

INTRODUCTION.....

Golf Out of Control

Is there anyone who has played golf for any period of time who doesn't immediately acknowledge that golf is the most **backwards** sport in the world? I mean look at just a few of the requirements of a great golf swing:

1. We have to not swing hard when we want the ball to go a long way.
2. We have to swing down to produce upwards ball flight.
3. When we swing left we most often see the ball go right.
4. When we swing right we most often get left.
5. And on and on we could go.

By **basic human nature** golf is now and always has been backwards to our instincts! This aspect of golf has in fact been acknowledged for as long as golfers have played the game. Look at a quote from one of the greatest ball strikers to ever live:

"Reverse every natural instinct and do the opposite of what you're inclined to do and you will probably come very close to having a perfect golf swing"

Ben Hogan

What makes this program completely unique is that we will actually explore and specifically work on this aspect; our instincts (our human nature). We will use it, develop it, and train it to help create massive change in your golf game! This is a very powerful program that has been designed to help you grow and improve at the sport of golf in big, fast and permanent ways. I am so excited that you have decided to go through this special program. I believe that you're about to unlock the key to the best golf that you've ever played in your life!

Life Out of Control

There is another aspect of this program **available** to you as well. I call it "Life Out of Control". In "Life Out of Control" we will use the Bible and it's teachings to show you the incredible parallels that exist between the required "retraining of instinct" in golf and the required "retraining of instinct" as defined by God's holy word. I think that you'll find the parallels astonishing!

Through the Bible Jesus tells us to "*love (and even pray for) our enemies, to turn the other cheek, to love others as much as we love ourselves, etc....*" The point is that due to **basic human nature**, these are not what we naturally do (at least I'll fully admit that I don't!). These qualities are as backwards to us as swinging easy is when we want to hit a 300 yard drive on the golf course! To live the incredible life that God wants for all of us our instincts (our basic, born-with human nature) must be retrained as well. The Bible clearly tells us this and further it tells who is to take us through this process. His name is Jesus Christ.

As I have stated above this aspect of the program is “available”. What I mean by that is that it is not my intention to try and force anything on you. It is optional. If you just want to get a lot better at golf then I’ll guarantee that for you. The golf program is coming to you from a very experienced and successful teacher. The life program on the other hand is coming to you from the perspectives of a student. I am that student who tried to “control” life his way for 42 years until life finally completely imploded in on me. It was in this massive pit that God found me, picked me up and quite literally saved my life. The life lessons that correspond to each and every golf lesson are my way of giving back and sharing what was so undeservingly given to me. I hope and pray that you find something in these parables that helps you grow closer in your relationship to God as well.

I have to tell you that I no longer believe in mere coincidence. I in fact believe you’ve picked up this program for a reason. Now if doing something as simple as just reading about biblical concepts makes you uncomfortable and nervous then you couldn’t be reading a better book. *That was me for 42 years!* So relax, we will be exploring God’s word through this program in what I see as a very “non-churchy” way. It’s obviously pretty non traditional because you’re going to be playing golf while you learn! It’s very simple really; at the end of each section I will share some insights from the golf lesson that correspond to the life lesson that I have been given. Further I will also recommend some additional resources (books, videos, articles, etc....) that I have personally experienced in my own journey.

The very first one is a short and easy to read book which was written by Ben Young (the brother of my pastor, Ed Young, Jr. of Fellowship Church in Grapevine, TX). It is entitled “Why Mikes Not a Christian”. This book very eloquently and succinctly answers some of the most common reasons people have for dismissing Christianity as not being legitimate or pertinent for them. It’s a great read and really helped me because I had just about every doubt and excuse listed in this little book! The book is inexpensive and readily available.

A Final Note

“Golf Out of Control” and “Life out of Control” are not books or programs that you simply read. These are programs that you DO! There is no real power in your “understanding” what this book is about. There is only power in you doing what this book says. I will give you several golf drills and exercises during this program that will absolutely guarantee your success in each section – *but only if you DO them*. If you are anything like I was then you may have a lot of skepticism when it comes to Christianity, church, the bible or anything else that may have to do with “religious stuff”. All that I can do is ask that you DO the drills and exercises in the “Life Out of Control” section as well. Ask yourself a question; how do you know it’s all a bunch of hypocritical, goody two shoes junk if you’ve never truly tried it? If on the other hand you have accepted the bible and its teachings then this program will do nothing but help you grow deeper in your relationship with Christ in a unique and powerful way. So let’s get started!

