Julie Jones
SSBPerformance

Mindset Training

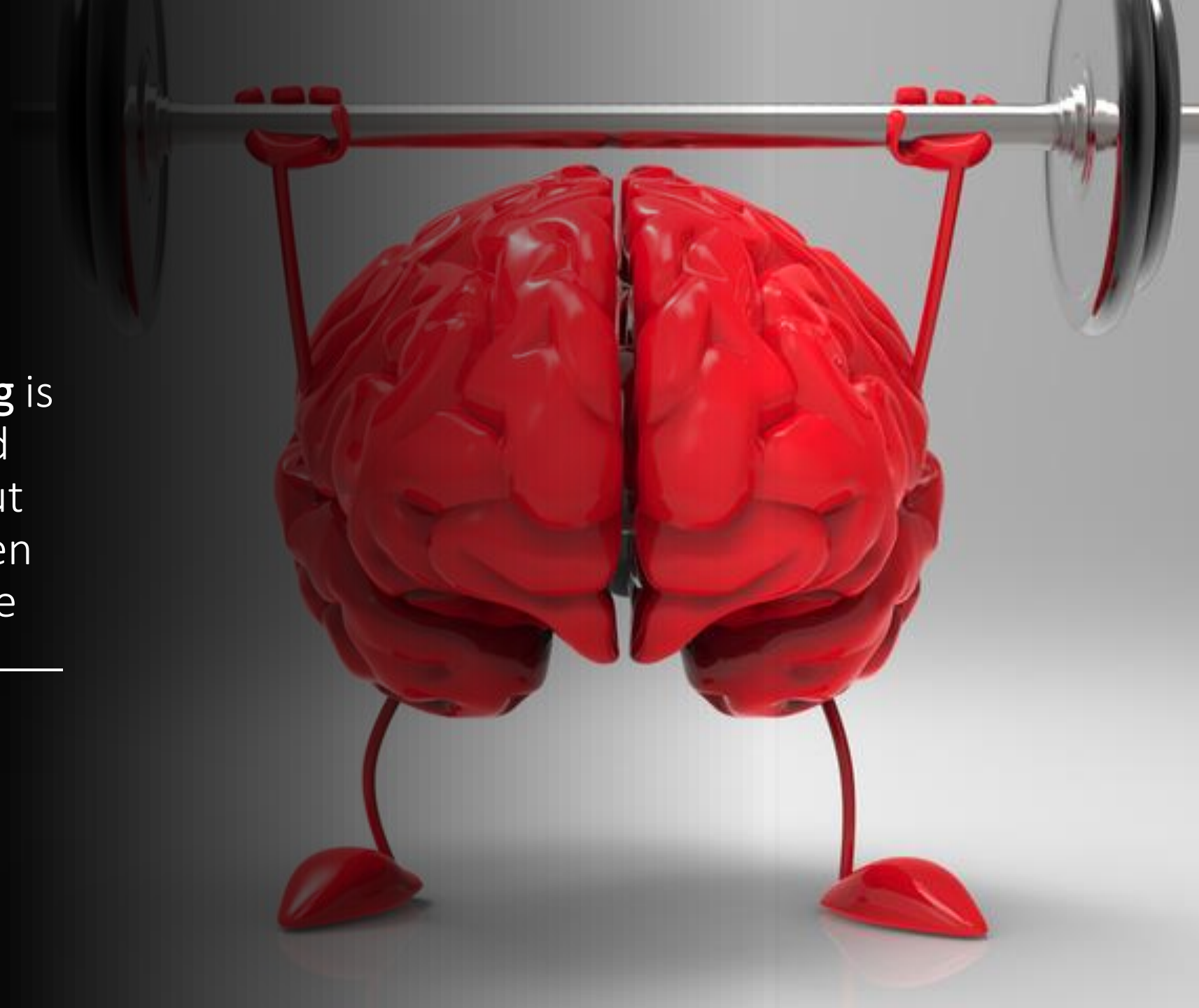
A personal journey with mental training…

MINDSET IS EVERYTHING

500 hours/year

2% devoted to mental performance!

Mental or Mindset Training is simply…training your mind to ***think (or not think)*** about what is needed at any given time for peak performance



We don’t rise to the occasion; we fall back on our habits!

It is NOT rainbows and butterflies!

Solutions focused!
Championship mindset!
No excuses!
No blame game!

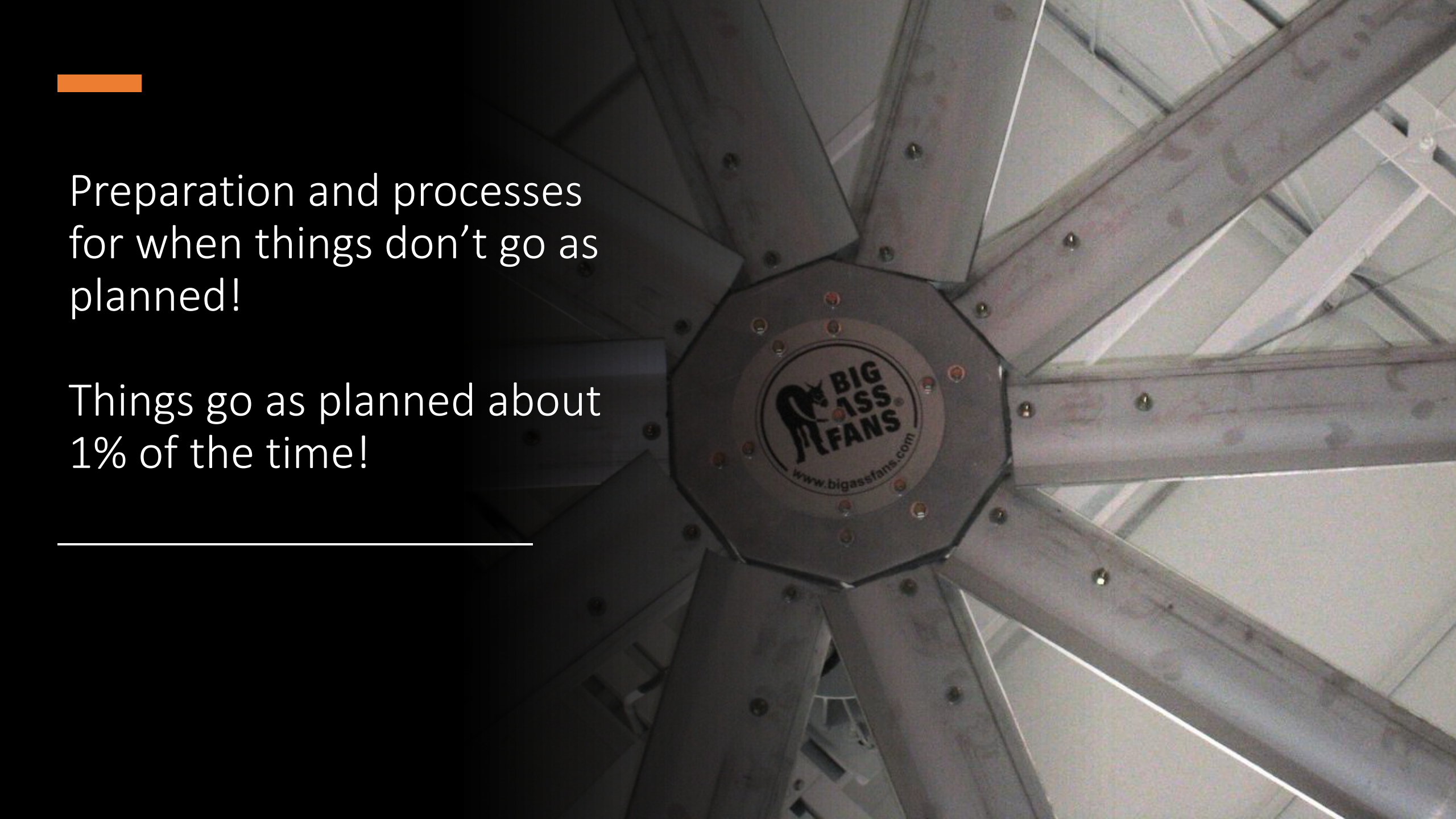
Visualization
Meditation
Emotional Control
Self-Talk
Goal Setting
Gratitude
Habit Building
Refocusing Techniques
Expectation Management
Breathing Techniques
Preperformance Routines
Process Building

Journaling
Reset Words
Routines
Gratitude
Mistake Rituals
Controllables
Focus

Mental Tools

Preparation and processes for when things don’t go as planned!

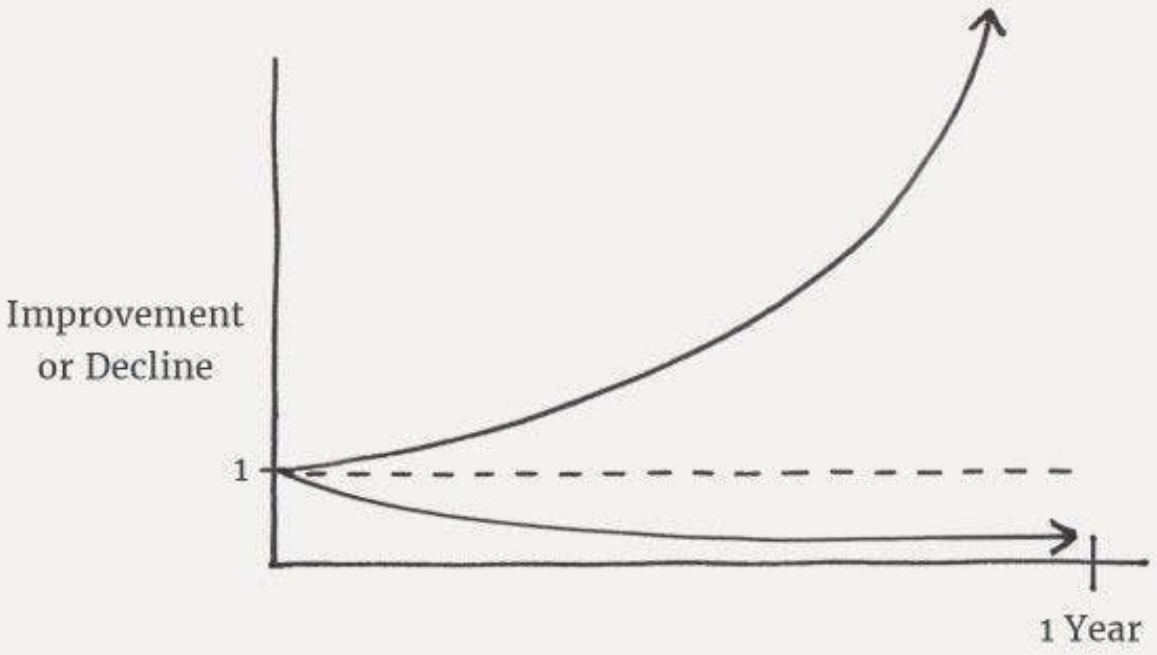
Things go as planned about 1% of the time!



