

## Grit and Resiliency - Golf's Life Lessons

Among the many important things we can learn from the game of golf are grit and resiliency. The ability to see things through to the end regardless of the challenges placed in front of us. The ability to understand that things are not always going to go how we plan, and the determination to see things through to the finish anyway. Although the article below focuses on the impact of grit and resiliency in golf, we know that the same principles can help us in our lives each day. We hope you enjoy taking a little time to think about how grit and resiliency can help us all as golfers and as people.

-Mark, Lisa, John, and Kyle

### Grit and Resiliency – By Jon Sherman

These two words have to be part of your golf game if you want to get rid of a double bogey on your card. They are the cornerstones of successful golf in my opinion, and I recently spoke to Mark Immelman about this on his PGA Tour podcast (give a listen [here](#)).

Here are the quick definitions of what these words mean:

**Grit** is a positive, non-cognitive trait based on an individual's passion for a particular long-term goal or end state, coupled with a powerful motivation to achieve their respective objective.

**Resiliency** is the capacity to recover quickly from difficulties; toughness.

These are two commitments you must make to yourself as a golfer if you actually want to lower your scores. Being able to control your emotions on the course is one of the most underrated tools for improvement. The golf world loves to talk about the swing, but I believe this is equally as important.

Things are going to go wrong at some point in your round (and potentially for most of it on some days). This is when **grit** and **resiliency** come in. If you are truly committed to getting rid of the dreaded double bogey, then when things are going wrong you need to do your best to slow your mind down, and try to avoid compounding your mistakes.

Ryan Chaney put it very well recently. He said you need to “give yourself permission to hit bad shots.”

So if you hit a drive into the trees, chunk an iron, or mangle a pitch shot around the green, you need to do your best to accept this mistake. It was **supposed to happen**. That exact moment after the mistake occurs is truly what separates golfers who are going to make a double bogey from those who are going to grind it out.

As hard as it is, you need to collect yourself, slow your mind down, and do your best not to let that initial mistake lead to another.