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The Ground Rules.....

Before we jump into the lessons I want to share with you some vital concepts to help ensure your success in this program. Please don't skim over this section to try and get to "the good stuff" too quickly. It's a critical mistake! These concepts will be utilized in every section of this program. Get familiar with them now and you'll be miles ahead. At the end of each ground rule description I have in fact given you a place to initial. By initialing you agree to do your best to abide by and commit to each concept. As you will quickly learn through this program you will gain very little affect by just reading and understanding each lesson. You will find what you're looking for only through committed action. Your first "action step" is to read, understand and then commit to each concept below by initialing where indicated.

First I want to introduce you to the concept of learning and change that we will use throughout each phase of "Golf Out of Control" & "Life Out of Control".

Knowledge, Commitment & Trust - Golf Out of Control

This concept is the true backbone of this entire program. There will not be a single lesson where KCT (knowledge, commitment, trust) is not the focal point. Here is how this process will play out in each lesson:

1. **Knowledge** - You will walk through a very thorough explanation and demonstration for each aspect of the golf swing. In other words you'll gain some new *knowledge* about the golf swing. In my experience, "*understanding*" what to do is simply not enough. If simply *understanding* what was right and wrong actually worked, then everyone would be great at golf, right? My overall objective is not to have you "understand" a new golf swing, but to actually help you *possess* a new golf swing. Knowledge of the golf swing aspects is a necessary beginning, but we have to go much further.
2. **Commitment** – *Commitment* is the key ingredient in the KCT (knowledge, commitment and trust) formula! Let me quickly explain; as you go through each step of the process there may very well be aspects that feel uncomfortable, aspects that don't cause immediate results, and even aspects that may cause immediate worse results. It has been my experience however that if one can stay truly *committed* to the right thing for a long enough period of time, the results are always well worth the pain that almost always accompanies true *commitment*.
3. **Trust** - Here is the payoff. The payoff to true commitment is *trust*. In other words, if you spend enough time (and this is the great variable) to truly understand (*knowledge*) each part of this program and more than that you decide to fully *commit* to each step, then your *commitment* will eventually lead to *trust*.

Trust (not knowledge, not muscle memory, or anything else) is the ultimate goal of this program. "The zone" is the term most often associated with *trust* when it comes to golf.

“Man I played great today! I was really in the zone!” You hear it a lot in all kinds of things, especially sports. Think for a minute of how effortless elite golfers make great golf look. In my way of seeing it what we’re witnessing when we see this phenomenon is *“an immense state of trustfulness”*. Faith is that place where there is little effort, no fear and an overall belief that everything is going to turn out great. **Again, this is the ultimate goal of this program.**

Initial _____

Knowledge, Commitment & Trust - Life Out of Control

Think about this; if simply *“knowing”* the difference between right and wrong actually accomplishes anything then we’d all still live in the Garden of Eden wouldn’t we? I mean most people already **know** what’s right and what’s wrong, but we live in a world today far removed from the perfection of Eden. My contention is that *Knowledge* alone is not very powerful. It is in fact only a beginning. **Committed action** however is where the real power is! True commitment to doing what is right (irregardless of comfort or what result we do or do not get) is not easy but it will lead us to something wonderful called Trust. Trust is that place where we instinctually (down deep inside of us) believe and more importantly sense that everything is going to turn out just as it should.

Knowledge, Commitment, Trust is the most powerful pathway to change that I have ever experienced. I use it daily in golf lessons (and in life). I have witnessed many miracles because of it. Make no mistake in thinking that I came up with this incredible formula for change on my own however. The truth is that this is something that Jesus himself taught us over 2000 years ago. Just after washing the disciples feet Jesus told them;

Now that you know these things, you will be blessed IF YOU DO THEM.