The Power of Tiny Gains

1% better every day $1.01^{365} = 37.78$

1% worse every day $0.99^{365} = 0.03$



JamesClear.com

A little a lot!

Mindset tools to separate good from great!

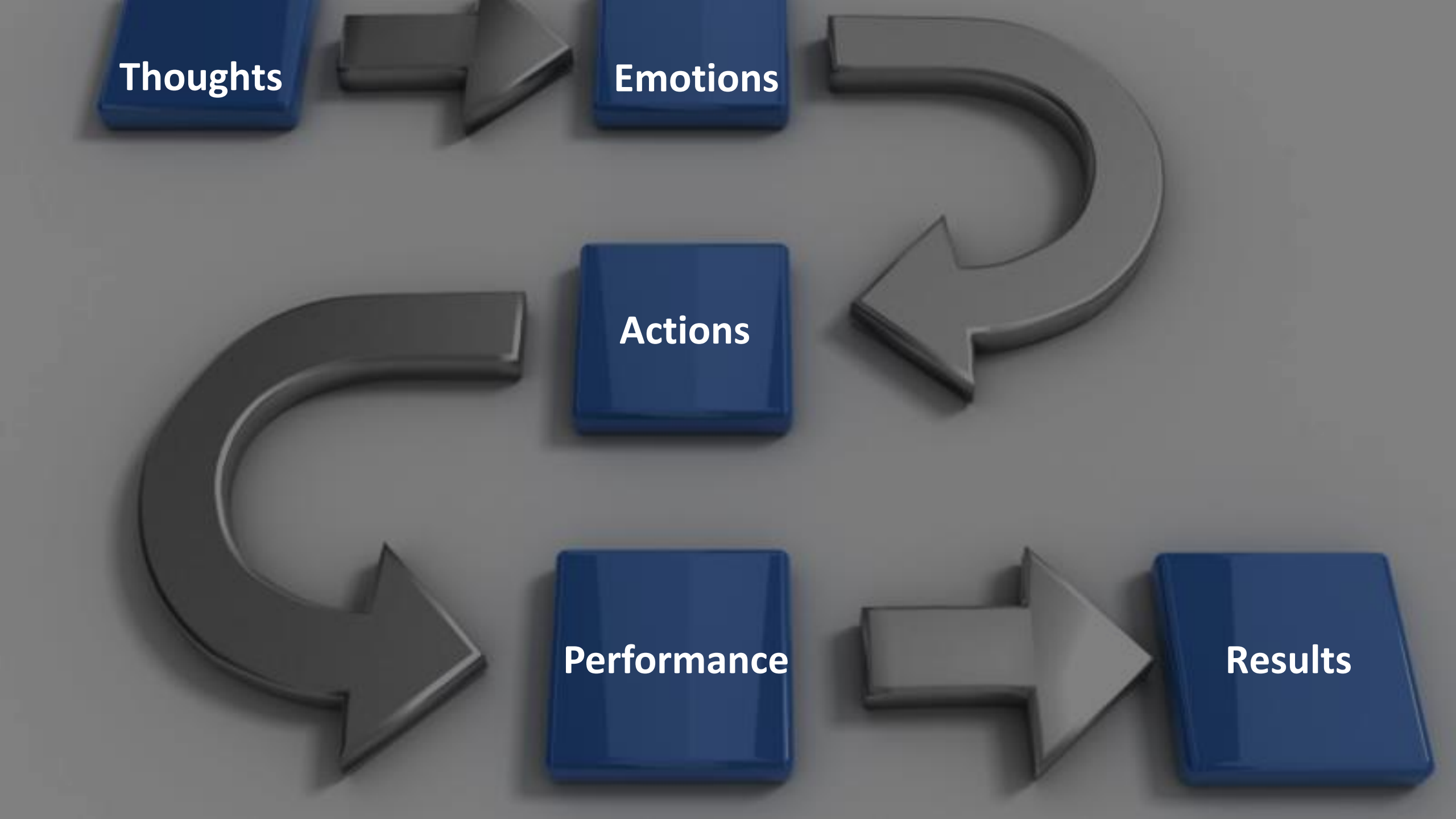
We must control ourselves before we can control our performance

Self-awareness is our SUPER POWER!

Confidence begins with accountably!

Choices/Decisions determine our destiny!

Response ABILITY!


Thoughts
Emotions
Actions
Performance
Results

POSITIVE EMOTION is one of the biggest predictors of PEAK PERFORMANCE!

Our athletes put in…

- Hours of skill work
- Hours of conditioning
- Hours of weights
- Hours of video review

They focus on your sleep, nutrition, hydration, etc.

BUT…

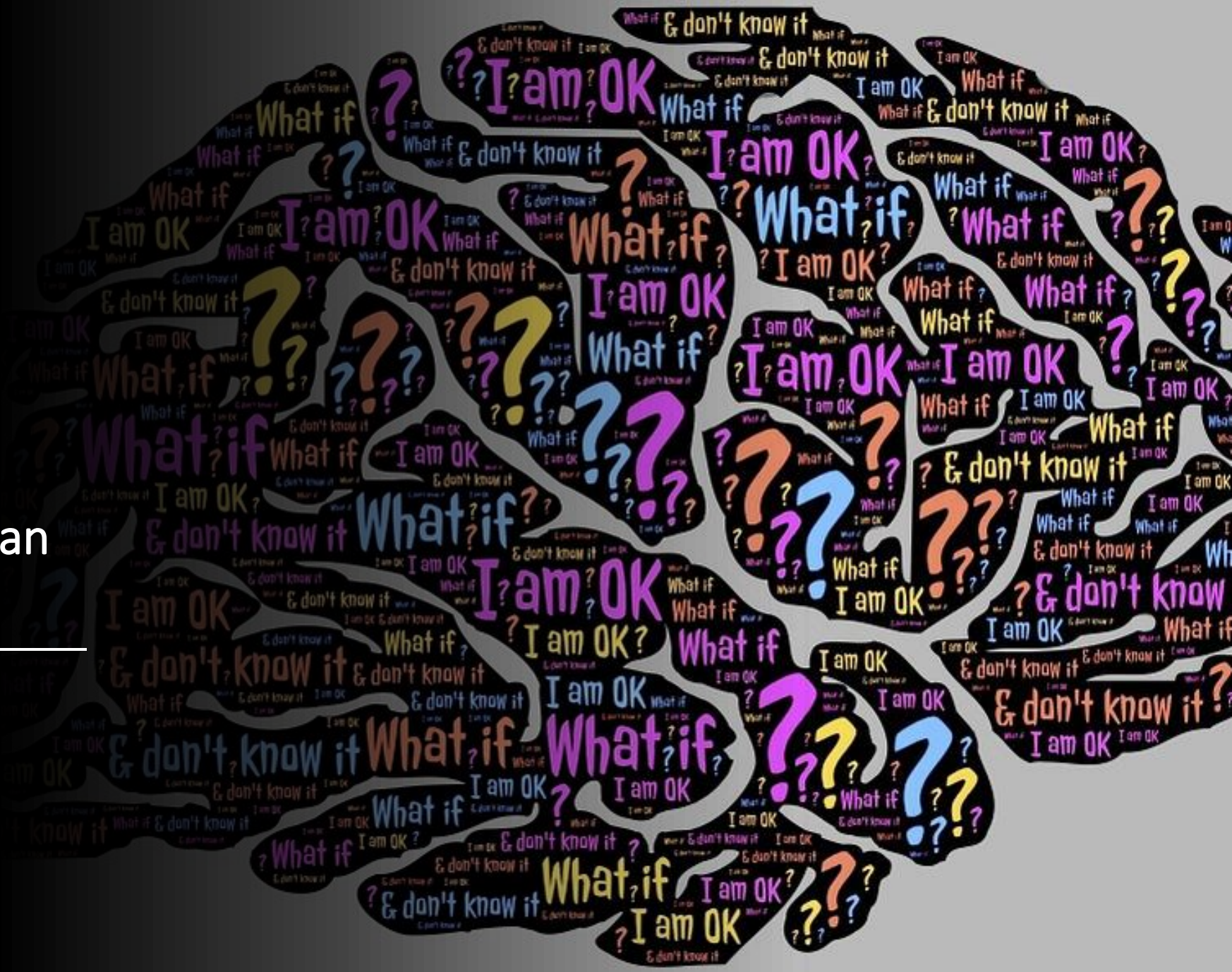
- Low confidence
- Thinking too much
- Afraid to fail/fear
- Nervousness
- Self-doubt
- Unrealistic expectation
- Inability to bounce back
- Lack of focus
- Unhappiness

Barriers get in the way!

THE MIND!!!

