

**Instant gratification** is the desire to experience pleasure or fulfillment without delay or deferment. Basically, it's when you want it and you want it now!

**Resilience** is the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress.

On the PGA Tour, players grip the club differently, set up to the ball differently, and swing it very differently. One thing all PGA tour players have in common is their ability to deal with adversity. It is this psychological process that can be the difference between good and great, or great and phenomenal. Jason Day has openly spoken about nearly quitting the game before the 2011 Masters but he had the resilience to deal with adversity and eventually became the number 1 player in the world.



Another example of Resilience and delaying gratification is that of Sylvester Stallone. At 30, with just \$106 in his bank account, Stallone turned down a \$300,000 offer (the equivalent of \$1 million today) for the rights to "Rocky." He was determined to make the film he wrote on his terms, starring himself. The Rocky Franchise went on to gross over \$1 billion globally with Stallone starring as Rocky.

To listen to his inspirational story, click here <https://www.youtube.com/watch?v=ywuse55qU2A>. Stallone's resilience was key in him being able to achieve his goals and dreams.

All too often in golf, players fail to delay their need for instant gratification, wanting immediate satisfaction through their performance, score, or ball striking. This is not a success formula

for golf, nor is this going to help you in life. If you truly want to be successful studies have shown that you must delay instant gratification. Click here <https://youtu.be/M0yhHKWUa0g> to watch a very popular study called "Don't Eat the Marshmallow."

If you can develop the habit of delaying gratification from a young age, it will help you build resilience and deal with psychological challenges that golf and life throws your way.

Just like boxers get punched in the face and must fight on through physical pain, golfers need to deal with the psychological pain of bad bounces, wind changes, and the dreaded 360-degree lip out!

Your self-talk and your body language are vital tools to use in this process. They can help you delay the gratification you desire and become resilient enough to work towards mastering your mind.