John 13:17

Of course Jesus brought incredible insight to the world. The complete knowledge that *“God in the flesh”* has is in fact too much for us to even imagine. He shared so much of this amazing knowledge with us and even better it’s all written down for us in one wonderful book; THE BIBLE! However, memorizing scripture and going to 5 Bible studies a week is not what I would consider to be the ultimate point. To actually get to that place; *“the zone”* in your life (the place of complete and utter faith) requires more than *knowledge* of His word. It requires action. Through this program I hope to challenge you and to even push you towards a place far beyond knowledge. It’s a place that I believe can only be found through committed action. Not to be hard on you, but to help you experience the ease and grace of living in that trustful place that’s offered to all of us.

Let’s break this scripture (John 13:17) down into its 3 KCT parts;

- *Now that you know.....*KNOWLEDGE
- *If you do them.....*COMMITMENT
- *you will be blessed.....*TRUST

It's a great way to learn to play golf, but it's an indescribably awesome way to live life!

KCT – Learn it – Do it – Be Blessed!

Initial _____

Change- Golf Out of Control

“Tim I have thought about lessons but I’m scared that you’ll change my swing”. I’m not usually bold enough (but sometimes I am) to actually say this when someone presents this argument against taking lessons but I always think it – “Why wouldn’t you want to change your swing? I don’t mean not to be rude but I’ve seen it and it’s awful!”

Another basic component of human nature that tends to hinder our ability to improve and grow towards our potential is the fear of change. I have been in the golf business for a long time and I have to tell you that the foundational reason for almost every golf club sold in this industry (a multi-BILLION dollar industry) is the hope that you won’t have to change your swing; the club will take care of it for you.

In this program you must see change for what it is. It is the ONLY WAY to substantially better golf. I won’t lie to you. Sometimes changing certain aspects of your swing may be uncomfortable for a time, may not produce perfect shots immediately, and may even produce bad shots until you grow trustful of them. But if you don’t change then you stay the same. That’s not a very deep statement but it seems like many of us need to hear it. I will use a lot of creativity and fun to help make the process as painless as possible. But one of the primary things that you need to understand is that it is a process; not a quick fix. Keep going through each step, one at a time even if you don’t think that you need to. The payoff in the end will be amazing if you do.

Initial _____

Change- Life Out of Control

The first thing that must occur is to admit that you need change. It sounds like an incredibly simple thing, but in my experience it was anything but simple. It’s so easy to fool yourself into believing that everything is alright or that all the problems that you have are someone else’s fault or that some circumstance in your life is the root of it all. The most used definition for this behavior and attitude is from Alcoholics Anonymous; *“Doing the same things over and over again and expecting a different result”* In other words (in hind site of course) I would say and think things like this while all the while what had to change was me. I finally recognized the ultimate truth; if I were different (if I changed) then all of those other people and situations would not be the same either. But I was too caught up in the little universe that revolved around me to see that. That attitude almost took everything from me, including my very life. But God is in the business of change and the instant I asked Christ to lead my life a process of change began that has transformed everything for me.

The first thing that had to change for me was my screwed up thinking. Like so many golfers that I deal with who are in denial about their swing flaws, I didn't think I needed to change, at least not much. Boy was I wrong! But when my mind began to change, everything else began to fall into place as well.

²And be not conformed to this world, but be transformed by the renewing of [your] mind, that ye may prove what [is] the good and acceptable and perfect will of God.

Romans 12:2

Initial _____

One Teacher - Golf Out of Control

During our time together (during this program) I'll ask you to only listen to me for golf advice. Sounds kind of arrogant, doesn't it? What I mean by this is that I want you to just do *this* program with no other influences while you're doing so. No other lessons, friends advise, magazine tips, training aids, T.V. instruction, etc.... Again, I'm not saying that I'm the only golf pro that is right and everyone else is wrong. What I'm saying is that if you try to learn golf by mixing two or more methodologies (which is what almost every golfer does) then inconsistency is not likely, *it's a guarantee!*