Leads to:

- Inconsistency
- Frustration
- Underperformance
- Blame
- Lack of confidence
- Not having fun
- Unmotivated
- Practices are better than competition

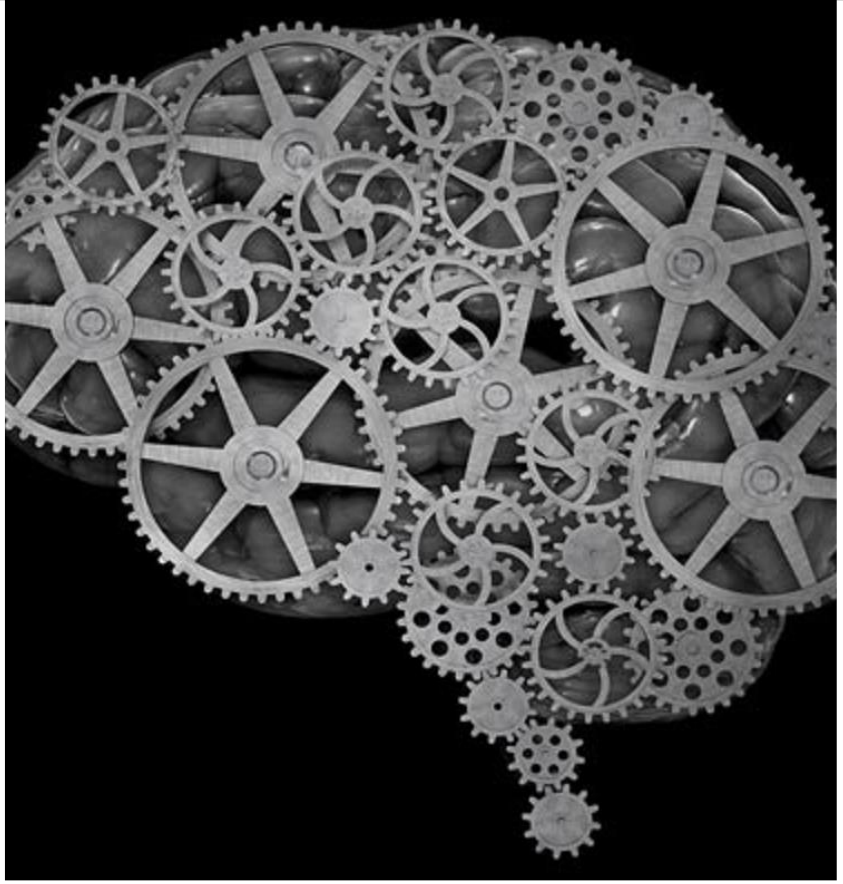


The mental component is critical to SUCCESS!

Part of our brain does not want us to be successful…it does not like NEW STUFF! It does not like CHANGE…even if the change will make us better!

Understanding our brains!

Thumbs Up!



The brain’s #1 goal!

Today Yesterday

SURVIVAL IS #1

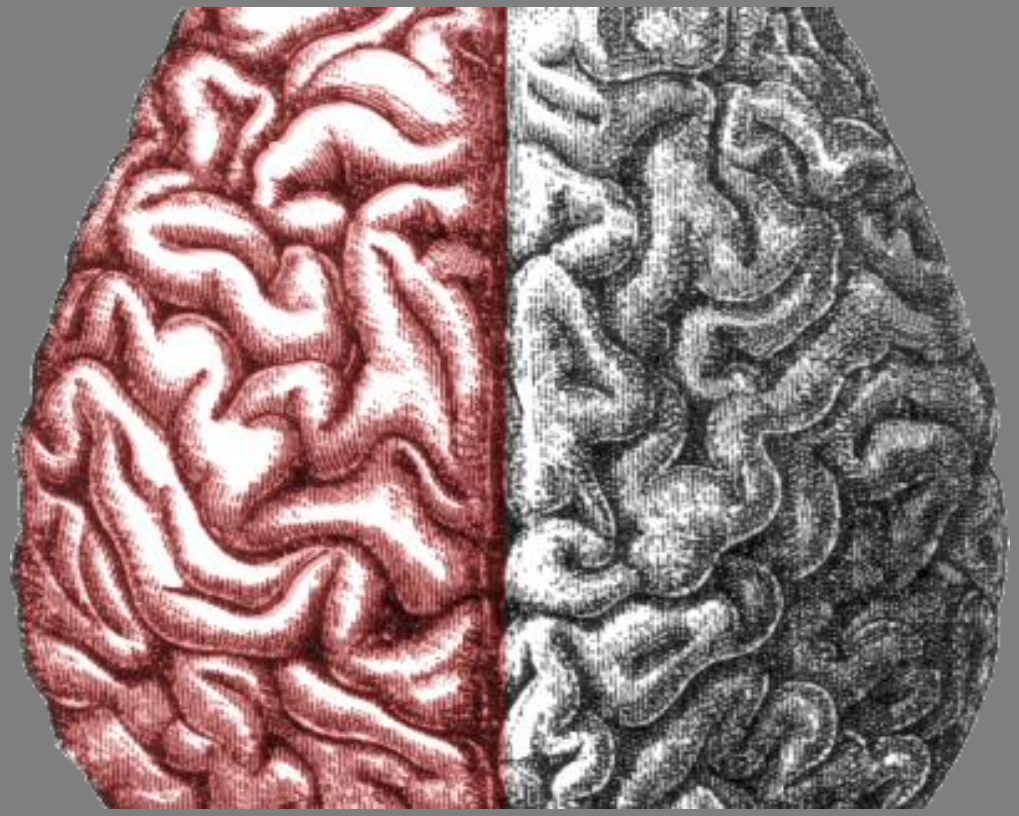
Amazing…
Frustrating!

Use it to our advantage…not our disadvantage!

The Brain

Subconscious

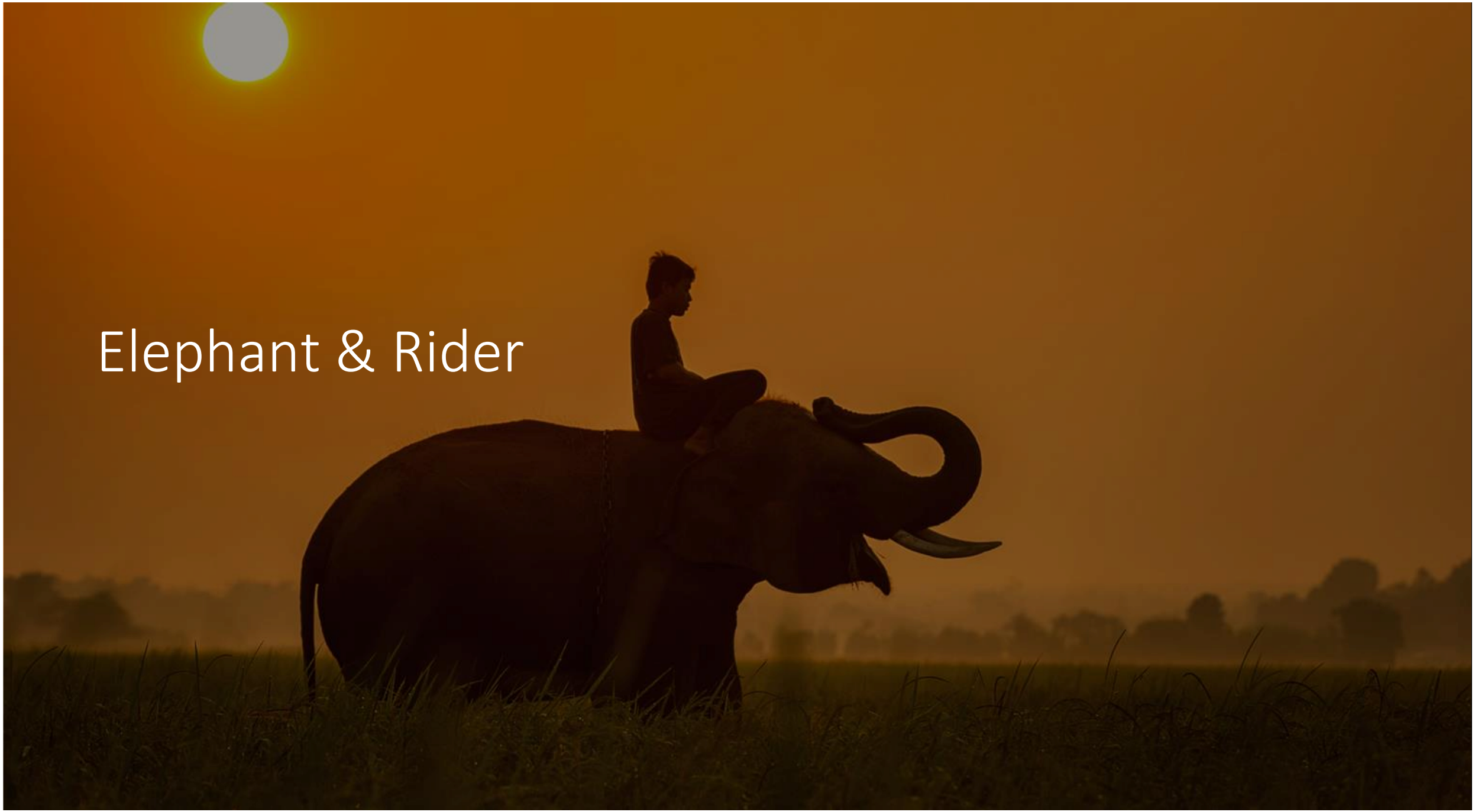
- Automatic
- Random
- Emotions/Metaphors/ Images
- Below the surface
- Looks at wholes
- Always gets its way!
- Avoids new or uncomfortable things



