

# SHIFT YOUR MIND

PREPARATION		PERFORMANCE
HUMBLE	&	ARROGANT
WORK		PLAY
FUTURE		PRESENT
PERFECTIONISTIC		ADAPTABLE
ANALYSIS		INSTINCT
EXPERIMENTING		TRUSTING PROCESS
UNCOMFORTABLE		COMFORTABLE
FEAR		FEARLESSNESS
SELFISH		SELFLESS

**ARE YOU READY TO MAKE THE TRIPLE INVESTMENT?**



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WEAKNESS WORK FOR

# HUMILITY IN PREPARATION

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**WEAKNESS #1:**

S O L U T I O N S

**WEAKNESS #2:**

S O L U T I O N S

**WEAKNESS #3:**

S O L U T I O N S

**WEAKNESS #4:**

S O L U T I O N S



## AFFIRMATION FOR

# ARROGANCE IN PERFORMANCE

AFFIRMATION REQUIRE SOME IMPORTANT PIECES TO BE EFFECTIVE:

I AM STATEMENT, POSITIVE ADJECTIVES THAT DESCRIBE YOUR PERFORMANCE MIND, AND A SHORT STATEMENT THAT CAN BE USED DURING PERFORMANCE.

LIST QUALITIES THAT MAKE YOU A GOOD PERFORMER BELOW:

FROM THE LIST ABOVE, PICK 3 WORDS AND CREATE AN AFFIRMATION.

EX: I AM CONFIDENT, FOCUSED, AND INTELLIGENT WHEN PERFORMING.

1.

2.

3.

IT'S IMPORTANT TO NOT ONLY KNOW WHAT YOUR AFFIRMATION IS, BUT TO ALSO KNOW WHEN TO USE IT. LIST 3 INSTANCES IN WHICH YOUR AFFIRMATION STATEMENT CAN BE A USEFUL TOOL TO HELP YOU MENTALLY FOCUS ON ACHIEVING THE TASK AT HAND.

1.

2.

3.



# COMMITMENT DEVICE FOR WORK IN PREPARATION

COMMITMENT DEVICES CAN HELP YOU TAKE ACTION IN PREPARATION. CREATE COMMITMENTS THAT WILL HELP YOU PUT IN THE WORK IN PREPARATION AND LIST THE CONSEQUENCE (I.E. MONEY, LOSS OF TECHNOLOGY, ETC.) FOR NOT MAINTAINING THAT COMMITMENT.

COMMITMENT	CONSEQUENCE FOR NOT DOING



PRE-MORTEM FOR

# PERFECTIONISTIC PREPARATION

THE PRE-MORTEM ACTIVITY IS GREAT FOR PREPARING FOR AN UPCOMING CHALLENGE. WITH A DIFFERENT PERSPECTIVE, THE ACTIVITY GUIDES YOU TO TALK ABOUT ALL THAT COULD GO WRONG. THEN THE CONVERSATION SWITCHES TO A MITIGATION AND ACTION PLAN.

- 1. WHAT WILL GO WRONG?**
- 2. HOW COULD THIS END IN DISASTER?**
- 3. WHAT SOLUTIONS CAN YOU PUT INTO PLACE THAT ARE IN YOUR CONTROL TO MITIGATE THIS?**



## CONCENTRATION GRID FOR

# ADAPTABLE PERFORMANCE

DIRECTIONS: SET A TIMER FOR 1 MINUTE & SEE HOW MANY NUMBERS YOU CAN GET IN A ROW.

57	17	54	73	30	47	79	32	59	12
37	04	63	10	26	84	18	25	06	52
71	23	50	00	40	69	13	49	44	67
41	66	45	78	01	85	56	20	75	61
87	29	82	05	27	34	38	93	07	16
58	95	35	48	91	72	15	80	64	33
11	77	19	60	09	22	97	02	98	28
43	83	51	90	96	74	86	94	53	42
89	70	03	24	92	62	31	81	08	88
36	65	99	39	55	14	46	68	76	21



SEINFELD'S CALENDAR FOR

# EXPERIMENT IN PREPARATION

MARK AN X EACH DAY YOU EXPERIMENT/CREATE.

