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Golf Digest



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people

up, miss shots, anguish over those missed shots, stress out, and then beat themselves up mentally.

Roberts, who has a master's degree in education with an emphasis on sports psychology, says you need to relax, step back and have some perspective.

Be realistic with your expectations and, instead of hammering yourself for your failures, focus on the positive things you've done that day.

"The more you frame these things in a positive manner to yourself," Roberts says, "the more you can build up a positive momentum."

Roberts, who qualified for the PGA Tour in 2000 at 39, has been working toward his goal of publishing a book for a long time.

"This has really been exciting," he said. "Every golfer — no matter who it is — wants to be better. And they want to be better within their own set of goals."

Co-author Plummer, an Aliso Viejo resident, is a big believer in the "Play REAL Golf" guidelines.

"I had my best year on the tour last year, when I was working with this process," he said. "It's made me mentally tougher."

Plummer says he was one of those golfers who would stew in his anger after he hit bad shots.

"That's what helped me most with this," he says. "I used to put myself down, and I don't do that as much now."

Roberts says following these kinds of psychologically rooted steps helps with other things besides golf. He's seen that with some of his students.

"The more they grew through this process with golf, the more they grew as people," he says. ■

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