



ADDISON CRAIG

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Start Breaking Par Now!

You may be the golfer who plays once a month and tries to break 100. You may be the weekend warrior whose life goal is to break 80.

Perhaps you're on the tour striving to break par every single time. Regardless of your skill level, the good news is that improving your golf game can correlate with improving your work life.

To begin, don't bet on luck to improve your golf game or work life. Start by setting realistic goals and prepare to face change. Have a game plan and stick with it. Work to break your own par. Remember that with hard work and great influencers, you can achieve greatness.

As my mentor, Jim McLean, always says, "Every day is Opening Day!" And as my role model John Wooden has said: "Success comes from knowing that you did your best to become the best that you are capable of becoming."

Whether on the course or in your office, one thing's for sure: Every day is different. The road to improving your game is to enjoy the positives while being able to welcome constructive criticism.

THE GAME

Several years ago, I put together a basic system that has helped me improve my ability to become better at both golfing and working. It's all about being organized, learning as much as I can and always striving to be the best I can be. It's about being honest and realistic with yourself. Nobody is perfect. You can always get better!

There are two ways for you to try to break par each and every day on and off the golf course. The first way is by playing that round based on how many hours in a day you're up. For example, if I'm awake an average of 18 hours, I think of every one of those hours as a chance to make a birdie.

The second way is playing a round in your head at work. Say you have a nine-hour shift and start playing a hole every 30 minutes. Strive to make as many birdies as possible and break your par every day. As in real life, there are no gimmes.

THE SCORING

The best way to get start your day with a birdie on your scorecard is to begin the night before. Set yourself up for success. Preparation is key. Have a vision in place before starting each day to give yourself the best chance of breaking par. If you plan and execute correctly with every hole you'll have an opportunity for at least a birdie.

When you're halfway through the day or shift, take a moment to see where you stand.

If you hit it OB on the fourth hole and messed up a project at work that resulted in a double bogey, you need to fire off some birdies on the back nine. The second half of that project is as important as the first half!

Regardless of your score, once your day is over, reflect on your round and find what you did great and what you could have done better. Once you recognize the areas that need improvement, then start writing up your game plan for the next day.

THE GOAL

A great way to keep track of your performance is to carry around a notecard or planner to record how you played each day. At the end of the week, recap how you did by asking yourself some questions:

Did you perform to the best of your ability, perhaps even win the golf tournament? Did you have a solid Top five finish? Did you arrive to work early each morning? Did you have Top 20 finish? Did you stand out on a project for your boss? Did you make the cut? What did you do to become more successful? Could you have done something more efficiently? How can you be better next week?

Every day is an opportunity to grow and improve. Keep setting goals and moving forward – in your golf game and your career. **Keep Breaking Par! BR**

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	1	2	3	4	5
73	75	70	67	74	72	71
6	7	8	9	10	11	12

Notes

Top 20 Finish (-1)
 Pros-
 Cons-