



# The Art of Golf

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Being self-aware is knowing yourself in depth, and getting to the bottom of what is causing certain behaviours and habits. The more you know this, the more you are able to adapt and shift yourself towards those behaviours that will lead to more happiness and success. In other words, you are able to notice, but not react upon instinct. You are more accepting of yourself and more patient. On the golf course, this means that instead of paying attention to the things that get you upset and cause a poor performance, you are able to ignore and shift your focus to where it needs to be for you to access your best skills.