



Mindset Matters

Creating A Championship Mindset



Based on the book 10 Minute Toughness by Jason Selk and Ron Boyett (White Oak ISD)

3 Phases of Mindset Matters

- The Mental Workout
- Goal Setting For Greatness
- Relentless Solution Focus

Phase I: The Mental Workout

- Calming Breath
- Performance Statement (self confidence)
- Personal Highlight Reel (PHR)
- Identity Statement (self image)
- Control Breath

Calming Breath

- Relaxes body, helps to control heart rate
- Prepares mind to focus
- HS Athletes: 6-2-7 (Inhale, Hold, Exhale)
- JH Athletes: 4-2-5

Performance Statement

- Specific self-talk designed to enhance performance consistency.
- Replaces negative thoughts with thoughts centered on performance or improved self confidence
- Eliminates mental clutter and “don’t thinking”

Creating A Performance Statement

- Single out a specific process of success
- Form statement based on 1 or 2 actions that will make you successful in a particular situation
- Decide how many performance statements are needed

Performance Statement Examples

- Pitcher - “Stay back, pitch for contact”
- Basketball - “Softly back half of the rim”, “Straight with Arch”
- Football - “Hands inside, duck demeanor”, “Be physical, Be Aggressive”
- Hitter - “Relax, Look away, Go away”
- Track - “Head still, Stay relaxed”
- Golf - “Back slow, Let the club do the work”

Affirmations

- Positive self talk designed to replace negative thoughts
- Should be short, concise, and in your own “talk”
- Applicable to dealing with adverse and pressure situations.

Strength & Conditioning Affirmations

- “My mind is my weapon. I can’t be broken.”
- “The faster I go, the faster I’m finished.”
- “I’m dedicated. I’m disciplined. I can do it and I do it right.”
- “This is nothing. I can go all day”

Pressure Affirmations

- “Just like I’ve practiced. Confidence and concentration.”
- “This is the last thing they (opponent) wanted to see. I’m about to cut their heart out.”

Personal Highlight Reel (PHR)

- Advanced form of visualization
- *Visualization has more effect on desired performance than watching tape
- Visualize specific actions from past successful performances
- Should be viewed within the context of role on team
- *Digital (Hudl) visualization can be substituted if so desired.

Creating a Personal Highlight Reel

- Successful past & future performance
- Single greatest moment highlight - freeze frame
- About 60 seconds in length
- Pick a camera angle - see it (others/you) or be it.
- Pay attention to detail - Feel, see, hear, smell

Creating a Personal Highlight Reel

- Operate at game speed
- Visualize from beginning to end of desired action

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The Power of Self - Talk

Are you **TALKING** to yourself or listening to yourself?

Identity Statement

- Personal statement designed to improve self image
- You can't underperform or over perform your self image for long
- Self image is one of the most accurate predictors of future success
- Self image identifies and motivates the necessary behavior then connects it to the desired result. It begins by deciding to believe in yourself and your ability to accomplish your goals.

Creating An Identity Statement

- Starting point - Self Awareness
- Identify a strength you already have or want to have.
- Determine what you want to accomplish.
- Limit the scope for authenticity
- Often starts with “I am....” or “I will....”

Identity Statement Examples

- Baseball - “I am the hardest worker on the team. I am a dominant HS hitter.”
- Basketball - “I know the game and I will be the hardest worker on the court.”
- Football - “I am fast and strong. I will be the best receiver in the game.”
- Volleyball - “No ball lands by me. I dig everything.”
- Track - “I am the best conditioned athlete in the race. I can go all day.”
- Softball Catcher - “I am the toughest girl on this field. I will block every ball.”

Identity Statement Examples

- Basketball - “I am relentless. I will head hunt on every shot.”
- Football - “I study the game and I will be the hardest worker on the field.”
- Golf - “I am focused. No one will concentrate better than me.”
- Athlete - “I play all out. I don’t lose, you have to beat me.”
- “I am improving everyday and no one will play harder.”
- “I have no fear. I’m as tough as they come”
- “I am relentless. I’ll play harder for longer.”
- “I am all about the team. I’m getting better every day. No one will do their job better.”

