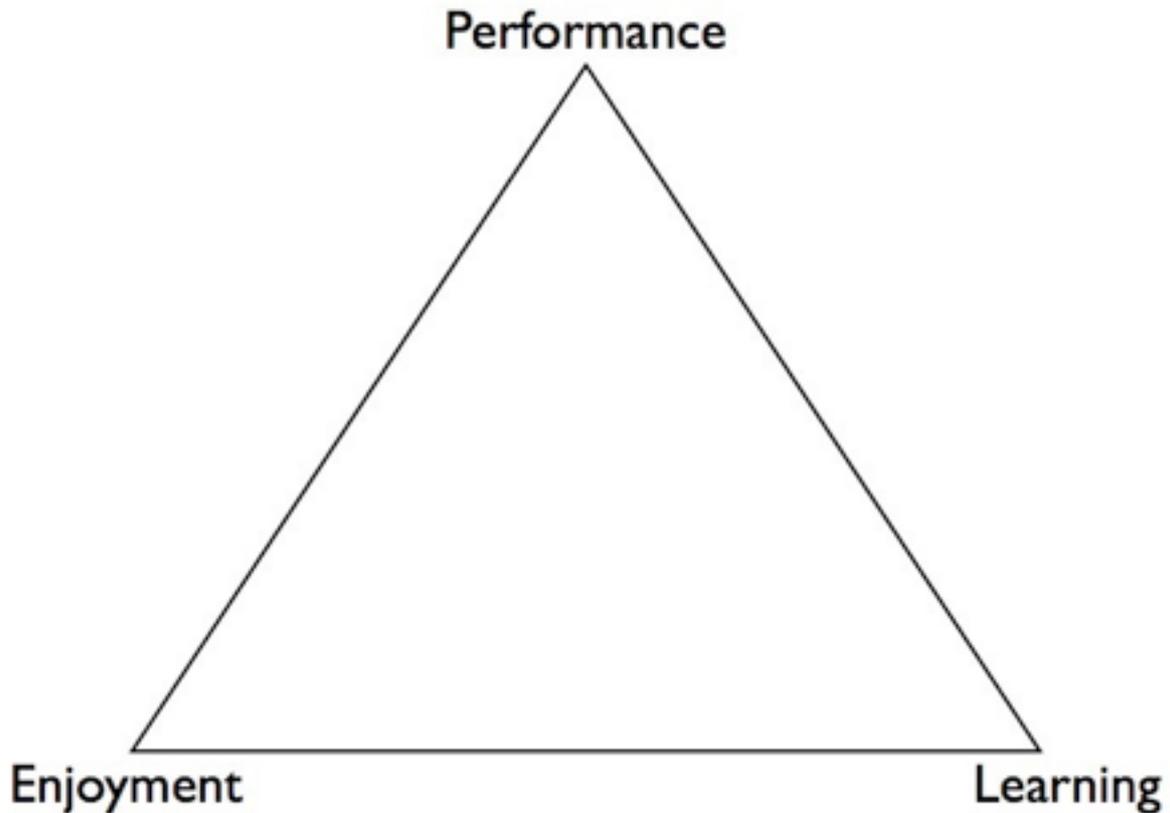
Will I need to get worse before I get better?

A: Let me be honest. Sometimes you will go backwards, but it's not normally the case. There's no need to spend 6, 12 or 24 months in the golfing wilderness. When you simplify you're making the game easier and your learning system will love you for it.

You're allowing it to do what it does best. Learn. And you can enjoy the real fun that golf brings to the table. And here's the really important part of this...

... because you won't need to break your swing down and spend vast amounts of time tweaking your swing, you'll spend more time actually playing golf and the more you do this the more quickly you'll see results.

Automatic Golf is about getting your game in some sort of balance. Many golfers are obviously obsessed with their swing and performance. And because they spend so much time with this single-minded focus, they forget about enjoyment and learning.



And you can't have one without the other. You need a balance. Check out the image on the next page.

This comes from Tim Gallwey in the Inner Game of Golf and if you haven't read that book you should. For you to become consistent at golf you need to devote equal time and energy at all areas. Sadly, most golfers are stuck on thinking about performance (swing, results, handicap etc)

Do I need to practice these concepts much?

A: You will need to get off the couch and apply what you learn, but you certainly don't need to spend hours each week doing so.

Look. Automatic Golf is real-world coaching and the premise is you can learn all this stuff easily and naturally. Old-school thinking believes you first need to build your golf swing and then, and only then, go to the golf course.

But we don't learn this way and it's outdated and it makes golf hard and no fun.

When you get your golf to the automatic level - and let me tell you, this is way easier than you'd think possible - you won't need to practise anymore. Once your skills become automatic you own them.

Yep, you can hit balls for enjoyment or for trying new things, but you won't need to go searching for your swing. You can spend more time on the golf course and less time on the driving range.

My swing is no good so your ideas won't work for me, will they?

A: Rubbish! Your swing is no good because you've spent years disrupting your learning system and bombarding it with too many tips and tricks.

You've had no chance of playing your best golf. And don't tell me you haven't got any talent for golf. Of course you do...