When it comes to golf there are several methodologies that may or may not work for you. However there is a wonderful effect by *committing* to one of them and sticking to it. I have a great "tip" for you; stop trying to learn golf by the dreaded "golf tip"! You're simply getting too many varying opinions on exactly the same subject. *There is a lot of power to be found in making a commitment to one teacher and sticking with it!*

Initial _____

One Teacher - Life Out of Control

This is pretty simple when it comes to the "Life Out of Control" section. There is only one ultimate teacher for life. His name is Jesus Christ. I know many would balk at this concept. *"What about all of the other world religions, ideologies, etc.... It all just boils down to being a good person, right,"?* Again, all I can share with you is *my* experience. I am not here to debate you or anyone else on what "world view" you have. For me, I made a decision to follow THIS ONE TEACHER and the effect has been more incredible than mere words can describe. Maybe your mind is made up and you just cannot accept the concept that Jesus Christ is the only way. Or maybe you're like I was, I didn't accept it but I didn't all together reject it either. I was just floating around in a sort of smug, "know it all", "better than it all", "above it all", "no time for it all" place. Once again I can't (and never will) tell you what to do. All that I can do is tell you that *for me* making this decision was (and is) the most powerful thing that I have ever done in my life. Look at what Jesus reveals to us in scripture:

I am the way and the truth and the life. No one comes to the Father except through me.

John 14:6

If we are to believe in the Bible then this “instruction manual” makes it pretty clear! Jesus did not say that He was a “good option to consider, that He was one of the many roads that will lead you to God, that if His way didn’t work for you could always just go try another”. No, He let us know that there is ***only one*** answer to the ultimate life test and He is it! Again, in golf there are many wonderful teachers and you may very well try several that may help you play better golf. But if you make a decision to stick with only one methodology your game will immediately become much more consistent. There is no need to search around for the ultimate teacher in life. God (the creator of everything in heaven and earth) has already told you who it is. It’s so simple! But once again human nature (our nature to complicate everything) gets in the way all too often. For me I just can’t stand to complicate life any more! He is my Lord, my Savior and my Teacher forever. If you are not in that place right now then don’t worry. By initialing this section you agree to at least keep an open mind as you go through each step.

Initial _____

Singleness of Purpose *Golf Out of Control*

If your objective is to ***fail*** at a task then I have the perfect formula for you. Try to take on every single aspect of the task all at once. Trying to do everything all at once is a sure recipe for failure. On the other hand if you take a task, break it down into its smaller parts and work on those parts in order until each part is complete – then you will much more likely get where you’re trying to go. Its great advice but I have rarely met the golfer who actually utilizes this concept! Think about swinging your club for a second. An extremely common (I’d guess 99%) mistake is trying to control multiple parts of the swing all at once while also trying to control multiple aspects of the ball flight as well! When you acknowledge this insane behavior is it hard to figure out why so few golfers are able to play golf very well!?

One of the primary reasons that so many golfers’ swings resemble a “patchwork quilt of compensations” is that their swing has become nothing more than a bunch of band aides and reactions to the results that they are experiencing. Throughout this program I will be helping you not make this critical mistake. In each lesson we will use concepts and tools that help you stay **ONLY** on the subject at hand. Let me warn you ahead of time that this is an easy concept to understand and accept but ***literally*** doing it can be a very big challenge.

The number one reason that true change can be so difficult is RESULTS. Especially in the foundational section you must truly soak in this concept. Otherwise once we make a positive change in your golf swing you will likely (and very quickly) revert back to your old ways (especially if you don’t get the immediate result you want). So take heed of the

advice in each section that helps you stay *singly purposed*. For example when we're working on grip; we're NOT working on anything else in the swing nor are we (at this exact moment) working on hitting good shots – just grip! It has been my overwhelming experience that the good shots will come if you stay with the process, but you must understand and accept that good shots may not (and likely won't) *while* you're improving certain individual aspects of your swing.

