

**PRE-TOURNAMENT INTERVIEW**  
**October 12, 2021**



**JASON DAY**

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**Q. New season, new goals, we're guessing. Like where's your head, body and feelings at? Ready to rumble?**

**JASON DAY:** So, currently I'm probably going to play three events in six months.

**Q. Wow.**

**JASON DAY:** Well, I think it's three events, right? I mean, I played -- from the British Open, played the FedEx, then I'm playing this week and I'm scheduled to play the Shootout, and then the next tournament I'll play is Farmers. So I guess that's three, three events in five, six months, something like that.

Focusing a lot on my mind, focusing a lot on my body. Both are very much important, like both body and mind. Trying to work on myself personally, which is something that we don't do enough of as professional athletes. And then on top of it, trying to work on my swing to help complement the mind and body.

So I feel like things are progressing in what they need to do, but, you know, the level -- the play that I'm expecting this week, I'm here just to see how things have progressed swing-wise and what that will -- what that will, you know, produce result-wise will be interesting to see how it goes this week.

**Q. You're in the middle of a rebirth, mate.**

**JASON DAY:** Yes and no. I think -- I think -- I do -- like, Benny, I'm like to the point where I can't keep playing golf the way that I am because it hurts my body.

**Q. Yeah.**

**JASON DAY:** And when it hurts my body, then it hurts my mind, or the mental side of things. It's just, it's too much.

So I'm trying to take the right steps in place because if I can do that right now and do the right things, hopefully that will extend another 10 to 15 years of my career. I'm trying to play the long game right now, so I'm not really looking for anything. If results come quicker than expected, great, but I'm outside the top-50, I'm not currently in the majors other than the PGA, I'm outside the WGCs. So right now I'm just, I'm to the point where I'm just kind of working on myself personally and then trying to, you know, gain results through just the work that I'm putting in.

**Q. So let's break that down then, start with the physical swing. You obviously were making those changes through the last sort of 12 months or so. Where are you at in terms of, I guess, percentage-wise of where you'd like to be and what are you still trying to work on?**

**JASON DAY:** I think the swing, like you'd like to say that you'd get to a point in your swing where you stop, but you're always slowly just tweaking things as you go along. But the major, major stuff, I was just talking to Chris today about it and he says the body's looking good position-wise.

Yeah, I mean, I don't know where I'm at. Like, I mean, like I think the biggest thing is to be able to get through 72 holes and know that I can play 72 holes without going, "Oh, crap, my back is sore and I don't think I can make it."

**Q. So it's all about a learning process, then, to find a pace, find a rhythm, if you will, to your entire game, the entire feeling where you don't have those nagging thoughts of worry, you don't have the anxiety that I could get hurt or this is going to hurt or I can't practice or do this?**

**JASON DAY:** The good thing right now is that I don't have any of those thoughts and I don't -- and my body feels solid. Overall, I feel good.

And the confidence that I'll get from being able to string a couple tournaments together, two, three tournaments together and then slowly build that into months and into half a year and then build that into a year and so on and so forth, that's when I'll start getting confidence that I'm doing the right things not only in the swing, but also in the body.

This year was a major struggle for me because I was -- I was focused off the golf course because I couldn't quite -- my body was just not working for me.

Mentally, I wasn't quite there, either. I just was fed up with it and I just didn't have the greatest year, but it is what it is. I know that some years are going to be great, some years are going to be good, but I've just got to know that if I can string some tournaments together feeling good, then I know that I'm working on the right things.

Currently, right now my body feels good. I've just got to -- you know, it's just hard because I'm sitting here talking to you and I haven't played a tournament in a while.

**Q. Yeah, you need to see something.**

**JASON DAY:** I just need to -- I need to see what it looks like under tournament conditions and then go from there.

**Q. You say you're working on your mind as well as --**

**JASON DAY:** Yeah.

**Q. What does that sort of entail?**

**JASON DAY:** I guess obviously we all battle demons, you know what I mean, and especially as golfers. It's such an individual sport even though we do have, as individuals, we do have teams around us, but you're out there battling yourself.

Just try and discover that golf is not the thing that defines me, you know what I mean? If I play bad golf, as long as I give it everything that I can, then it is what it is, the results are the results. Not to always have golf on my mind is what I'm saying. I just don't need to have that stress and that anxiety of actually going and performing because everyone else thinks I should be performing the way that they should.

So there's a lot of expectations not only on the golf course on myself, but also have other people around you and whatnot.

I feel like I've just kind of -- these last two years I've grown a lot as kind of an individual personally because I have stopped battling these things and you learn to go, okay, well, I don't want to feel like this, I'm either going to quit the game because I don't want to feel like this and it's not motivating and I'm struggling with it, or how do I handle it and tackle it head on and be able to do it in a healthy way where for the next 10, 15 years, if I want to, I actually enjoy myself on the golf course while competing at a high level.

**Q. Is that still -- I guess what I'm saying, were the goals sort of, you know, you need to get all this back on track first, you want to get everything level and feel like you're in the right spot --**

**JASON DAY:** Yeah.

**Q. -- but then where does Jason want to get back to, I guess what I'm saying. What is now, after you put all that in perspective, what you're hoping to achieve in these next 10, 15 years?**

**JASON DAY:** I don't know. I think the biggest thing is like I do -- do I want to climb that mountain again, for sure, but --

**Q. But on your own terms, right?**

**JASON DAY:** Yeah. I've got to take it easy and I've got to be smart about it because if I'm not smart about it, then it could be short lived. So I've got to really focus on making sure that I handle this body issue correctly.

**Q. Work smarter, not harder?**

**JASON DAY:** Yeah. Well, the thing is, I'm a different player than what I was five years ago, right? I'm a different person, I have different priorities, I can't work as hard as I used to just because of my body, and I'm okay with that. I've just got to work on the right things and understand that doing two hours of rehab a day or two hours of exercises, I would say, instead of calling it rehab because you don't want to obviously attach rehab to an injury and that goes into your mind, but two hours of exercises a day is work, you know. It may not be hitting balls, but it actually is work for you to be able to go out there and perform at a high level.

So it's just different types of work, but get my confidence back, get my game back to where it needs to be. Who knows? Like if you -- the good thing about it is that I'm thinking about it differently and I'm not trying to do the exact same thing that got me to No. 1 in the world before because I know that if I did that, I wouldn't get there because my body wouldn't handle it. So I've got to somehow be able to kind of learn as I go along and try and adapt as best I can.

**Q. Lastly, then, this is probably a good week to have one of those feel it back, get the feelings back, see where you are because you're guaranteed the four rounds, you can sort of play through it?**

**JASON DAY:** To be honest, I'm very thankful for Brian Kim at CJ Cup. For him to give me a sponsor's invite was amazing and it's been a long time since I had to get one of those. Playing the golf that I have been playing over the last two years has been very, very humbling because you just get so used to being on a certain schedule, being at certain tournaments and kind of taking it for granted and not really being grateful to be able to go out there and compete at the highest level on courses, major type courses and obviously courses like this at The Summit.

Yeah, I feel this week it's not so much -- I'm not worried about the performance side of things. I'm just like, I'm trying to work on my swing, see how it goes under I guess some stress and some pressure and then go from there. If it can handle it, then I'll know that I'm working on the right things.