... I bet you've hit plenty of good shots and played well at times. But because you've never been shown how to enhance your learning and optimise your potential, you're stuck on the hamster wheel, your going around in circles.

And to make matters worse, the harder you try, the worse you become. You're frustrated, confused and fed up, but there is an easier way.

Automatic Golf transforms your mental and physical game. And it does this simultaneously so the learning is seamless and profound. For many struggling golfers, results can happen next time they head out because it's all the excess baggage that is slowing them down.

Why can't I take my game to the golf course? I hit the ball well on the fairway, but rarely do I play well when it counts. What's happening here?

A: This is getting back to trying to break golf into different components. We think we need to practice differently from how we play.

But why do we do this? And, what happens when we practice like we play?

And this is your problem. Nobody has shown you how to practice in the right way. You're stuck thinking too much about your swing and results and when you get to the golf course, you have no proper experience for shooting a score. Your system is overloaded and has no way of playing the game.

Also, I can almost guarantee you're hitting balls on the range and working on success. You foolishly believe if you can hit 100 perfect shots in a row you'll be able to take this amazing shot to the course.

Sadly, we don't work this way. Practicing for success is potentially the biggest error golfers make. There's almost no learning and at best, short term success is gained. By the time you get to the golf course, the magic is lost.

Does this sound familiar? If so, you need a good dose of common sense and to be shown the best way to practice.

Is my game going to look funny with Automatic Golf?

A: No way. Nobody will ever know what you're doing. I've tested these principles at the highest level my game could take me. And nobody ever questioned it. It's actually funny, because prior to nailing Automatic Golf and mastering my game, I received very few positive comments from people about my game.

But when golf starting working for me I received all sorts of positive comments. At one point my team mates called me "Hollywood" because they thought I loved the limelight and hitting great shots when the crowd were watching.

They also called me "The Natural" because of my despise of the practice fairway and anything technical. I used to walk straight from the car park to the first tee and beat most at my club.

But here's the bottom line. You won't look funny and I'm not going to ask you to meditate or stand on your head or ask you to adopt some sort of strange swing principle. No way. That sort of stuff is bullshit anyway

I'm going to help you find **your** best golf game. I'm going to help you unlock that golf game that you know is hiding inside you. And it's all going to be done by focusing on the important few things that make the difference. And along the way you're going to learn more about **YOUR** game than you do right now.

Transforming your game

We've covered some ground this past week and I want to look at the big picture. How will your game look when you apply the Automatic Golf principles?

1. You'll be less stressed: Because there's no need or desire to take in every bit of information you can, at least that's my hope, your system won't be stressed
2. You'll have more energy: Instead of walking from the course exhausted and worn out, you'll almost feel like you have more energy. This is the beauty of working

optimally.

3. You'll be more confident: Automatic Golf allows you to focus on the vitally few important tasks that make the biggest difference. And these things are far simpler than most things you're working on now. And because these concepts are easier to do, you'll see success. And the more successful you are, the more your confidence will grow. Instead of going around in circles, you'll actually get somewhere.

4. You'll have more fun: I have been saying for years that only a very small percentage of golfers extract anywhere near the true amount of enjoyment that's on offer. That's because we've made golf too hard and disrupted our instinctive learning process. When things are put back into some sort of shape, you can't but help but to enjoy yourself more.

5. You'll be more focused: This is important. Where normally you'll be overloaded with thoughts and ideas, with **Automatic Golf you'll have more clarity**. Anyone can focus on one or two things with full concentration. And when you can do this for the entire round, you'll be mentally more stable and tougher.

6. You'll play more: There's just no need to waste long hours on the practice fairway. If you truly want to explore your very best game then you must play more. It's my hope to get golfers to spend less time on the driving range and more time on the golf course. The golf course is where the magic happens.

7. You'll be way more consistent: Because you'll be working naturally and optimally you can't help but play more consistently. Your learning system will love you for it and you'll be able to play more freely and with far less mental interference. Consistency is a natural byproduct of playing Automatic Golf.

8. You'll maximise potential and even surpass your highest expectations: You'll get better and better. Each outing will see you learn, grow and take your game to a higher level. In 3 months you'll be better than you are now. In 12 months you'll have made significant leaps. When the straitjacket, that is traditional golf instruction is removed, you are free to explore your highest potential. You'll be forever gone from the golf instruction merry-go-round and on the fastlane to real golf learning, improvement and enjoyment.

9. You'll hit better shots, lower your handicap and even find more power. This is the magic that awaits when you learn to operate optimally - when you learn how to blend proper mental skills with ideal methods of integrating technique.

10. You'll experience true satisfaction: This is a little deeper but it's where I reckon you'll end up. Instead of too much focus on score and other small things, you'll

immerse yourself in the true beauty of the game. This is the path to mastery and longterm satisfaction.

The Really Important Stuff

Not that long ago I received a letter from a client who has used Automatic Golf to transform his game. In fact, if you read his words, it helped him change his life. Here's the letter:

G'day Cam,

How many people do you know who can honestly say "my golf coach changed my life?". I know it's bandied around by a few who have suddenly mastered the lob wedge, stopped slicing randomly when under pressure, but changed your life? I'm an exception.