Initial

Singleness of Purpose- Life Out of Control

Man has this discipline proven to be incredibly hard for me! Staying out of the results and purely committing to and trusting (KCT) the process that God is taking me through is fairly easy to say, but in reality it's the hardest thing I do. I don't know about you but my mind can worry, fret and obsess over what seems like thousands of things all at once. *"I have to make enough money to pay all the bills; I have to repair and fix my entire house; I have to retire someday; send the kids to college; I HAVE TO BE A PERFECT CHRISTIAN; etc... AND I have to do it all RIGHT NOW."* As I am learning, I can't (and don't have to) do everything all at once. More than that when I allow myself to go to that all consuming place then I am doomed for failure! As I constantly remind myself when things get difficult – ***God is in control, not me!*** I just have to do what's immediately in front of me at the time. I am to just try to do the best that I can with the first (most important) piece of life that is directly in front of me; finish it and move on to the next thing. It may be something as simple as mowing the grass, but astonishingly this simple formula (me doing only my part, one part at a time) always leads to everything working out just as it should.

The ultimate truth is that my most common experience has been that when I truly let go of the results in my life and just let God handle them, the results are always far better than I could have ever imaged in the first place. It's so weird how things work in God's economy. I mean when I feel like things are completely out of control and I grab hold and try to take control for myself, it always leads (quickly or eventually) to further disaster and pain until I finally give it to God (where it belongs in the first place) and then it all turns out great. Want another example of the backwards nature of things? ***The key to true control is to have none!*** Weird – but wonderful!

38 As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. 39 She had a sister called Mary, who sat at the Lord's feet listening to what he said. 40 But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord,

don't you care that my sister has left me to do the work by myself? Tell her to help me!"

41 "Martha, Martha," the Lord answered, "you are worried and upset about many things, 42 but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."

Luke 10:38-42

Maybe you're at a place where you are desperately trying to control all of the chaos in your life as well. Well here's what I have learned. Learn to do ONLY your part, trust in God and STAY OUT OF THE RESULTS! Trying to control the results in your life may sound and feel like "the thing to do" and by our nature it is definitely what we instinctually want to do. But from my life experiences I can assure you that, that kind of control can have some deadly consequences.

Initial _____

Literalness- Golf Out of Control

When is the last time you pretended? I mean that you tried to pretend that something was real when it really wasn't? "*Maybe if I just pretend that I don't have this problem, it will just go away*". Sound familiar? There have been many golf tips over the years that have golfers trying to do the same ineffective thing. I will share with you one absolute truth that I have discovered; *pretending* isn't powerful at all but *literalness* is incredible!

In these golf lessons you will be exposed to several new concepts and drills that will have you playing golf better than you can even dream of right now. In these exercises a key component will be *literalizing*. It's vital that you not only grasp this concept but that you practice *literalizing* the aspects presented to you in each section. As an example (because I know this can't be literally true for you) but let's *pretend* that you had a problem with driving too fast and you wanted to work on it. Now I want you to imagine the difference in *pretending* that there's a policeman on the side of the road with a radar gun pointed at you (so that you would slow down, as we all do) and the effect of one LITERALLY being there! I bet that you would quickly agree that the effect would more than likely be considerably different! In golf this *pretend, imagine, visualize, etc...* stuff typically leads to the same kind of results that you'd expect with the driving too fast example – little to no effect (at least not for long).

We will unpack several concepts throughout this program that for your golf swing will act like that policeman with the radar gun. In other words these tools (which I call commitment tools) will practically force you to do the right things. But I'll warn you now; they only work if you *literalize* them! I know that may sound weird or difficult but don't worry, it's actually incredibly easy to do.

Initial _____

Literalness - Life Out of Control

Pretending in life holds no real magic either. In fact many of the problems that I've faced in my life were rooted in this very same thing. Of course I didn't recognize it at the time, but I pretended a lot! If I went to church (which was rare) I went *pretending* to be someone that I wasn't. If I gave an offering (or tithed) I did so with an expectation of some sort of return (*pretending* that I was just a good person). When I went out of my way to help someone, to be nice to my spouse, to help my family, etc... the truth was that down deep I was just *pretending* so that I would gain something in return. My list of pretenses could go on for pages! Though on the surface it may have appeared that I was doing something good, on the inside I was still completely empty. Once again God has revealed where this void came from in His word:

"Beware of practicing your righteousness before men to be noticed by them; otherwise you have no reward with your Father who is in heaven.