MONTH: _____						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



## EXPECTATION SCORECARD FOR

# TRUST PROCESS IN PERFORMANCE

**DIRECTIONS: WHAT ARE YOUR EXPECTATIONS FOR YOUR PERFORMANCE?  
FOCUS ON PROCESS EXPECTATIONS RATHER THAN OUTCOMES. GIVE YOURSELF  
A SCORE EACH TIME YOU PERFORM TO SEE IF YOU MET YOUR OWN EXPECTATIONS.**

MENTAL EXPECTATIONS	SCORE (1-5)
EXPECTATION 1	
EXPECTATION 2	
EXPECTATION 3	
EXPECTATION 4	
EXPECTATION 5	
<b>TOTAL SCORE</b>	
<u>ADDITIONAL NOTES</u>	





PICK 3 FOR

# UNCOMFORTABLE PREPARATION

PICK 3 ACTIONS THAT IF YOU STARTED DOING THIS WEEK WOULD MAKE AN IMPACT ON YOUR PERFORMANCE.

1.

2.

3.



# CONTROLLING CONTROLLABLES FOR COMFORTABLE PERFORMANCE

DIRECTIONS: WHAT IS IN YOUR CONTROL AND WHAT IS OUT OF YOUR CONTROL?

TAKE SOME TIME TO FILL IN THE BOXES BELOW.

IN CONTROL	OUT OF CONTROL



FLIP FAILURE FOR FEAR IN PREPARATION &

# FEARLESS IN PERFORMANCE

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FILL IN THE BELOW.

**[FEAR]**

LIST ALL YOUR FEARS:

**[FEARLESS]**

LIST ALL YOUR HOPES FOR SUCCESS:



# PROGRESSIVE MUSCLE RELAXATION

## START:

BEGIN BY FINDING A COMFORTABLE POSITION EITHER SITTING OR LYING DOWN IN A LOCATION WHERE YOU WILL NOT BE INTERRUPTED.

ALLOW YOUR ATTENTION TO FOCUS ONLY ON YOUR BODY. IF YOU BEGIN TO NOTICE YOUR MIND WANDERING, BRING IT BACK TO THE MUSCLE YOU ARE WORKING ON.

TAKE A DEEP BREATH THROUGH YOUR ABDOMEN, HOLD FOR A FEW SECONDS, AND EXHALE SLOWLY.

AGAIN, AS YOU BREATHE NOTICE YOUR STOMACH RISING AND YOUR LUNGS FILLING WITH AIR.

AS YOU EXHALE, IMAGINE THE TENSION IN YOUR BODY BEING RELEASED AND FLOWING OUT OF YOUR BODY.

AND AGAIN INHALE.....AND EXHALE. FEEL YOUR BODY ALREADY RELAXING.

AS YOU GO THROUGH EACH STEP, REMEMBER TO KEEP BREATHING. NOW LET'S BEGIN. TIGHTEN THE MUSCLES IN YOUR FOREHEAD BY RAISING YOUR EYEBROWS AS HIGH AS YOU CAN. HOLD FOR ABOUT FIVE SECONDS. AND ABRUPTLY RELEASE FEELING THAT TENSION FALL AWAY. PAUSE FOR ABOUT 10 SECONDS

NOW SMILE WIDELY, FEELING YOUR MOUTH AND CHEEKS TENSE. HOLD FOR ABOUT 5 SECONDS, AND RELEASE, APPRECIATING THE SOFTNESS IN YOUR FACE. PAUSE FOR ABOUT 10 SECONDS.

NEXT, TIGHTEN YOUR EYE MUSCLES BY SQUINTING YOUR EYELIDS TIGHTLY SHUT. HOLD FOR ABOUT 5 SECONDS, AND RELEASE. PAUSE FOR ABOUT 10 SECONDS.

GENTLY PULL YOUR HEAD BACK AS IF TO LOOK AT THE CEILING. HOLD FOR ABOUT 5 SECONDS, AND RELEASE, FEELING THE TENSION MELTING AWAY.

PAUSE FOR ABOUT 10 SECONDS.



# PROGRESSIVE MUSCLE RELAXATION

## CONTINUE:

NOW FEEL THE WEIGHT OF YOUR RELAXED HEAD AND NECK SINK.  
BREATH IN...AND OUT.

IN...AND OUT.  
LET GO OF ALL THE STRESS  
IN...AND OUT.

NOW, TIGHTLY, BUT WITHOUT STRAINING, CLENCH YOUR FISTS AND HOLD  
THIS POSITION UNTIL I SAY STOP.

HOLD FOR ABOUT 5 SECONDS, AND RELEASE.  
PAUSE FOR ABOUT 10 SECONDS.

NOW, FLEX YOUR BICEPS. FEEL THAT BUILDUP OF TENSION. YOU MAY EVEN  
VISUALIZE THAT MUSCLE TIGHTENING. HOLD FOR ABOUT 5 SECONDS,  
AND RELEASE, ENJOYING THAT FEELING OF LIMPNESS.