Conscious

- Rational
- Thinking
- Literal
- Verbal
- Slow
- Objective
- Looks at parts

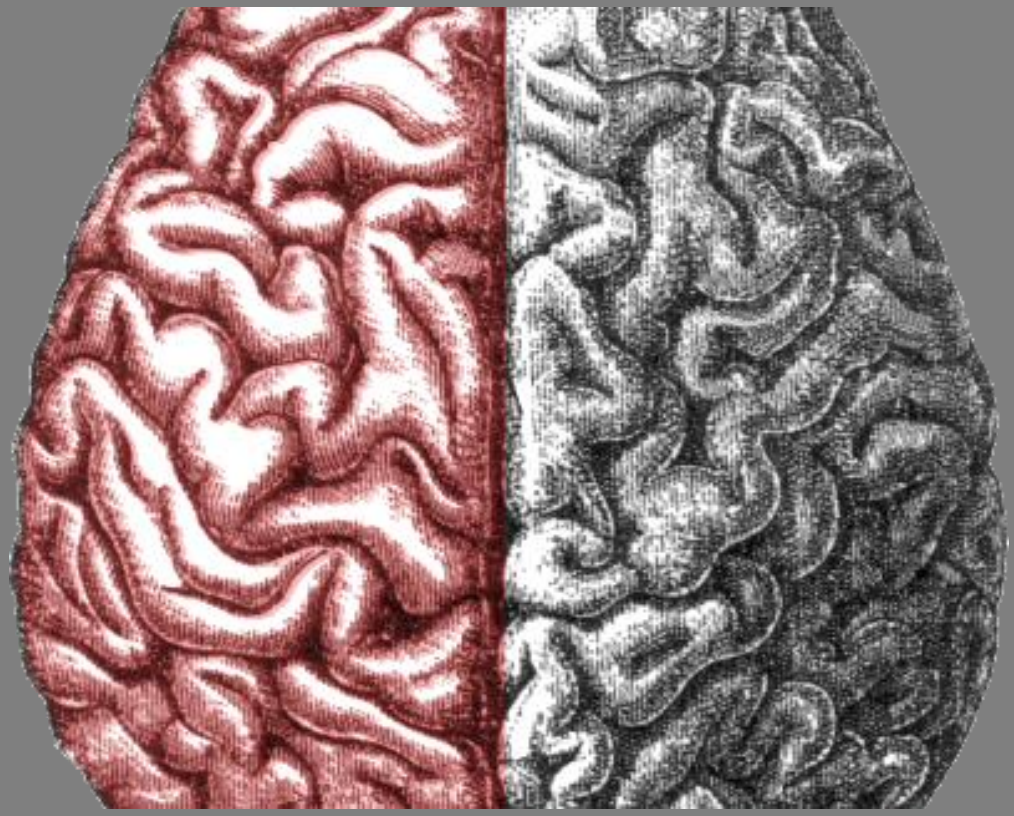
Elephant & Rider



The Brain

Elephant

- Automatic
- Emotions/Metaphors/ Images
- Below the surface
- Always gets its way!
- Avoids new or uncomfortable things
- ENERGY



Rider

- Rational
- Thinking
- Literal
- Verbal
- Slow
- PLANNING
- DIRECTION

Negativity bias!

1. Direct the Rider
2. Motivate the Elephant
3. Shape the Path

To Change or Improve

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Welcome to Chipotle!

I don’t want…

GARBAGE!

What will they give you?

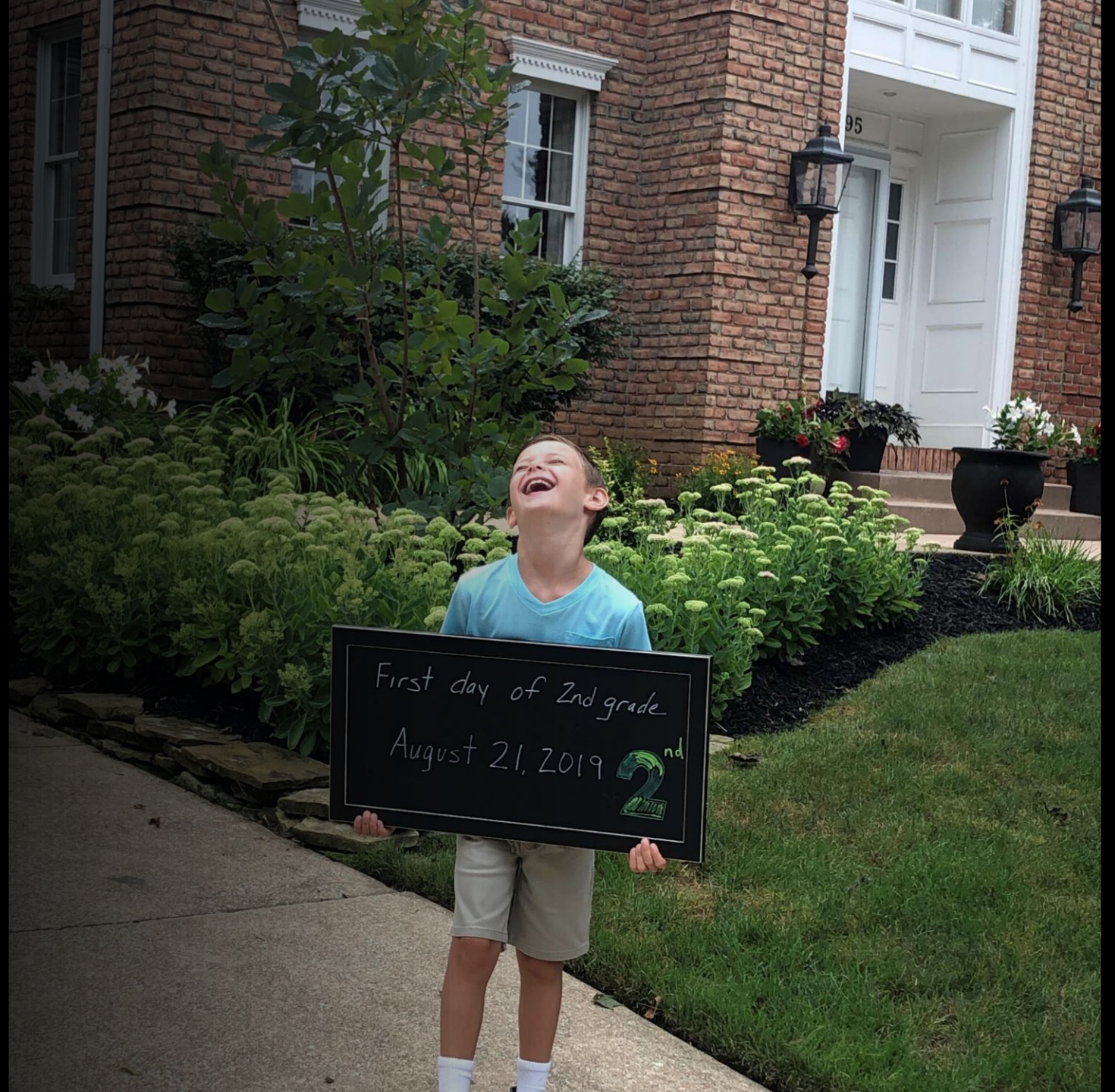
The same thing you mind gives you…

TRAIN YOUR POWERFUL MIND!

INTENTIONALLY!!

We think in pictures…

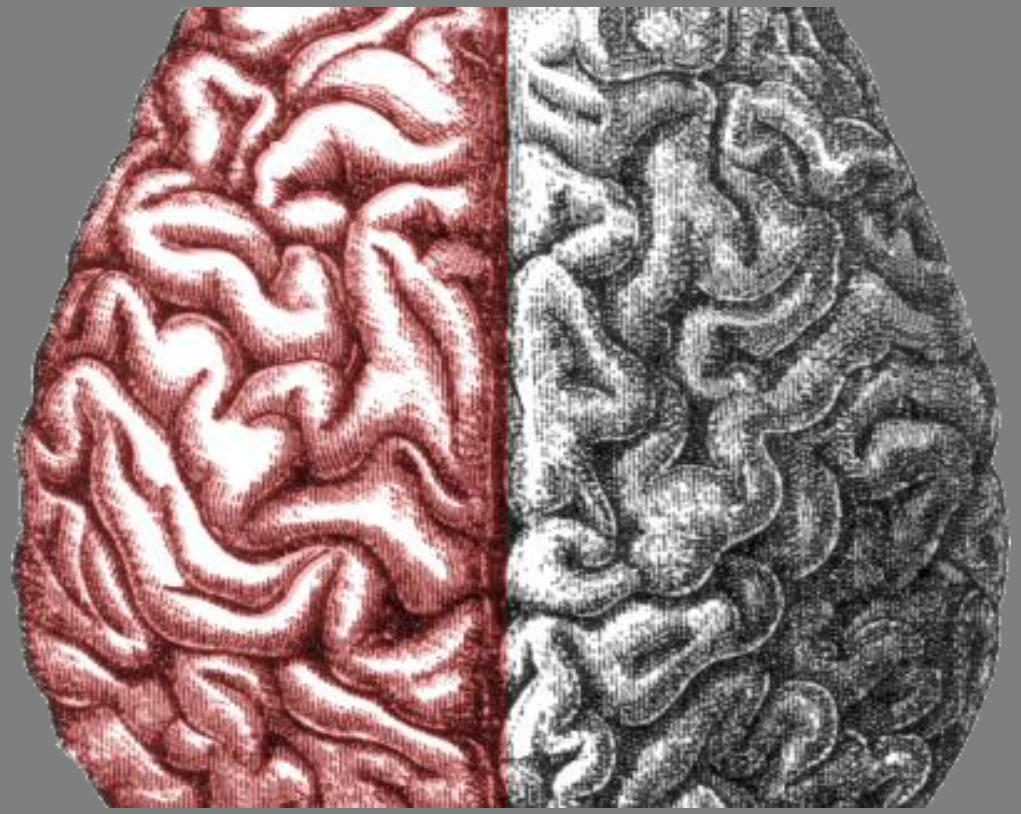
Think about your house!



The Brain

ELEPHANT

- **AUTOPILOT**
- **EGAGED**



RIDER

- **CRITICAL**
- **THINKING**

Feel the weight of the key

What does it sound like when you unlock the door?

Look at the brain!

