



THE SELF
MOTIVATED ATHLETE

Self – Motivated

- Energy Giver
- Self Starter
- Self Motivated

How to I start off “on fire”?

Passion

Excitement in our process to compete for success

PASSION



Ways to Create “Passion” Mindset

1. Self Talk – What is the voice inside of your head saying?



Ways to Create “Passion” Mindset

- 2. Focus on the **Process** and not the results

Process – HOW we get there, not the result

Example: Missing a jump shot (result)

Process: square up; high follow thru, tomahawk, gun straight

Result: Form (process) is fixed; desired result consistently

Ways to Create “Passion” Mindset

- Focus on the Process:

Email from Shaka Smart:

- We're still working to become who we want to be. **But the improvement is a function of a commitment to the process.** Sounds simple. But when we honor the process, we improve. When we don't, we don't.“



Being a Self Motivated- Energy Giving Athlete

1. Positive Self Talk - Leads to Passion

Passion – Is excitement for our process to compete for excellence

2. Focus on the Process, not the results

The HOW leading up to the results – gives better results

**Must have a goal in mind*

What we WANT to achieve

Everyone an energy giver

- Energy givers thank their teammates for a good pass.
- Energy givers help their teammates up after they take a charge or dive for a loose ball.
- Energy givers cheer their teammates on when they are not in the game.
- Energy givers listen to their coach with their ears and their eyes.
- Energy givers communicate on defense.
- Energy givers show up early and are prepared to workout, practice or play.
- Energy givers always give that little extra off the court for a teammate. And it goes a long way.