BREATH IN...AND OUT.  
NOW TIGHTEN YOUR TRICEPS BY EXTENDING YOUR ARMS OUT AND  
LOCKING YOUR ELBOWS.

HOLD FOR ABOUT 5 SECONDS, AND RELEASE.  
PAUSE FOR ABOUT 10 SECONDS.

NOW LIFT YOUR SHOULDERS UP AS IF THEY COULD TOUCH YOUR EARS.

HOLD FOR ABOUT 5 SECONDS, AND QUICKLY RELEASE, FEELING THEIR  
HEAVINESS.  
PAUSE FOR ABOUT 10 SECONDS

TENSE YOUR UPPER BACK BY PULLING YOUR SHOULDERS BACK TRYING TO  
MAKE YOUR SHOULDER BLADES TOUCH.  
HOLD FOR ABOUT 5 SECONDS, AND RELEASE.  
PAUSE FOR ABOUT 10 SECONDS.

TIGHTEN YOUR CHEST BY TAKING A DEEP BREATH IN, HOLD FOR ABOUT 5  
SECONDS, AND EXHALE, BLOWING OUT ALL THE TENSION.



# PROGRESSIVE MUSCLE RELAXATION

## FINISH:

NOW TIGHTEN THE MUSCLES IN YOUR STOMACH BY SUCKING IN.

HOLD FOR ABOUT 5 SECONDS, AND RELEASE. PAUSE FOR ABOUT 10 SECONDS.

GENTLY ARCH YOUR LOWER BACK. HOLD FOR ABOUT 5 SECONDS, RELAX. PAUSE FOR ABOUT 10 SECONDS. FEEL THE LIMPNESS IN YOUR UPPER BODY LETTING GO OF THE TENSION AND STRESS, HOLD FOR ABOUT 5 SECONDS, AND RELAX.

TIGHTEN YOUR BUTTOCKS. HOLD FOR ABOUT 5 SECONDS..., RELEASE, IMAGINE YOUR HIPS FALLING LOOSE. PAUSE FOR ABOUT 10 SECONDS.

TIGHTEN YOUR THIGHS BY PRESSING YOUR KNEES TOGETHER, AS IF YOU WERE HOLDING A PENNY BETWEEN THEM. HOLD FOR ABOUT 5 SECONDS...AND RELEASE. PAUSE FOR ABOUT 10 SECONDS.

NOW FLEX YOUR FEET, PULLING YOUR TOES TOWARDS YOU AND FEELING THE TENSION IN YOUR CALVES.

HOLD FOR ABOUT 5 SECONDS, AND RELAX, FEEL THE WEIGHT OF YOUR LEGS SINKING DOWN.

PAUSE FOR ABOUT 10 SECONDS.

CURL YOUR TOES UNDER TENSING YOUR FEET. HOLD FOR ABOUT 5 SECONDS, RELEASE. PAUSE FOR ABOUT 10 SECONDS.

NOW IMAGINE A WAVE OF RELAXATION SLOWLY SPREADING THROUGH YOUR BODY BEGINNING AT YOUR HEAD AND GOING ALL THE WAY DOWN TO YOUR FEET. FEEL THE WEIGHT OF YOUR RELAXED BODY.

BREATHE IN...AND OUT...IN...OUT...IN...OUT.

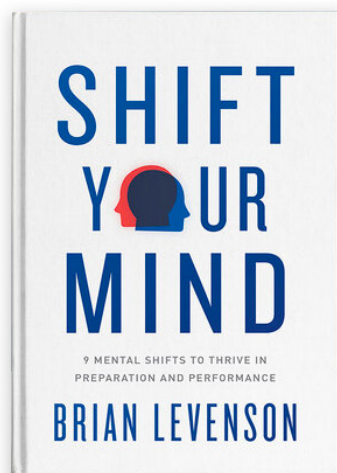


# IMAGERY SCRIPT

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TAKE TEN MINUTES TO WRITE YOUR OWN IMAGERY SCRIPT. THIS SCRIPT SHOULD INCLUDE IMAGES PRE, DURING, AND POST-GAME. THESE IMAGES SHOULD BE POSITIVE. USE THIS SCRIPT BEFORE YOUR PERFORMANCE TO GET YOURSELF READY TO PLAY.





GREATNESS ISN'T JUST ABOUT  
**WHAT YOU DO.**  
IT'S ABOUT WHEN YOU DO IT.  
**GO GET IT!**

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