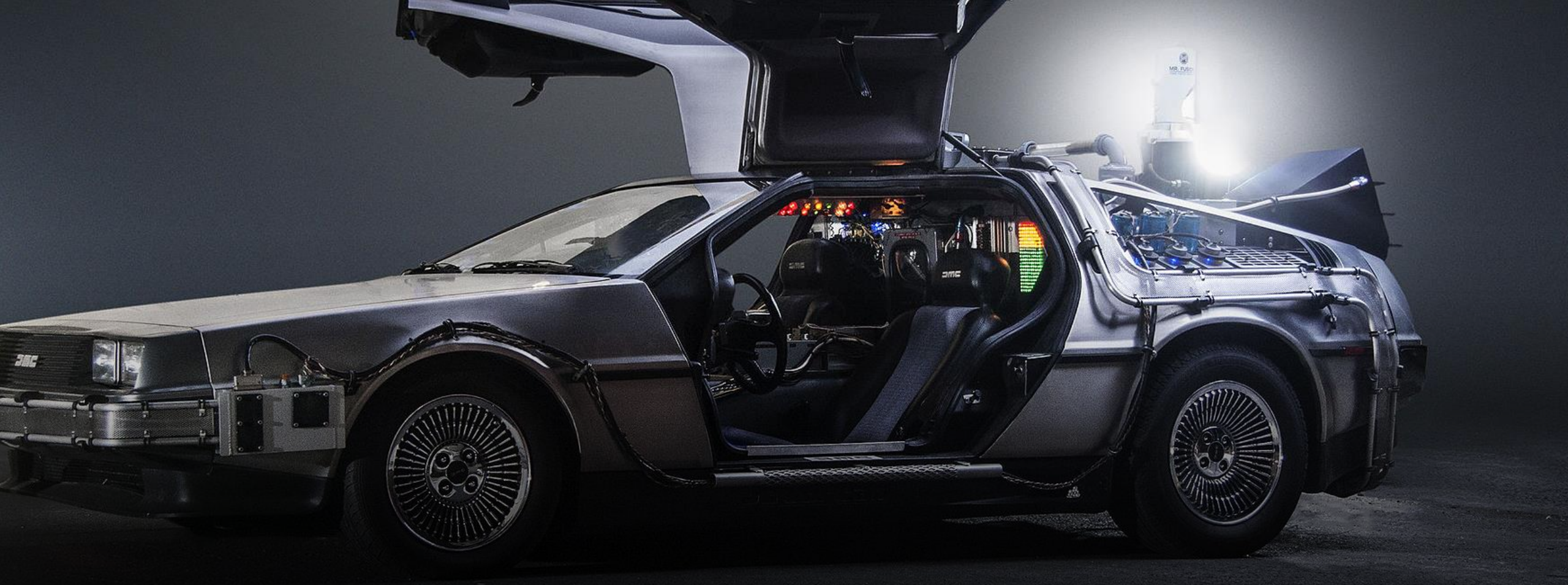
PPPP!

Protection for our peak performance!

Present
Positive
Posture
Process

Check your 4Ps

PRESENT



Amazing TIME TRAVELERS!

Not a benefit for our performance!

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POSITIVE

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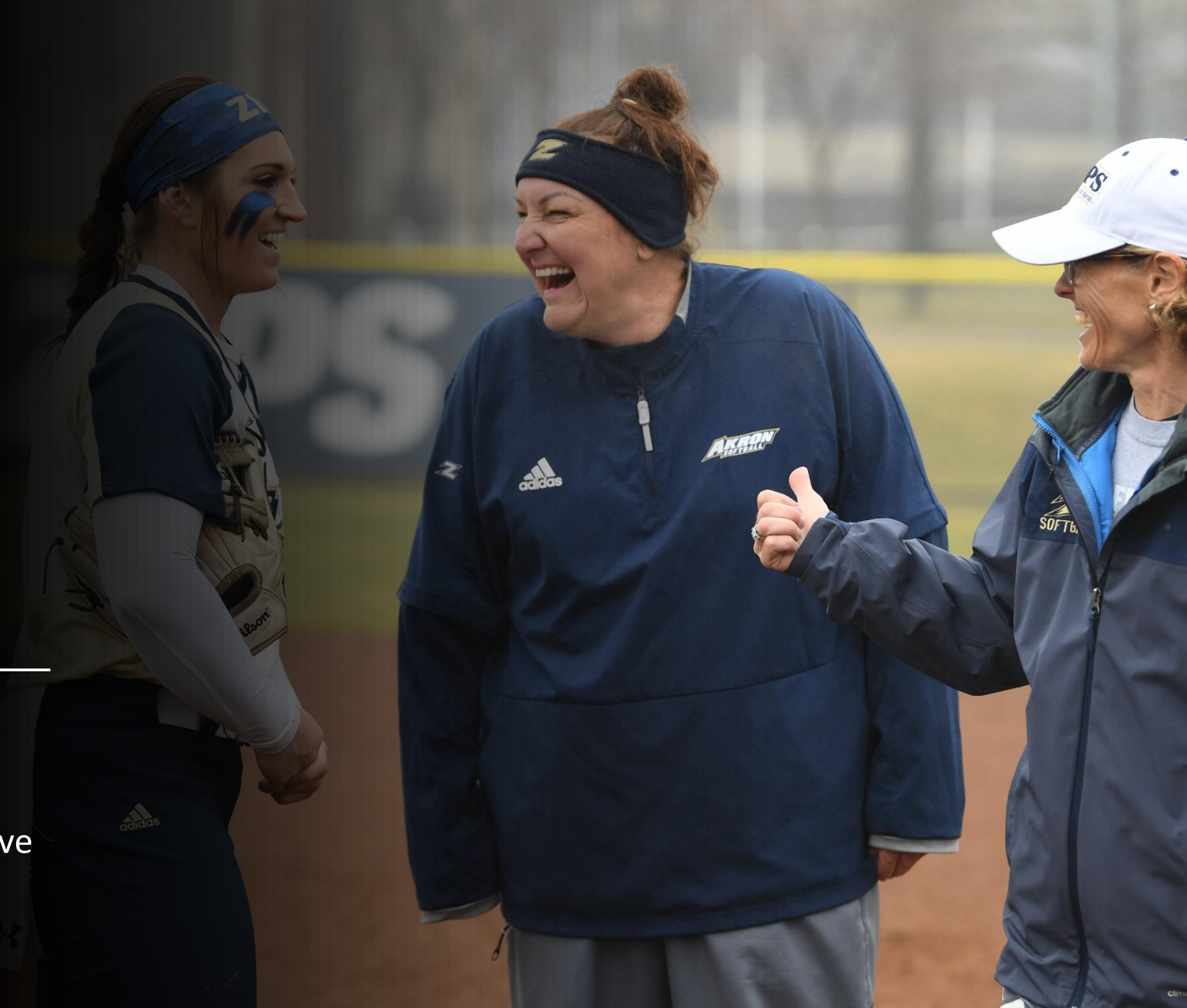
Self- Talk

WE BELIEVE WHAT WE SAY TO OURSELVES!

74% or it is non-productive/negative



The mind believes what you tell it!
So we need to take charge of it!

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Stop Listening!

Start Talking!

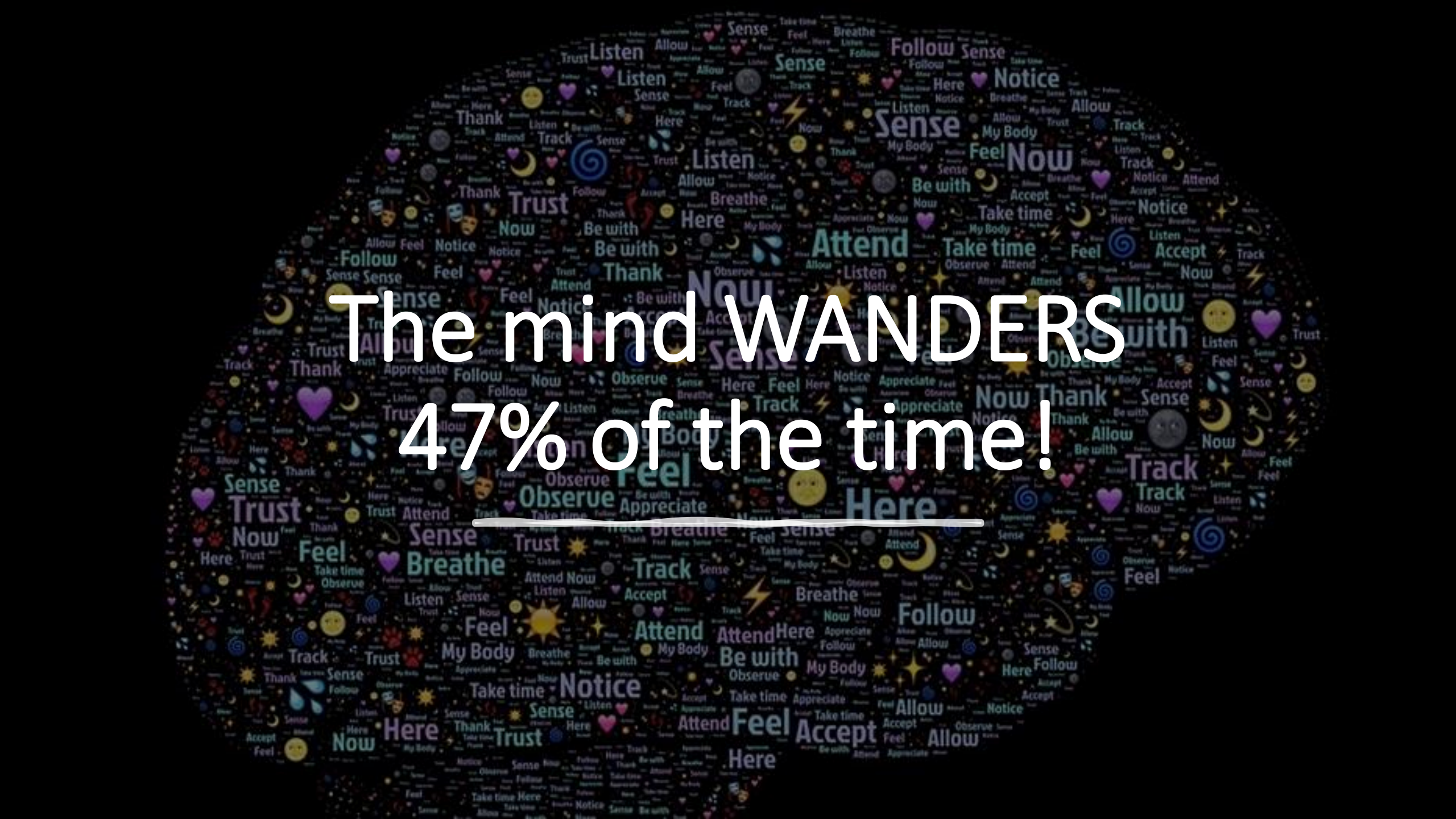
POSTURE!