Matthew 6: 1

In many of the golf lessons you will go through a process that will help you literalize (or believe) that something is present even though you cannot see it. In the golf lessons the things that I'll ask you to literalize are in fact often not actually there; God on the other hand always is! We may say that we believe that Jesus is with us always, but do we *literally* live that way? *"I mean after all He's not physically present so is He literally with me, or is that just something that I'm supposed to pretend so that I'll act good?"* Well, Jesus Himself made this perfectly clear for us:

²⁹ Then Jesus told him, "You believe because you have seen me. Blessed are those who believe without seeing me."

John 20:29

If you stop pretending and start literalizing, your whole life will immediately change!

Initial _____

Patience - Golf Out of Control

This program is a 40 day program. You will be instructed to do each drill for a specific time period and the entire program is designed to take a full 40 days. I know, I know I can hear it now; *"40 Days! That's too long Tim! I have to play next week!"* Sorry, but that's the deal. If something like that was your reaction then, I'm not trying to be rude when I say this but – STOP WHINING! 40 days isn't exactly a lifetime. If you will take an overall perspective here I think you'll see that 40 days isn't much to ask at all. Consider how long you have already played golf and how long you will be able to play golf. Golf is famous for being *"the game of a lifetime"*. A lifetime is typically a lot longer than 40 days wouldn't you agree?

A question I get asked a lot is “*does that mean that I shouldn’t play while I go through this?*” Well my answer is yes; you can play, hit balls and do whatever you like. Just don’t **work on** anything other than the step that you’re on! Its great advice but you need to be careful if you play a whole lot of golf during this process (especially early on). You will more than likely try to not concern yourself with anything else, but you might end up failing because when we play there can be a giant overload of “stuff” that distracts us from our single purpose that we should only be working on. But do play, hit balls and have fun. Just remember that you’re in a process of change so your results may not be too gratifying - YET. If you can accept that and not cave in and just quit working on what you should because you played bad once, then go ahead and play. If not, then please don’t put that pressure on yourself.

You’ll be surprised at how fast it will go by and if you will commit to this time period your chances of success are astonishingly better. If on the other hand you picked up this book for a quick fix or to see if you could get a couple of tips then boy did you pick up the wrong book! If that’s what you’re looking for then it’s very simple – stay up really late one night and watch the golf channel. There must be thousands of infomercial miracles that only cost *three easy payments of \$19.99!* If you try this route however then please place this book somewhere where it will be easy to find once all of those things have failed to get you where you really know you want to be.

Initial _____

Patience - Life Out of Control

If you live an average lifespan then you will live for over 25,000 days. Wouldn’t it make sense to take just 40 of those days to potentially transform your entire life? A wonderful resource that my wife and I were given early in our journey was a book written by Rick Warren entitled “The Purpose Driven Life”. This book has transformed thousands of lives and I highly recommend it. In the introduction to this book (a 40 day journey) Rick impressed upon me what a Biblically significant time frame 40 days truly is. As he states in this life changing book, “Whenever God wanted to prepare someone for his purposes, he took 40 days”:

- Noah’s life was transformed by 40 days of rain.
- Moses was transformed by 40 days on Mount Sinai.
- The spies were transformed by 40 days in the Promised Land.
- David was transformed by Goliath’s 40-day challenge.
- Elijah was transformed when God gave him 40 days of strength from a single meal.
- The entire city of Nineveh was transformed when God gave the people 40 days to change.
- Jesus was empowered by 40 days in the wilderness.
- The disciples were transformed by 40 days with Jesus after his resurrection.

This list is on page 10 of “The purpose Driven Life”. We will utilize this concept as well. First of all we will do so because God has made it clear that this exact number of days is very significant and secondly we will use it because I have personally experienced the power of a 40 day journey by going through The Purpose Driven Life myself. The journey and effect was incredible!

Take each section one at a time and do each challenge one at a time and I believe that you too will experience something incredible.

