



VOLUME 1
SPECIAL
EDITION

GOLF IS A MENTAL GAME

PLANT POSITIVE SEEDS

POSITIVE GOLF AFFIRMATIONS

PANCHO THORNTON

MADE WITH PASSION IN PHILLY



HEY, I'M PANCHO

Welcome to the Power of the Mind on the Green!

Hey there! Pancho here, and I'm thrilled you've picked up "Mind Setting: Golfing Affirmations". This isn't just another golf book; it's your guide to unlocking the incredible power of your mind to transform your game.

For years, I've seen firsthand how much mental strength impacts performance on the course. This e-book is packed with powerful golf affirmations designed to build your confidence, sharpen your focus, and help you approach every shot with a winning mindset.

Get ready to tap into your inner champion and start playing the game you've always dreamed of. Let's get started!

LET'S DO IT!



Developing

A STRONG GOLF GAME

01

SOLID FUNDAMENTALS

A great golf game is built upon a strong foundation. This involves mastering the basic grip, stance, posture, and alignment. Consistent practice of these fundamentals, ideally under the guidance of a qualified instructor, ensures a repeatable and efficient swing motion.

02

EFFECTIVE SHORT GAME

Scoring in golf heavily relies on the short game. Developing proficiency in putting, chipping, pitching, and bunker play can significantly lower your scores. Dedicate ample practice time to these crucial areas, focusing on feel, distance control, and consistency.

03

STRATEGIC COURSE MANAGEMENT

Understanding how to navigate a golf course is as important as hitting good shots. This involves assessing risk and reward, selecting the right club for the situation, and playing within your capabilities. Smart course management minimizes mistakes and maximizes scoring opportunities.

04

CONSISTENT PRACTICE ROUTINE

Improvement in golf requires consistent effort. Establish a regular practice schedule that addresses all aspects of your game. Focus on quality over quantity, with purposeful drills and targeted practice sessions designed to address specific weaknesses and reinforce strengths.

05

CULTIVATING A CHAMPION MINDSET

Developing mental toughness and a positive attitude is paramount for long-term success. Incorporate affirmations into your routine, focusing on belief in your abilities and resilience in the face of adversity. Visualize successful shots and cultivate a calm and focused mental state on the course.

POSITIVE GOLF AFFIRMATIONS

A full-page photograph of a golfer in mid-swing on a golf course. The golfer is wearing a green and white striped polo shirt, khaki pants, white golf shoes, and a plaid flat cap. He is holding a golf club with a dark head. The background is a bright, sunny day on a green golf course with trees in the distance. The text "I WILL RELAX EVERY TIME I PLAY GOLF" is overlaid in large, bold, white capital letters.

**I WILL RELAX
EVERY TIME I
PLAY GOLF**

POSITIVE GOLF AFFIRMATIONS

ACHIEVE

**I AM BECOMING A
GREAT GOLFER**

POSITIVE GOLF AFFIRMATIONS

POSITIVE

I AM AN EXCELLENT GOLFER



POSITIVE GOLF AFFIRMATIONS



ENJOY

**I WILL TRUST
MYSELF (SWING)**

POSITIVE

**I CREATE A SHOT
EVERY TIME I PLAY**



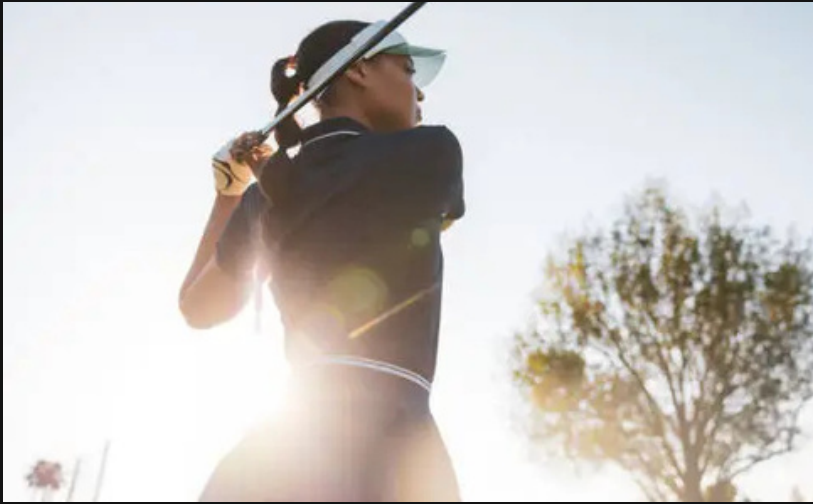
A full-page photograph of a golfer in mid-swing on a golf course. The golfer is wearing a green and white striped polo shirt, khaki pants, white golf shoes, and a plaid flat cap. He is holding a golf club with a dark head. The background is a bright, clear sky and a green golf course with some trees in the distance. The text "BALANCE" is at the top, "I WILL LEAD WITH MY LEFT SIDE" is in the center, and "POSITIVE GOLF AFFIRMATIONS" is at the bottom.