Control our minds, control our bodies!

What do we tell others?

PROCESS

OUTCOME


The mind WANDERS
47% of the time!

Determine your ABCs!

HAVE AND EXECUTE YOUR MENTAL AND PHYSICAL PLAN!

PPPP!

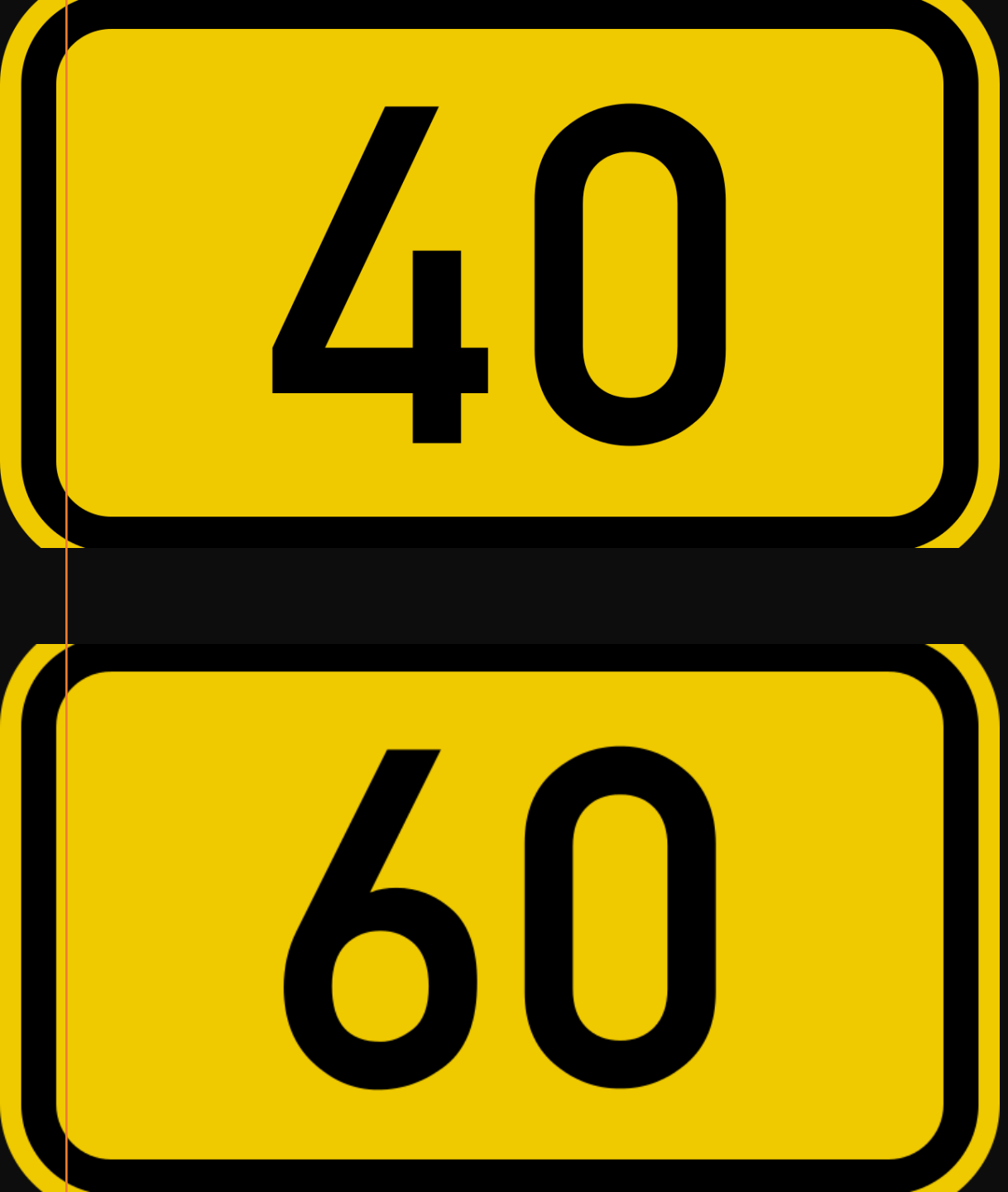
Protection for our peak performance!

Present
Positive
Posture
Process

Check your 4Ps

Present & Positive

FOCUS ON Controllables



What can we control?

Event + Response = Outcome

Smarter Stronger Better Mindset

What will you focus on?

What I can CONTROL

Go to www.ssbperformance.com/nacta to download this worksheet!

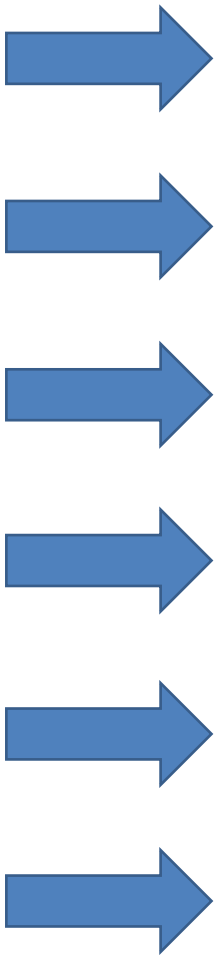
What I CAN'T control

How well did I control what I can CONTROL? Rank on a scale of 1 – 5 _____

What can we INFLUENCE?

By focusing on what we can control we increase our chances for success. Likewise, shifting our mindset about those things we cannot control increases success, reduces stress and increases focus. For each factor in the UNCONRTOLLABLE column, try to identify a way to influence it. Think about how you can shift your perspective for each item on the list. Is the factor something that can be ignored? If so, what strategy will you use to do so? Can you change the way you think or feel about it? Is there something you can do to reduce the importance you are assigning to it? Once you identify how you can influence each factor, move them to the INFLUENCEABLE column on the sheet below.

What I can't CONTROL	How I can INFLUENCE it



Make a plan for both lists!

Change the question!

verb
ikˈskyo͞oz/
1.
attempt to lessen the blame attaching to (a fault or offense); seek to defend or justify.

noun
/ikˈskyo͞os/
1.
a reason or explanation put forward to defend or justify a fault or offense.

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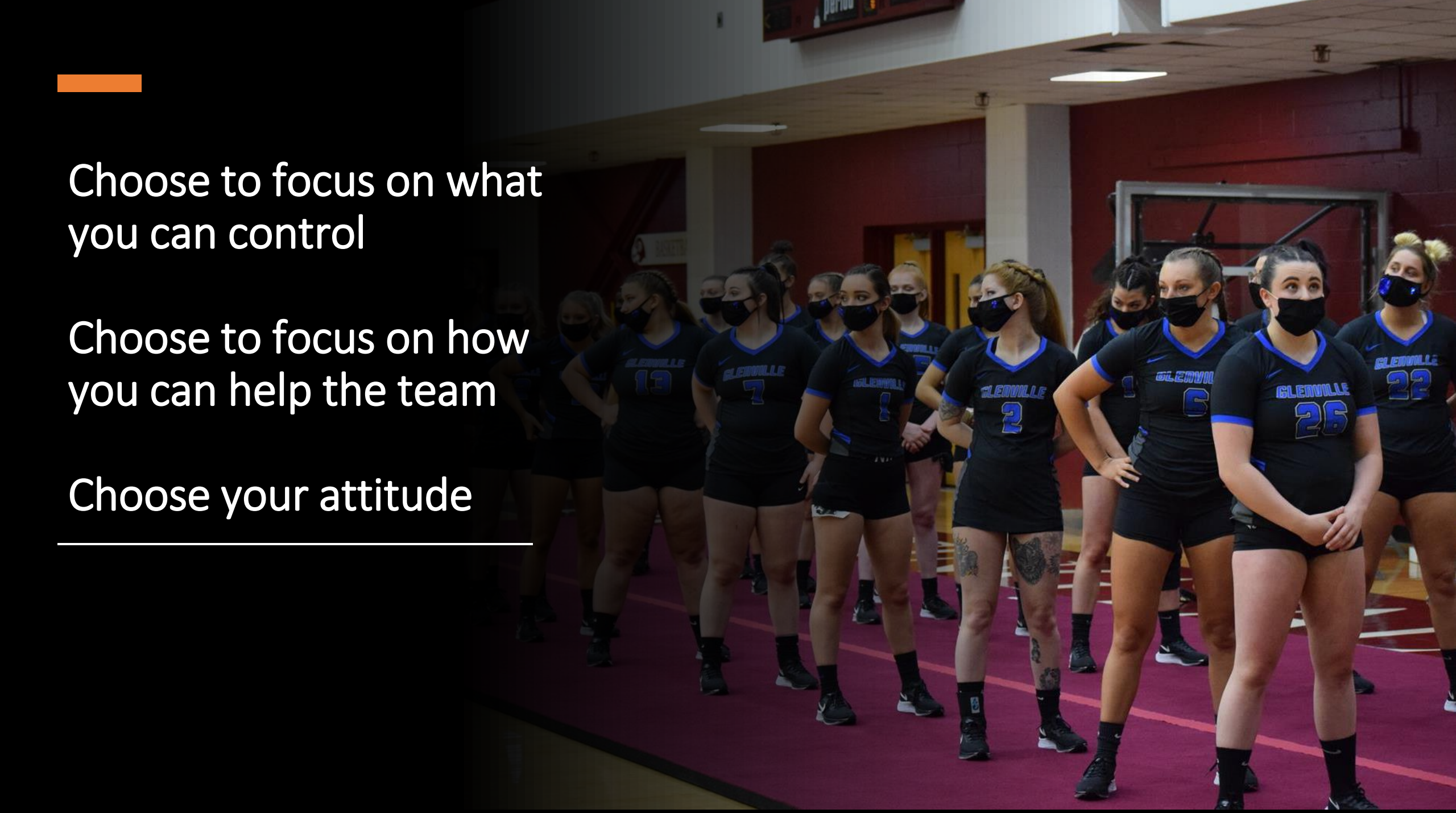
Choose to focus on what you can control

