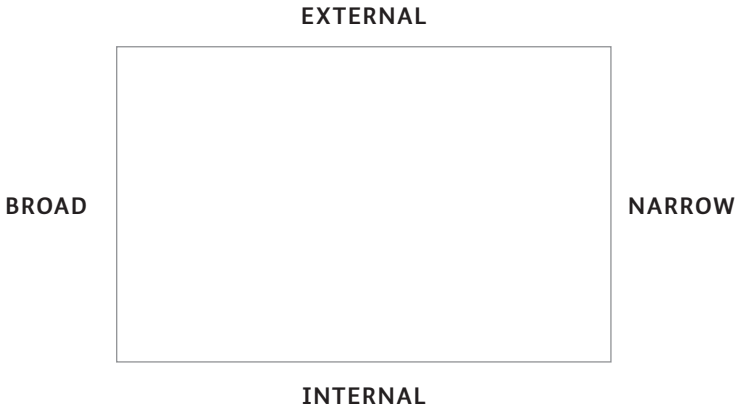


shots, (3) Competing for score, (4) Practicing and working on technique.



Does your diagram look like the optimal golf focus diagram? If not, pay attention to where your focus is when you are on the course and on the range and see if you can't improve your diagram.

NICKLAUS WAS ONE of the first players to talk extensively about using visualization and imagery to improve his concentration. Back in the 1970s, he talked about how he never played a shot—even in practice—without having a full picture in his head of what he wanted the ball to do. The series of images began with one of the