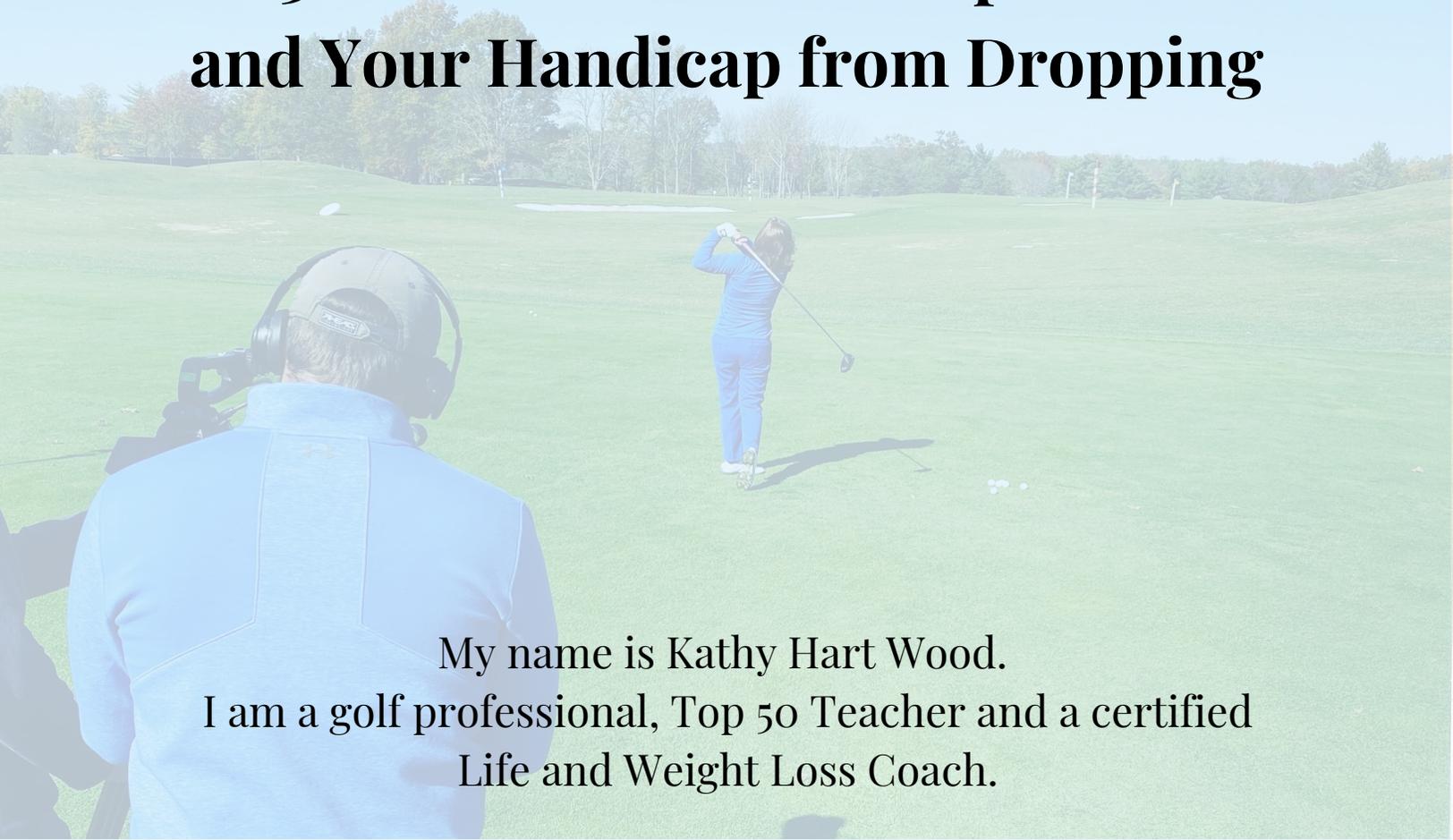


Weight Loss and Golf

The 3 Similarities That Keep The Scale and Your Handicap from Dropping



My name is Kathy Hart Wood.
I am a golf professional, Top 50 Teacher and a certified
Life and Weight Loss Coach.

I played college and professional golf and every step of the way I battled my weight while struggling to play to my potential. I tried every diet you can imagine and I sought out golf psychologists to cure my "mental game." It was the tools I learned as a Life Coach that put all the pieces together. I realized there was a similar theme between both my weight and my performance. While you may not be interested in playing competitive golf, scoring better and enjoying the game is a beautiful by-product to the learning the skills that end the battle with overeating or over drinking for good. I love helping my clients lose the desire to overeat and overdrink and I want to share this with you.