Choose to focus on how you can help the team

Choose your attitude

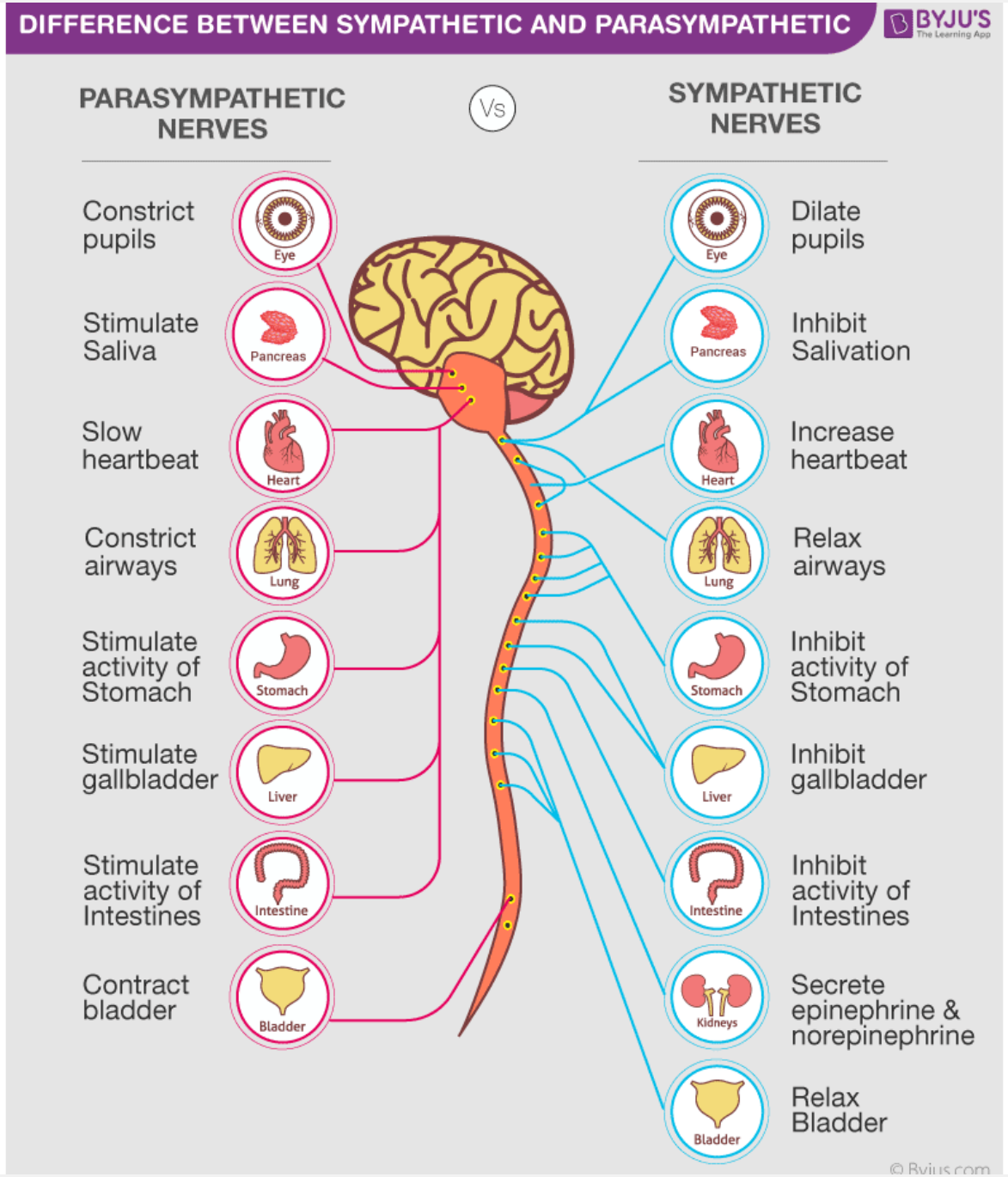


Event + Response = Outcome

E + R = O

We always have a choice on how we respond and what gets our focus!

OUR GOAL! Change how our body reacts!



Visualization Benefits!

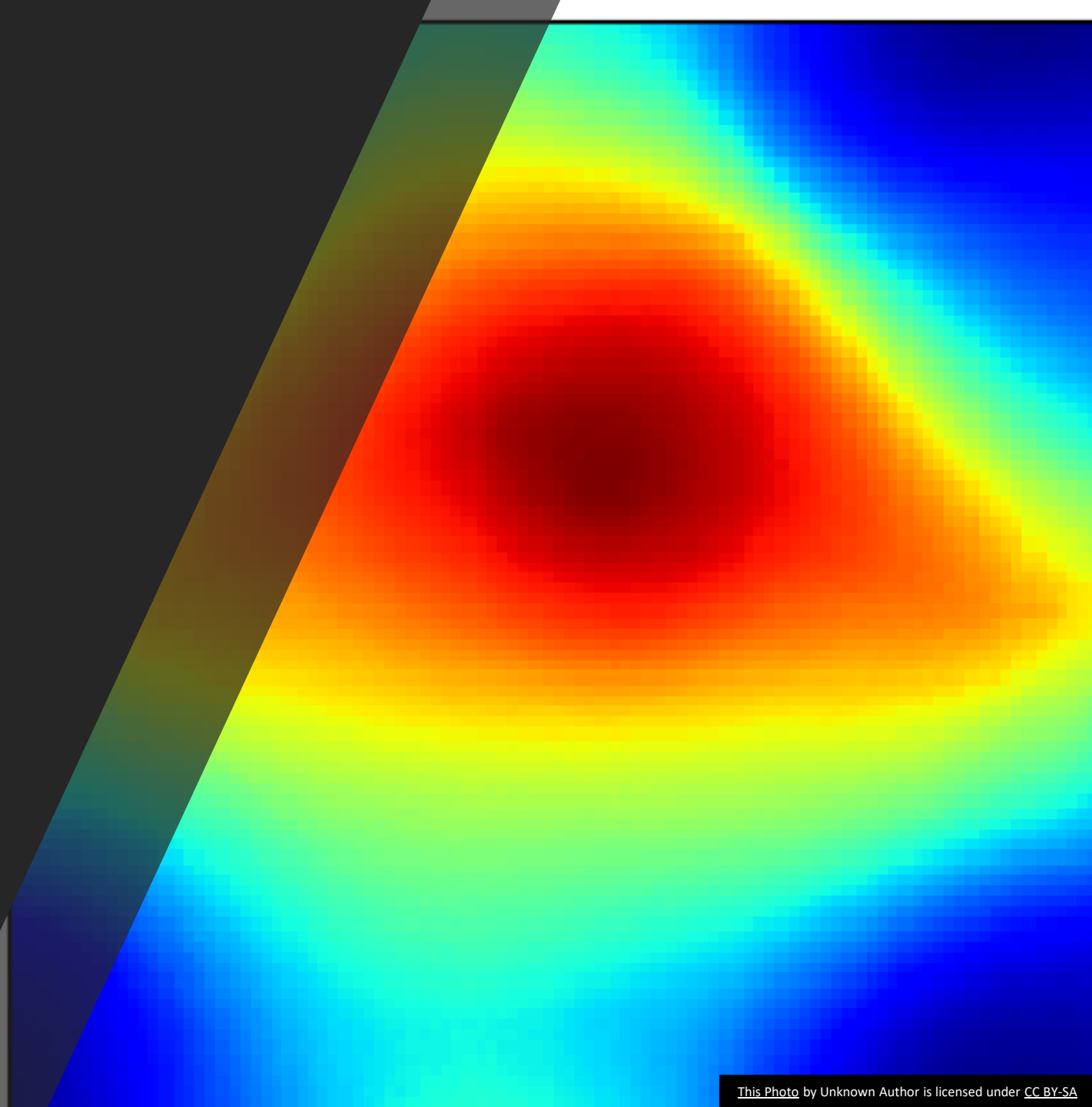
Build Confidence

Control Emotions

Improve Skill

Help Injuries

Resolve Stagnation



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Think about a LEMON

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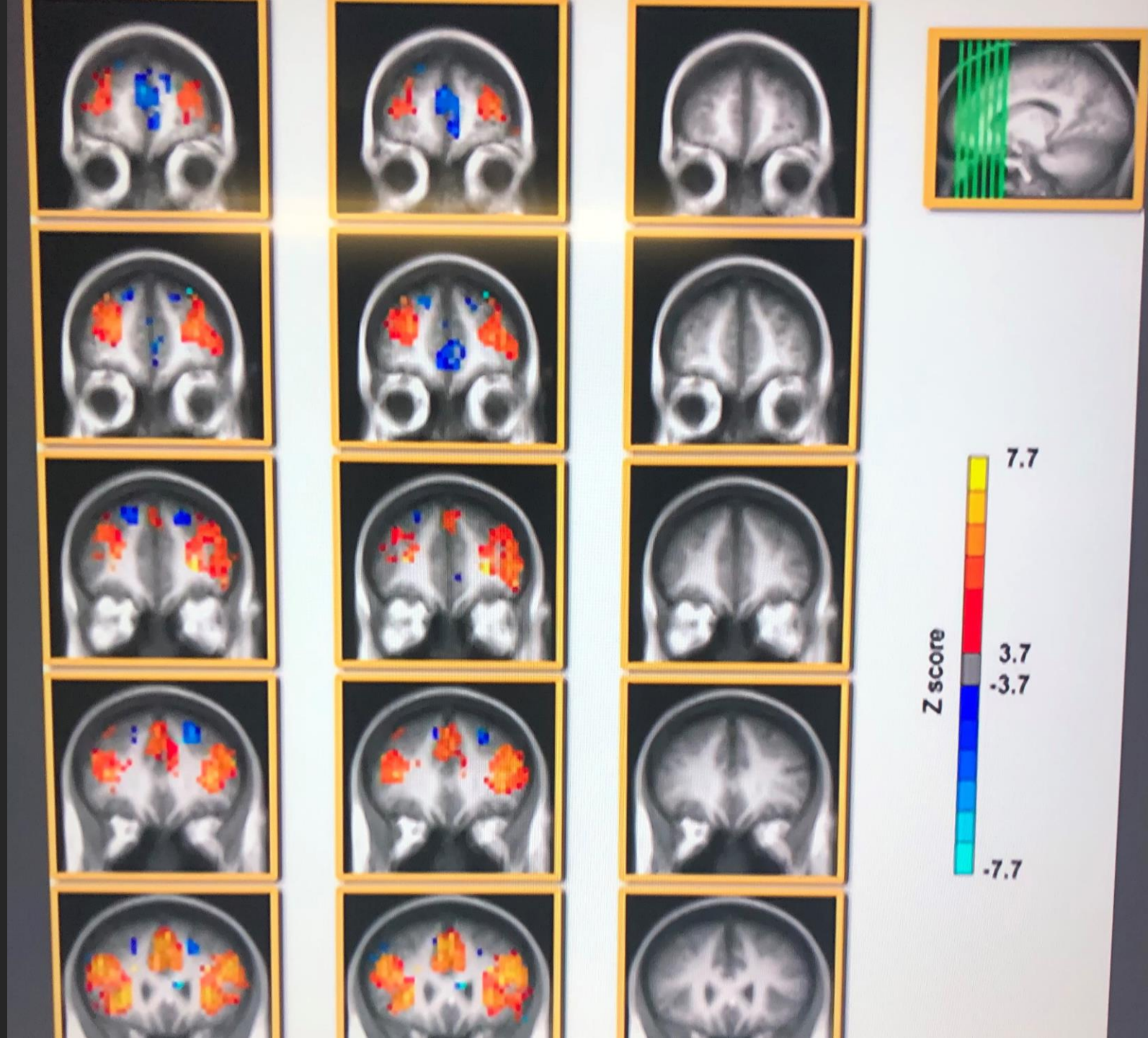
Remember how the brain reacts?