Control Breath

- Controls your emotional level - “Hot meter”
- Eases “butterflies” or being anxious - Conserves energy for training or competition
- Same ratio as Calming Breath

Phase II - Goal Setting

- Ultimate Goal - culmination of **what** you want to accomplish and **how** you want to accomplish it.
- Product Goals - result oriented goal which are clearly measurable and usually most effective if they can be measured within a year
- Process Goals - what it takes to achieve the product goal. Needs to be specific enough to be measurable.

For the sake of accountability, goals should be written down and posted or shared with accountability partners.

Guidelines For Goal Setting

- Identify what your Ultimate Goal would be
- Determine the specific accomplishments (Product Goals) necessary to achieve your ultimate goal
- For each Product Goal, identify your process to achieve the goal.
- Determine the personal sacrifices and character strengths required to live out your dream
- Make sure your goals line up with the personal vision for your life.

Vision Integrity

- Guidepost for living your life - who you want to be, how you want to live - not all sport related
- “Vision” - identify the 3 main priorities of your life
- “Integrity” - living your life in accordance to your priorities
- More times than not, striving to meet a goal is more rewarding than reaching the goal. It’s all about the journey.

Success Log

After practice and games, fill out your success log by asking yourself these 3 questions:

- What three things did I do well today?
- Based on today's performance, what do I want to improve?
- What is one thing I can do differently that could lead to the desired improvement?
- Rate performance on a 1 to 10 scale
- Extremely valuable in the off-season!

Step 1: Ultimate Goal

- What is your ultimate goal in sport?
- How do you want to be remembered in terms of how you prepared and how hard you competed?
- When do you want to achieve your ultimate sport goal?

Step 2: Product Goals

- What do I want to accomplish by the end of summer, offseason, season, etc.
- Are my goals measurable and attainable? How?
- Use *before* and *after* workouts and competition
- Celebrate goals attained
- Adjust goals in which you fell short

Step 3: Process Goals

- Set 2 or 3 for each product goal
- Be specific on what you will do
- Establish the frequency...hours per day, days per week, etc
- Evaluate after each workout (success log)
- **Use *during* workouts and competition**

Step 4: Strengths and Sacrifice

- List the 2 most significant sacrifices it will take to achieve your ultimate goal and next season product goals.
- List your 3 greatest strengths that confirm that you have what it takes to achieve your ultimate goal and your next season product goals?

Keys To Being Competition Ready

- Fully prepared mentally and physically and emotionally
- Unwavering confidence
- 100+ Concept - do everything required mentally and physically plus something extra after workout.
- Be fresh mentally and physically and emotionally

Phase III - Relentless Solution Focus

- Always Have a Solution on the Board ($E+R=O$)
- The Solution Focused Question (SFQ)
- Mental Toughness

Have A Solution On The Board

- Human nature wants to focus on problems...that's the problem.
- Excellence is attained by finding **solutions** not continually restating the problem.
- Solutions must become your focus

The Solution Focused Question (SFQ)

- SFQ - “What is one thing I can do to that could make this better?”
- “I don’t know” can’t be an acceptable answer
- Answers don’t have to be perfect, just *improvement*
- “+1 Concept” can overcome being overwhelmed
- Intentions must be followed by actions
- Must believe you can have influence/control over problems

Perhaps the most common trait of the best of the best is the constant, relentless pursuit of improvement.

Mental Toughness

Mental toughness is achieved when the mind is in control of thoughts that help the body get a desired result especially under adverse conditions. There are many components to this mindset but this is the goal. The Mindset Matters program will begin helping you once you become accountable for your thoughts & actions and their influence on your results. To a degree, you choose the results you get by what you think and do. If you want to rise higher in sports and in life, it is your responsibility to do what it takes to make it happen.

How Do I Know If It Is Working?

1. Improved work ethic
2. Ability to focus on performance cues (performance statement, affirmations, identity statement) in training
3. Ability to focus on performance cues (performance statement, affirmations, identity statement) during competition
4. Increased joy and satisfaction (aided by solution focused attitude)
5. Improved performance

Article about growing, learning, maturing, and building confidence

https://www.espn.com/mens-college-basketball/story/_/id/33151816/how-four-year-unc-basketball-walk-walker-miller-became-star-monmouth-why-never-played-famous-older-brother