



### **IF YOU WANT TO DO IT ... ENVISION IT AND YOU CAN!**

A child golfer, about five years old, is in remission from cancer. While being treated for his illness he became interested in watching golf tournaments on television. He spent all of his time watching The Golf Channel, tournaments and would look at golf magazines. Neither parent played golf but they encouraged him to follow his interest because it calmed him while being treated. When he was well enough, his father took him to a golf course so that he could actually play the game. Surprisingly, the child was immediately able to hit the ball with a wonderfully executed golf swing. A television report showed him scoring 36 for 9 holes with a very impressive swing for his age with no instruction.

The reporter said that the child had lost one eye because of his illness' severity. When his father was asked whether he played with his son, he replied that he only caddied because he couldn't play the game and his son would rather play alone so that he wouldn't be slowed down. When the father was asked whether he thought that he could ever beat Tiger Woods he responded that he didn't see why he couldn't because his ability was all up to him.

This story moved me but also pointed up a very important lesson for all of us. As with many inventors and entrepreneurs, envisioning something that is important to us can result in its being accomplished. I call this "special power" *visualization or imagery*. We all have the power but only a very few of us realize it or use it. I recommend this in my training and book **The Mental Side of Golf** and in many of my relaxation CDs..

The next time you have a difficult task to complete, try this. Before starting, sit in a comfortable position and close your eyes. Relax your mind and body to the point where you are not feeling any tension anywhere in your body. Try to clear your mind so that it isn't beset with a lot of interfering thoughts. Now, picture the task that you want to complete by going through each step necessary in order to complete it. Take your time. In fact, the slower you can proceed in doing this exercise, the more effective it will be. If you can, repeat the exercise as many times as possible to truly have it "under your belt". Open your eyes and proceed and see how well you do. This is your power. Realize it, savor it and use it as often as you wish. ENJOY!

A primary requirement for personal growth is being able to take reasonable risks. When we take risks, it is not unusual and very human to make mistakes in the process of

attaining our goals. Remember that Jonas Salk was experimenting in search of another disease when he came upon a vaccine for that horrible disease called Polio Mellitus. In effect, *he made a mistake*. Experience is the name that you can give to your mistakes. Don't be embarrassed by them. You can correct them and learn from them and who knows where they might lead you in your life. You can also decide not to make them again.

THAT'S WHAT GROWTH IS REALLY ALL ABOUT!

### **A Brief Biographical Sketch**

*After an over 40 year career as a professional psychotherapist and Director of The Sports Stress Clinic in Amherst, NY, Charles Bonasera came to Florida and decided to use the benefits of his previous professional experiences in his new roles of Consultant in Life Management and Business Coaching as well as his expertise as a Motivational Speaker. He once again became involved with athletes in different sports training them with his techniques to help them develop and maintain focus as well as staying in their zone. Much of his training methods are derived from the CD collection he developed under the heading of WIN-WIN SECRETS as the President of Personal Identity Controls. This collection consists of thirty-six programs dealing with vital issues in the management of stress.*

*Another role that he adopted to add to his professional career was that of Author. Early in the 1980's he wrote Guide to a Life Management Process which he has re-written as a workbook to successfully help people manage their stress which includes his own Working Model. As a result in his interest in golf and realizing that it was essentially a "mind game", he wrote The Mental Side of Golf which can benefit the beginner as well as professionals playing the game of golf.*

*He then compiled over five-hundred sayings that he had developed in the course of his professional career as stimuli to help people change patterns in their lives entitled How to Stay Well and Live Life to the Fullest. This was followed by a book documenting case studies around disruptive life patterns including ways to change them under the name of How in the Hell Did This Happen to Me? Both his personal involvement in sports as a participant, coach, manager and in his role in officiating, inspired him to write a primer for parents and coaches entitled The Legend of Little League.*

*Charles invites you to view his website at [www.charlesmbonasera.com](http://www.charlesmbonasera.com) as well as to write with your comments and questions to his e-mail address ([charles@charlesmbonasera.com](mailto:charles@charlesmbonasera.com)). He would also be very happy to communicate with his readers by telephone should they desire. His professional motto is "seeking alternative methods to happiness" and wishes those touched by his words to practice the three secrets to a happy life: "enjoy life and enjoy it thoroughly ... develop and maintain a sense of humor ... bring as much love into your life as possible.*