Sport Specific Visualization

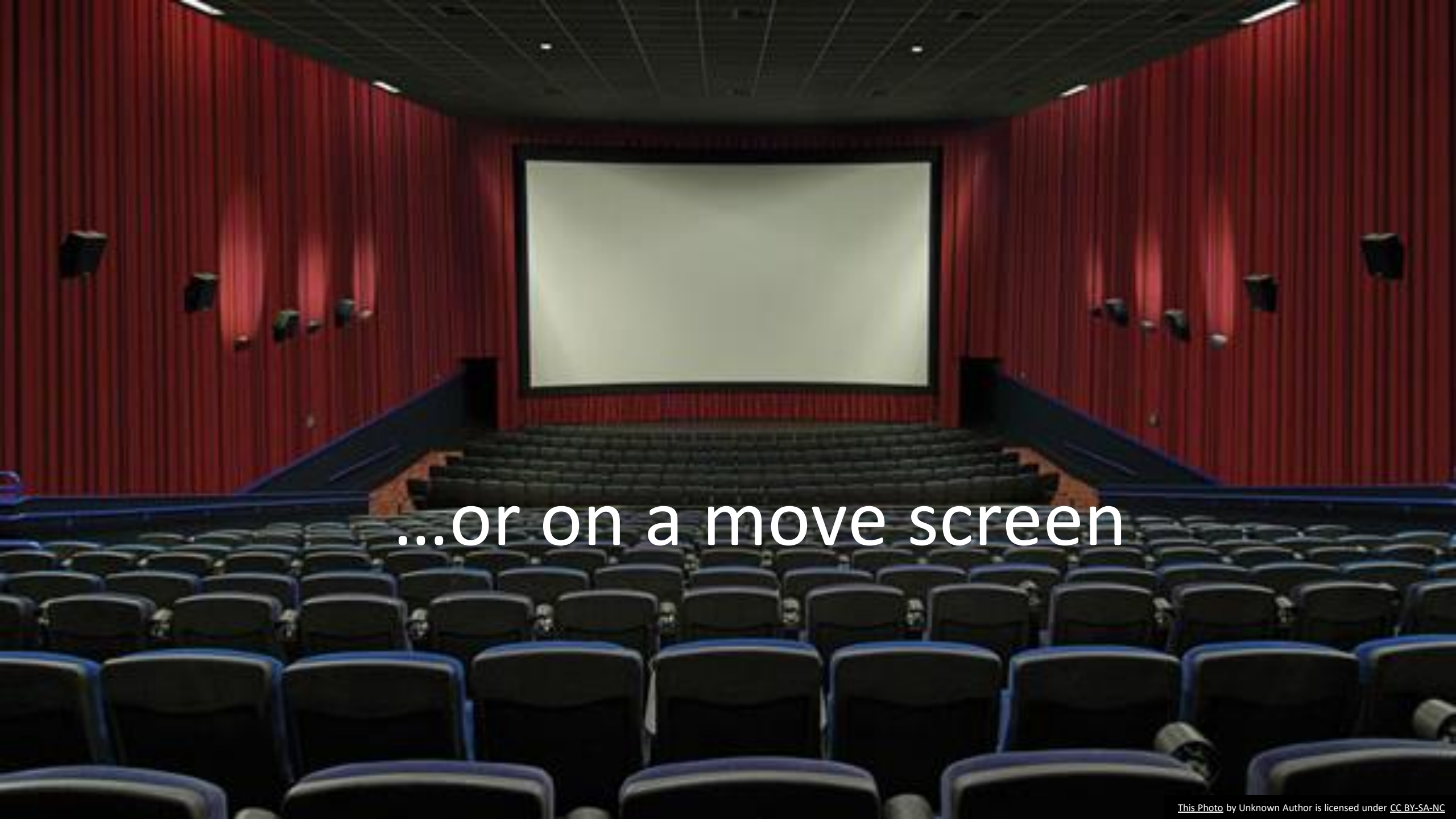
Using all 5 senses

- Hear the crowd
- Feel your emotion
- Smell the facility
- See every detail
- Feel your uniform/accessories

Make it easy…

Coach-led
Self-directed
Scripted
Recorded

Watch yourself perform perfectly!



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MENTAL REPS for…

Injured athletes

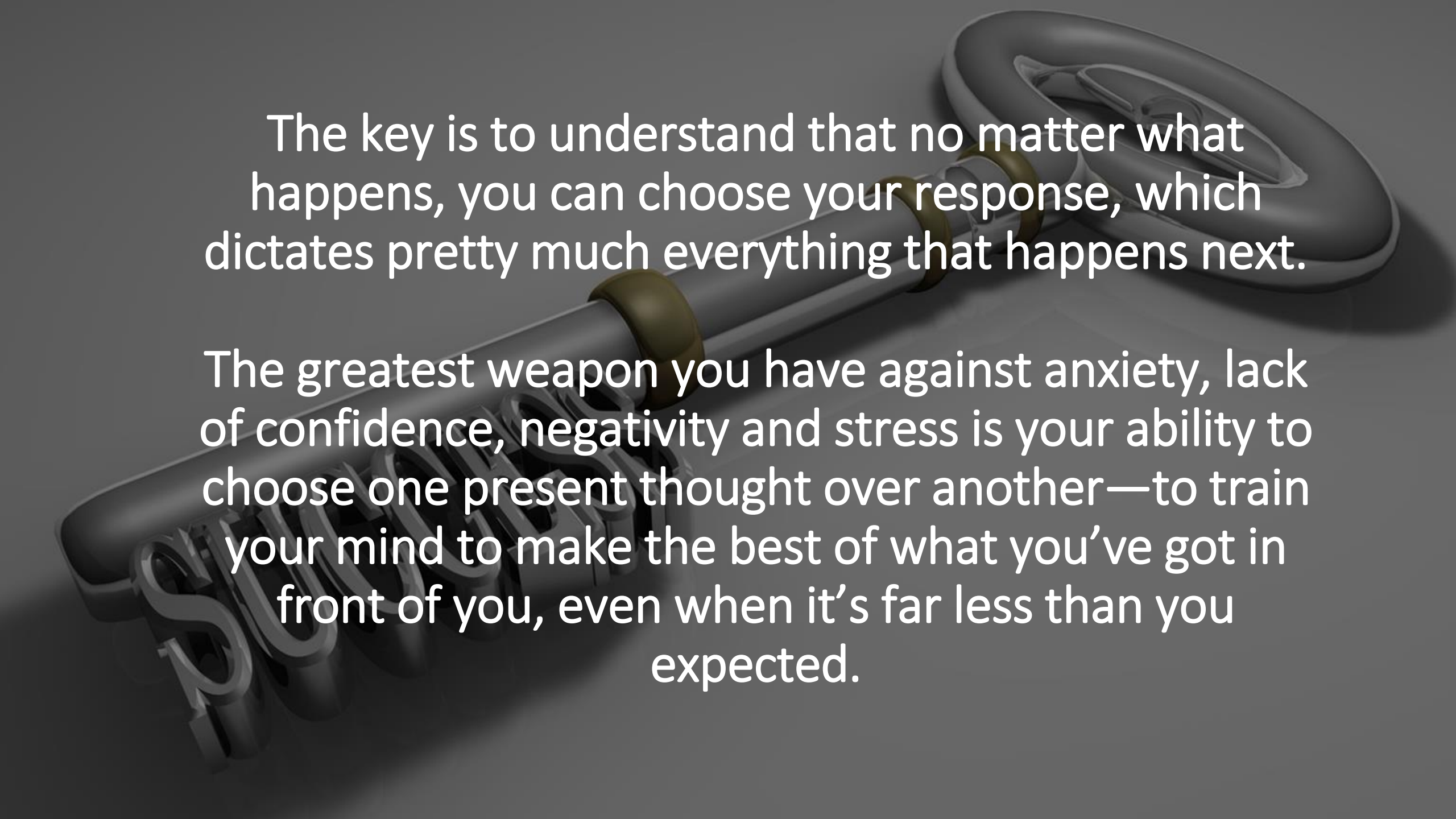
Pregame work

Video comparisons

Controlling emotions

Drew Brees
after practice!

Life is not a TALENT game… It is a STRATEGY game!



The key is to understand that no matter what happens, you can choose your response, which dictates pretty much everything that happens next.

The greatest weapon you have against anxiety, lack of confidence, negativity and stress is your ability to choose one present thought over another—to train your mind to make the best of what you've got in front of you, even when it's far less than you expected.

Simple tools will help make significant change!

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