Initial _____

Commitment Tools – Golf Out of Control

Again, the pathway to change that you will walk through in this program is the pathway of ***Knowledge – Commitment – Trust***. One thing that I have to tell you right now is that personally I don’t believe that complete commitment is a basic part of human nature. True commitment means that you keep doing something (the right thing) irregardless of either your comfort or your results. This is no small challenge so don’t go it alone!

Each lesson will be accompanied with a “***commitment tool***”. The commitment tool is there to help you stay committed to the task at hand long enough to grow trustful of it. These are often very unique and creative; please do not make the mistake of not using them! OK, I will specifically call out my gender for a minute – MEN. You know that gene we were all born with that won’t let us stop and ask for directions? But instead drive around lost for an hour and a half? Don’t fall to it! By the way women are not immune to this disease either. Basic human nature loves to lie to us and tell us that we can do it ourselves. Stop it and accept the help from these commitment tools. In my experience it’s just this simple; use the commitment tools and succeed, don’t use them and fail. Period!

Many of the “tools” are actually things that you do and/or think. But in many cases you have to utilize a physical object. Below is a list of things that you need in order to succeed with this program:



1. Tops on the list are your ***commitment sticks***. These will be used throughout this program for many, many exercises. These sticks in fact will become the focal point of the entire program.

There are commercial golf practice sticks sold if you prefer. I most often use nothing more than plant stakes from the local super hardware store. I like the green, plastic coated stakes. You need 3 three, 4 foot plant stakes and one, 2 foot plant stake for the entire program. These commitment sticks will be used quite a lot and further they will most definitely be in harms way. What I mean is that we will poke them in the ground to get in the way of both your swing and your ball flight. With that in mind these sticks will most assuredly break so I recommend that you go ahead and buy 2 sets of sticks.



2. Secondly you will need two big paper clips. You can find these at any office supply store and they are called binder clips. You need the 1 ¼ inch, 5/8 inch capacity type of clips.

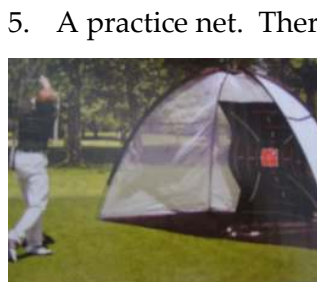
The above tools are absolute necessities for this program. The total cost to you should be no more than \$10 or so. Please take the time to head to the hardware store and get these critical tools. Again, this program cannot effectively be done without them!

Other recommended commitment tools include:

3. Plastic whiffle balls. I'm talking about the "cheapies" here! A dozen should only cost a few dollars or so.



4. Restricted flight practice balls. There are practice golf balls that act much more like a real golf ball than the whiffle balls do. There are others but I like a brand called "Birdie Balls". They go no further than 40 yards or so and unlike your whiffle balls they sound like real balls when you hit them, they feel more like real balls when you hit them and the flight characteristics (height, hook, slice, straight, etc...) are almost exactly the same as with a real ball. They just don't go as far. As I said there are others and I certainly have not tried them all so if you find one that is better then feel free.



5. A practice net. There are several on the market so just find one that is sturdy and durable and will work for you. There is no need to brake the bank here though. Some of these nets can get very expensive, but it isn't necessary to have the Cadillac version.

6. You will also need a full length mirror for some of the exercises. If you have a full length mirror in your house this will do fine. When you use your various static positions so it does not necessarily



mirror for some of length mirror in When you use your various static have to be portable.

7. A video camera to record your progress. I also recommend that you download a free golf swing analysis software that will allow you to load your swings into your computer so that you can (in a very detailed way) break your swing down by seeing what you're really doing at each point in the swing rather than what you "feel" that you're doing. The free software can be found at www.v1golfacademy.com. ***Be very careful here that you don't try to figure out your swing by yourself!*** Follow this program and this program only. But in your attempt to do that the video will help you see whether or not you are actually accomplishing each phase.

swings and swing

Initial _____

Commitment Tools – Life Out of Control

At the end of each "Life Out of Control" section you will be given a "challenge". These challenges are where you are to take action and actually do things that will help you change and grow spiritually. Again, absolute commitment is no easy task, so like the golf lessons I will present some "commitment tools" as well. Primarily in the life section the commitment tools are resources (books, cd's, DVD's, etc...) that are resources that I have personally experienced and that helped me with the subject at hand.

