

# Gratitude in Life and Golf

There may never be a more important time in your life than now for shaping who you are to become, and for growing into your potential as an individual. While times like this offer great challenges, they also offer us an opportunity to become better people and better citizens of the world. It is normal and healthy to be upset, sad, and to grieve over what we are missing out on because of this global pandemic. It is important that we recognize these feelings and not push them aside. This is especially true for those who are missing out on many once in a lifetime experiences that they have been waiting for their entire lives, but we must not allow ourselves to make our losses our focus. Now is the time to practice gratitude. We have so much to be thankful for: families that love us, friends that miss our company, and communities that are reaching out to those in need like never before. Please enjoy the story below on the power of gratitude; and know that we are extremely grateful for our Simley golf family.

-Mark, Kyle, John, and Lisa

While giving thanks can fill us up spiritually with good cheer, can it actually help us in our business world? Can being thankful make us more successful?

The answer is yes, and I have experienced this first-hand.

Almost 10 years ago, my friend was running the BellSouth Senior Classic at Gaylord Springs in Nashville. As a way to reach out to these players, I placed my golf psychology book, *Mental Rules for Golf*, in every player's locker. I signed it with my name and contact info and wished for good play that week. Only one player called to thank me for the book — Gary Player.

To place this in perspective, Gary Player is a World Golf Hall of Famer who has won more than 100 worldwide professional golf events. He is one of only a handful of professional golfers to win all four majors. Gary Player is a legend in the golf world, and he was clearly head and shoulders above the rest of the field in fame and prestige. Yet he was the only one to reach out to me with thanks.

That event was my wake-up call as to how important giving thanks is to your success. This showed me that Gary Player has an attitude of gratitude and this life mantra contributed to his greatness.

Being thankful allowed him to handle the bad breaks on the course as well as reduce his frustration when his game went south for the day. His attitude of gratitude helped him to stay calm and cool under pressure, and as a result, he played better in competition. He was thankful for

whatever the game had in store for him, and this propelled him into the stratosphere of his profession.

To develop an attitude of gratitude for all seasons, here are a few recommendations:

1. **Be grateful in your mental approach.** Focus on what you have going for you at work and in life and stop worrying about what you don't have. This attitude will place a smile on your face and take away your frustration.
2. **Have an early morning happy hour.** Instead of starting your day with all your worries and checklists, begin your day thinking about three blessings in your life.
3. **Always give thanks to those who have touched your life.** I would not be retelling the story of Gary Player, and giving him great PR, if he did not live by this motto.

*Dr. Gregg Steinberg is a professor of human performance at Austin Peay State University. He is author of the Washington Post bestselling business book "Full Throttle" and speaks to businesses about improving attitude and performance. E-mail him at [mentalrules24@msn.com](mailto:mentalrules24@msn.com) and learn more at [www.drgreggsteinberg.com](http://www.drgreggsteinberg.com)*