I first stumbled across your ideas five or six years ago and within a year or so had sorted my golf game. You helped me free my brain as I played. Ask any golfer his handicap and he'll say 19 but I want to get to 15 (or 26 or 18 etc). I was no different and for years had been tantalising close to the magical (in my brain) single figures holy grail. And of course the harder I tried ... well you know the old story.

So along comes Cameron Strachan and the game becomes fun again. No more belting the ground in anger or walking the second nine feeling my life was a waste because I'd had 13 points on the front. Golf is a game to be enjoyed Wayne - never forget that again. Yes I've played off single figures but way way better than that, I'm now a golfer who enjoys the game.

And so I follow Cam's journey, and do a little preaching for him. I find quickly that if you're not ready to listen you sure as well won't hear. And I subscribe to Automatic Golf because I like to have my new perspective reinforced. And there's extra stuff too..

Challenges. Challenges that I'm ready for as my house husband role of the past 25 years winds to a conclusion. My girls no longer need me but I sure as hell need something. So where to in life? Luckily I believe in fate and good karma.

Somewhere in the Cosmos the stars align and contacts from my golfing world conspire to give me purpose again. Max owns a farming magazine and Baz helps me to get involved. Cam inspires me to boldly offer to contribute. Coincidence or fate? Who knows, but in a seriously short space of time I go from drifting aimlessly to

shaking the living crap out of life again. With enthusiasm. Me, writing? I can hardly believe it.

And it's simply a beginning. I'm meeting people, questioning, listening, learning. I'm alive again and I can't thank you enough for your part in proceedings.

"Wayne's World" wasn't my idea and sprang up way before I was ready for it. As you say though, sometimes you have to take a chance. So I'm on fast forward at the minute, head spinning and bursting with ideas. For now though I thought I'd send you the mag containing my debut articles. I reckon you should at least get a courtesy copy, after all it wouldn't have happened without you.

Thanks Cam

Wayne

P.S. I'm off walking barefoot over sharp stones so watch out!!!

I have received emails and letters before. But nothing like this. I sat in stunned silence for a few moments. Clare came over and read the letter. She didn't know what to say either.

My coaching ideas definitely offer more than your usual golf instruction type stuff. I coach because I love helping golfers to challenge themselves and find their true game. And when I get feedback like Wayne's I know I'm doing something right.

In a few days I'm launching my brand new golf training resource. It's called, **Automatic: The Art of Simple Golf** and if you're fed up with "traditional" golf then I know you'll get a lot out of it.

The content is unlike any golf instruction material you've seen in the past. Of this I'm sure.

I'm the only coach I know who has blended the science of the golf swing with natural learning principles. On top of that, I have mixed in adult learning and business coaching principles. In short, I have looked outside regular golf coaching channels to find the very best ways of enhancing success. This could be for you;

- If you've ever struggled to pump up your golfing passion
- If you've battled with burnout or "golfing depression"

- If you've secretly believed it should be possible for you to play better golf and do so in a meaningful and stress-free way
- If you've had in your mind "am I really capable of something better with my golf game?"
- If you're stuck in a rut and you think you've tried everything to give your game a boost but still can't find a way
- If you're keen to get back your competitive edge and play golf like a pumped up teenager
- If you like to learn new things and keep up to date with "cutting edge" concepts

If any of this strikes a chord with you ... even just a little ... then this manual has your name on it.

Take your time. Go over the previous three reports and let Wayne's words sink in and think about how this information could change your golf game (and maybe your life).

Better golf is far from a better swing technique or tip (it's actually miles away). It's also unlikely to be found with a new club or gimmicky training drill you'll find in one of the golf mags.

What I'm talking about is "proper" learning. Principles that have their roots in adult and business learning and the sports science world (skill acquisition). A place where gimmicks get thrown out and everything is measured constantly.

My focus is helping golfers find true enjoyment. Yes, a better score and longer drive sometimes make you feel better. But I'm talking about getting deeper insight and performance ...

... a place where you're no longer a victim to the score you shoot or the handicap you scribble on the top of your card.

It's learning to play golf in a way that truly satisfies. To find a place where your motivation, enjoyment, learning and satisfaction burns deep.

I could go on and on but the big concept here is to get away from all the usual type-stuff you've been doing - like constantly fixing your swing - and focus on something much more sound and effective. Like truly playing golf - getting that little white ball into the hole.

And if you can do this simply, without stress and worry and busting a heap of brain cells, it's my contention you'll not only play better, you'll have the most fun you've had standing up in a long time.

You can keep doing the same thing over and over, or you can tap into the power of science and light up your natural game. The choice is yours.

Automatic: The Art of Simple Golf will be a special limited offer for a reduced price so be sure to keep an eye on your inbox. The training course will be available as electronic download from early next week. I'll email you when the shopping cart is good to go.

Please leave any thoughts or comments [over here](#). Thanks for reading and I hope you can tap into your best and reliable natural game.

Chat soon,

Cameron Strachan
Golf Coach