The challenge section in each lesson works just like the golf lessons. In other words if you just read the concept and "understand" it, you will experience nothing. Just like in golf if you just read about and "understand" the golf drills, then nothing will ever happen in your golf game. When you come to a challenge that is particularly difficult for you I highly encourage you to seek further information and help on that subject. This is the primary purpose of the commitment tools in the "Life Out of Control" section.

Initial _____

Journal – Golf Out of Control

A very common characteristic of highly successful people is that they write things down! There is no way that I can define and describe why writing is such a powerful thing, but I can share from experience that it truly is one of the most powerful habits in the world.

Instead of just thinking about each concept, instead of just reading each concept, if you will personalize your program by just jotting down some thoughts as you go then this program will help you reach the heights you're hoping for.

As you go through this process I want you to keep a DAILY journal. I want you to journal this process each and every day as you go through it. At the end of your practice time each day I want you to take 5 to 10 minutes to reflect back on the lesson for that day and write down any successes, failures, discomforts, confusing aspects, clear aspects; whatever you feel is the most pertinent aspect of that days lesson *for you*. I can't say this loud enough – WRITE IT DOWN!

Initial _____

Journal – Life Out of Control

A foundational aspect of my journey as a Christ follower has to be journaling. It is astonishing what will be revealed to you through the discipline of journaling. Write down your thoughts, fears, failures, successes, struggles, etc... and see what God will do with it. You will be amazed at how powerful this tool truly is. I describe what happens to me when journaling as being as if the thoughts start out in my mind, flow through my heart and soul and end up on the paper. When I actually write down my thoughts, worries, struggles, praises, etc... a clarity comes that I could never achieve through simply thinking about them or even talking about them. The Bible speaks to us about writing many times.

*Let love and faithfulness never leave you;
Bind them around your neck,
Write them on the tablet of your heart.*

Proverbs 3:3

*"In view of all of this, we are making a binding agreement, putting it in writing,
And our leaders, our Levites and our priests are affixing their seals to it."*

Nehemiah 9:38

These are just two that really speak to me about the power of journaling. Of course there are many more. The point is that I am asking you to commit to journaling through this 40 day spiritual process as well. If you are a Christian then you probably already know about the power of journaling (though we can all get slack sometimes). In either case, please commit to these 40 days.

- If you are a believer but don't really have an active faith, then please commit to these 40 days.
- If you don't know what you believe, then please commit to these 40 days.
- If you are a complete atheist, then commit to this journal anyway. What's it going to hurt? After all, you can write whatever you want.

This journal is for you and you alone. Like a teenage girl and her diary I want you to keep your journal just for you and your thoughts and your prayers. This is a safe place to write about whatever is on your mind and heart. Don't leave this journal lying around for everyone and anyone to read. You need to feel secure in this aspect. This program is not about anyone else, it's about you.

You will see a foundational scripture heading each "Life Out of Control" section. Use this scripture and the chapter that pertains to it to help you keep your journal on point. I mean of course there are many things going on in your life. But let God walk you through this process one step at a time.

Initial _____

Commitment Contract

I agree to do my best to commit to every concept in this program for the full 40 days.

- I understand that I will experience some discomfort.
- I understand that I will get some poor results.
- I realize that there must be growing pains associated with real growth.
- I will not quit until I get through the entire 40 day period.
- If I miss a day or more I will make it up as soon as possible.
- I admit that I do NOT know everything and I will lay my prejudices and biases aside (at least for a time) until I complete this program.

Knowledge, Commitment and Trust

I further agree that just understanding (knowledge) the concepts presented will not cause anything to actually happen for me. Therefore I commit to DO (commitment) each drill and challenge to the very best of my ability and I agree that real commitment will lead me to the goal of this program (**Trust**).

- I agree to commit to the entire Golf Out of Control & Life Out of Control Program.
- I agree to commit to the Golf Out of Control Program only, but promise to check out Life Out of Control as I go.
- I agree to commit to the Golf Out of Control Program only.

Signature _____ **Date** _____