BALANCE

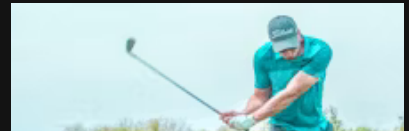
**I WILL LEAD WITH
MY LEFT SIDE**

POSITIVE GOLF AFFIRMATIONS

CONCENTRATE



**I WILL ALWAYS HAVE A
TARGET**



POSITIVE GOLF AFFIRMATIONS

INTENT

**I WILL SWING THROUGH
THE BALL**



POSITIVE GOLF AFFIRMATIONS



POWER

**I WILL SWING
THROUGH THE HITTING
AREA**

CONTROL

**I WILL FOLLOW
THROUGH ON EVERY
SHOT**



CLARITY

A woman is captured in the middle of a golf swing on a lush green field. She is wearing a white cap, a dark-colored shirt, and a white skirt. The background features a vast, arid landscape with reddish-brown hills under a clear blue sky. The text "I WILL LEARN TO SWING THE CLUB" is overlaid in large, bold, white capital letters across the center of the image.

**I WILL LEARN TO
SWING THE CLUB**

POSITIVE GOLF AFFIRMATIONS

CONTROL

**I WILL MAKE THE GOLF
CLUB FEEL LIKE A WHIP**

POSITIVE GOLF AFFIRMATIONS

SMOOTH

**I WILL SWING THE CLUB
NOT CHOP**



POSITIVE GOLF AFFIRMATIONS



CLARITY

**I KEEP MY EYE ON
THE BALL LONGER**

CONTROL

**I WILL STOP
LOOKING UP SO
FAST**



A full-page background image of a male golfer in mid-swing on a golf course. He is wearing a black t-shirt, dark shorts, a white cap, and white golf shoes. The background shows a green golf course with trees in the distance under a clear sky.

AWARE

**I WILL STOP
SWINGING AT THE
BALL**

POSITIVE GOLF AFFIRMATIONS

INTENT

I KEEP MY HEAD STEADY



POSITIVE GOLF AFFIRMATIONS

CONTROL

I WILL COMPLETE MY BACKSWING



POSITIVE GOLF AFFIRMATIONS

CONTROL

**I WILL TURN MY BACK
TO THE TARGET**



NATURAL

**I WILL WAIT UNTIL MY
SHOULDER GOES
UNDER MY CHIN**



A close-up photograph of a golfer's hand holding a putter on a green. The putter is positioned diagonally across the frame, pointing towards a hole in the distance. The background shows a blurred golf course with houses and trees under a clear sky. A vertical white line runs through the center of the image, passing through the hole.

CONCENTRATE

**MY BELLY
BUTTON WILL
FACE THE TARGET**

POSITIVE GOLF AFFIRMATIONS

CONFIDENT

I HAVE PERFECT TIMING

POSITIVE GOLF AFFIRMATIONS

BELIEVE

I LOVE TO PRACTICE



POSITIVE GOLF AFFIRMATIONS



POSITIVE

**I CAN PUTT VERY
WELL**

NATURAL

**I CAN READ
GREENS VERY
WELL**



A close-up photograph of a person's hand holding a white golf ball. The hand is positioned over a green golf course, with a golf club head visible just below the ball. The background is blurred, showing other people and the green grass. The lighting is bright, suggesting a sunny day.

INTENT

**I CONCENTRATE
ON EVERY SHOT**

POSITIVE GOLF AFFIRMATIONS

POSITIVE

I SEE MY IMPROVEMENT



POSITIVE GOLF AFFIRMATIONS

ACCURACY

THE BACK OF MY LEFT HAND IS MY LEADER



POSITIVE GOLF AFFIRMATIONS



SWING

**I WILL HIT EVERY
TARGET I AIM AT**

SUCCESS

I LOVE TO WIN



POWER

SWING!