Ready?

The 3 Similarities That Keep The Scale and Your Handicap from Dropping

"How you do one thing, you do everything."

1. Managing Emotions

If you play golf you understand that your emotions play a huge role in how you perform. There are many expected and unexpected emotions during one round of golf - fear, nervousness, anger, disappointment, frustration, anxiety, embarrassment, excitement, relief. You get the idea. The better you process your emotions the better you manage your swing, tempo and focus on the golf course. Some may call this the "Mental Game," I call it simply managing your emotions. This also includes after bad shots or rounds.

Similarly, overeating and over drinking are largely a result of soothing our emotions with food or booze, aka, NOT managing emotions. Your feelings are what drive all of your actions. A rushed swing, an ice cream binge or a morning stop at Dunkin' Donuts all are driven by an emotion. Sometimes eating over your emotion is obvious and sometimes it takes some work to even recognize what has become unconscious and habitual.

Action Steps:

1. Get out of your head and start listening to your body where you feel your emotions.
2. Notice how you feel before you eat, before you hit a bunker shot, before you have a second cookie.
3. Then...ask yourself why? What are you thinking to feel that way? Awareness is the first step.

2. Making Decisions

Your ability to make decisions is one of the pillars of **self-confidence** on and off the golf course.

In golf, you have to make decisions on every shot - what club to swing, what shot to hit, where to aim, how much break on the putt, etc. The minute you second guess yourself you make room for doubt, the opposite of confidence.

With overeating and over drinking, you don't rely on decision making. You rely on urges, desires and your primitive brain. It is what draws you to the Starbucks drive-thru for a caramel latte and muffin, It is what mindlessly pours another glass of wine, serves a second helping of mashed potato, or sticks your hand in the cookie jar.

Deciding what to eat ahead of time and keeping your word to yourself is the first major step in losing weight. It is a muscle you want to build for confidence on the golf course as well.

Action Steps:

1. **Decide 24 hours ahead of time** what you are going to eat.
2. Write it down and keep your word to yourself **NO MATTER WHAT**. You do not need to deprive yourself. You decide what you want to eat, how much you want to eat, when you want to eat.
3. On the golf course, be decisive with your club selection and break in the green. You make better swings when you are decisive than with one sliver of doubt. Even if it is the wrong decision, it is fine. Just learn and keep playing.
4. Build the muscle of trusting yourself to keep your word. It is an invaluable tool.

3. Hardcore Beliefs

A belief is a thought that you think over and over until you believe it to be a fact. It becomes non-negotiable. You argue hard for it. Some beliefs work for us and are worth keeping. Some thoughts work against us and are worth taking a look at because they keep us stuck repeating the same patterns over and over.

In golf, a hardcore belief might be, *I'll never be a good putter, I don't handle pressure well, I stink in the bunker, I don't have what it takes to be a _____ handicap.*

In weight loss, a hardcore belief looks like, *Losing weight is hard for me, I'll never be thin, Drinking is part of my social life, To lose weight you have to deprive yourself, I can't eat what I want and lose weight.*

You probably can come up with a few of your own. You may argue for them convinced they are facts. But to pass the fact test, 7 billion people on the planet would have to agree with you. You have to be able to prove it in a court of law. Otherwise, it is a thought and thoughts are optional. You can change them so they produce the results you actually want in your life.

Action Steps:

1. Get out a pen and paper and write down your beliefs about your golf game, specific shots, your overall ability, your golf course, etc.
2. Write down what you believe about your ability to lose weight, your body, what you need to do to lose weight.
3. Look at the list and question all of it. Ask yourself if it is true.
4. Take the fact test... "Would 7 billion people agree with me?" These could be the thoughts that are holding you back, keeping you stuck. There is wiggle room in there for growth because the greatest news is that you can change thoughts.

Are You Ready?

I have helped people learn golf for over twenty years. I don't believe in quick fixes or "bandaids" for your golf game or your health. Band-aids fall off. I coach people on how to keep their results for good. Fixing a slice is great but nothing has impacted lives more than teaching my clients how to finally lose the desire to overeat without relying on willpower. You can do this too.

Action Step:

I help people who are serious about finally ending the burden of losing and gaining weight, of constantly thinking about losing weight, of feeling crappy in clothes. If you are ready to lose weight for the **LAST** time, you can do it and I can help.

It is time to stop repeating the past, to try something different. It starts with jumping on a call with me for a free strategy session. We can chat about what is going on for you and I share a valuable tool to get you started losing weight right away and for the last time. It is super easy just schedule a time by clicking the link below.

KathyHartWood.as.me/free

You Can Do This

Coach with *Hart*