



HARD-WIRED FOR GOLF

Sensory System Questionnaire

This questionnaire is to discover what your dominant sensory system is as a golfer. Circle the letter of only one item per question indicating which choice is most like you.

1. I learn best by:
a) watching
b) listening
c) hands on
2. I choose my golf clothing by:
a) style, looks
b) loose, movement
c) comfort
3. My favorite entertainment is:
a) watching a movie / TV / DVD
b) listening to a CD / concert
c) doing something active, walk, hike, bike, swim, etc.
4. My preference in golf shoes is:
a) style / looks
b) athletic
c) comfortable
5. I purchase golf clubs:
a) on how they look at address
b) the weight and balance as I swing
c) the way the ball feels off the club
6. What distracts me on the golf course is:
a) people moving in my line of sight
b) sudden noises
c) feeling rushed or pushed to play fast
7. When I'm playing well:
a) the hole looks as big as a bucket
b) I'm in sync
c) I'm calm and relaxed
8. When I'm playing badly:
a) I get mechanical
b) I talk to myself
c) I get tense
9. I like to play:
a) at a pace where I can appreciate the beauty of my surroundings
b) fast paced, no nonsense
c) relaxed
10. Bad weather:
a) distracts my focus
b) is a challenge
c) is a nightmare; too many clothes
11. My preference is playing:
a) medal play, golf score
b) with players who like to walk in 3 1/2 hours
c) with friends, beer and a cart
12. I have fun when:
a) I score well
b) I control my golf ball and play quickly
c) I'm relaxed
13. I'd prefer my pro was:
a) a great player
b) a great teacher
c) a wonderful person
14. I prefer:
a) medal play
b) match play
c) scramble



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Sensory System Questionnaire Side 2

15. I most need to improve:
a) my swing mechanics
b) my mental game
c) my strength and flexibility
16. Poor players have:
a) bad swings
b) bad focus
c) physical limits
17. When confronted with a difficult trouble shot:
a) I concentrate on a specific target or window
b) Make sure I have a smooth tempo
c) focus on keeping my head and body still
18. I evaluate the quality of my shots:
a) how close I get to my target
b) by my balance and finish position
c) how solid I hit the ball
19. My swing philosophy is:
a) "take dead aim"
b) "grip it and rip it"
c) "never swing until ready"
20. I most admire in other players:
a) accuracy
b) tempo / flow
c) effortless power
21. When I lose a golf ball:
a) I search until I find it
b) I look in the general direction and drop quickly
c) I look for a while and then drop
22. I will learn golf best:
a) by seeing myself or the video
b) by mimicking good players physically like me
c) hands on teaching with a pro
23. My golf identity is:
a) an accurate player, good swing
b) surprisingly competent, efficient player
c) a shot maker with great touch and feel
24. When I putt, I focus on:
a) the line
b) the speed
c) the feel
25. If and when I make a hole in one, I would attribute it to:
a) correct club and target selection
b) perfect tempo and rhythm
c) a solid hit
26. My greatest fear in golf is:
a) hitting wild shots
b) having a bad streak and making a huge score
c) getting so tense I have a miserable time
27. On bad shots:
a) I lose my focus
b) I get quick and swing too hard
c) rush and hit before I'm ready
28. At golf I worry about:
a) my swing being sound
b) swinging too hard
c) losing my touch
29. I determine how hard to hit my putt by:
a) knowing the exact distance
b) by sensing the correct pace
c) by feeling / touch in my hands
30. When hitting a pitch shot over a bunker, I focus:
a) the trajectory of the shot
b) the rhythm of my swing to make the shot
c) the feeling in hands and arms to make the shot

Directions on how to score test. Tally up the number of responses in the A, B, and C categories.

_____ **A Category** - Picture Player _____ **B Category** - Rhythm Player _____ **C Category** - Feel Player

The probabilities are that if you have a clear-cut numerical advantage in one of these areas it's your hardwiring."