POSITIVE GOLF AFFIRMATIONS

AWARE

**I WILL PUT THE WEIGHT
ON THE BALLS OF MY
FEET**

POSITIVE GOLF AFFIRMATIONS

CONTROL

**I WILL TURN MY
SHOULDERS ON A TILTED
PLANE**



POSITIVE GOLF AFFIRMATIONS

POSITIVE

**I AM BECOMING A
BETTER GOLFER**

CONNECTED

**I AM A GREAT
GOLFER**



CONFIDENT

A male golfer wearing a white polo shirt, light grey trousers, and a white cap is captured in the middle of a putting stroke on a lush green golf course. He is leaning forward, focused on the ball. The background features a line of trees under a cloudy sky.

**I HAVE A GREAT
SHORT GAME**

POSITIVE GOLF AFFIRMATIONS

BELIEVE

**I WILL NOT LET THE BALL
INTIMIDATE ME**



POSITIVE GOLF AFFIRMATIONS

CONFIDENT

**I AM NOT AFRAID OF THE
GOLF BALL**

POSITIVE GOLF AFFIRMATIONS



PERFORM

**I AM GRIPPING THE
CLUB BETTER**

CONTROL

**I WILL HOLD ON TO
THE CLUB
THROUGHOUT MY
SWING**



POWER

**I WILL SWING
THE CLUB FASTER**

POSITIVE GOLF AFFIRMATIONS

CALM

**I HAVE PERFECT
BALANCE**

POSITIVE GOLF AFFIRMATIONS

ACCURACY

**I WILL STAY DOWN AND
THROUGH**



POSITIVE GOLF AFFIRMATIONS



CONTROL

**I WILL SWING
UNDER MY BODY
NOT AROUND**

CONCENTRATE

**I WILL STOP
CASTING ON MY
DOWNSWING**



A full-body photograph of a female golfer standing on a golf course. She is wearing a dark grey or black short-sleeved polo shirt, dark trousers, and a matching cap. She has a confident smile and her hands are on her hips. The background is a blurred view of a golf course with green grass and trees under a bright sky.

CONTROL

**I WILL STOP
SWINGING OVER
THE TOP**

POSITIVE GOLF AFFIRMATIONS

CONTROL

**I WILL START MY
DOWNSWING WITH MY
LOWER BODY**



POSITIVE GOLF AFFIRMATIONS

INTENT

MY SCORES ARE GETTING LOWER



POSITIVE GOLF AFFIRMATIONS



ACHIEVE

**I AM HITTING MORE
GREENS IN REGULATION**

PERFORM

**I HIT ALL GREENS IN
REGULATION**



BELIEVE

**I CONCENTRATE
ON ONE SHOT AT
A TIME**

POSITIVE GOLF AFFIRMATIONS

POSITIVE

**I WILL PLAY BETTER IF I
THINK BETTER**

POSITIVE GOLF AFFIRMATIONS

SUCCESS

I AM A WINNER

POSITIVE GOLF AFFIRMATIONS

Thank you
FOR READING

**CONGRATULATIONS ON COMPLETING THE JOURNEY
TOWARDS BECOMING A SUCCESSFUL GOLFER!**



PANCHO THORTON
GOLF EXPERT

**WWW.PANCHOTHEGOLFER.COM
@PANCHOTHEGOLFER**

This image shows a full page of white paper with horizontal grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins or additional markings visible.

Enjoy the process

[illegible]

Enjoy the process

LEARN MORE ABOUT PANCHE

Meet Pancho Thornton, a seasoned golf professional with a wealth of experience and a reputation for being a true "swing whisperer." For many years, Pancho honed his deep understanding of the game while working as a caddie at the prestigious Merion Golf Club. It was there that he developed an intuitive ability to read swings and offer simple yet highly effective tips, earning him the respect of golfers seeking to refine their technique.

Despite his modest demeanor, Pancho's insights are drawn from decades immersed in the world of golf. His journey includes serving as an Assistant Golf Professional at Cobbs Creek Golf Course, further solidifying his professional credentials.

Pancho brings over 20 years of hands-on experience in the golf world to his coaching. He is also a former Mini-Tour competitor, providing him with a valuable player's perspective. Beyond his personal achievements, Pancho has dedicated 38 years to coaching, sharing his knowledge and passion with golfers of all levels. His background as a professional caddie offers a unique and insightful approach to instruction, blending practical course knowledge with swing fundamentals.

WANT TO LEARN MORE ABOUT GOLF?

VISIT MY SITE

WWW.PANCHOTHEGOLFER.COM

