



Mental Training of a Champion

Excerpts taken from "YOU GOTTA THINK LIKE A WINNER" by Billy Cox

✍ **Setting Goals**

- Imagine if a pilot didn't have a destination before they take off. They would just fly aimlessly, burning up fuel. Your goal is your destination, and you must have one, otherwise you could end up anywhere.
- There's a part of your brain called the Reticular Activating System (RAS) that AMPLIFIES your thoughts and stimulates you to turn goals into reality. It's like when you buy a car, and you start seeing that model everywhere. It's what you're "tuned in" to. The RAS filters out things that don't pertain to your goals and focuses you in on things that do.
- WRITE DOWN your goals and read them twice/day. This is what activates the RAS most effectively, constant reminders.
- Once you've reached a goal, DEFINE ANOTHER. "Never think you've arrived....it's the surest way to the sidelines". I was world top-10 for 10 years straight because I always thought I had something to prove....a goal to strive for. I never felt like I had arrived.
- **HOW TO SET GOALS:**
 1. List what you want to achieve. Go through the exercise of writing it down.
 2. Write down why. Writing out your reasons helps motivate you.
 3. Set a date. This keeps you focused. (NOTE: If you miss a date, don't worry or get upset...just change the date and keep diggin')
 4. Build your plan. Keep it simple. Again write it down so you can review it periodically to keep you on track.
 5. Be consistent in your ACTIONS to achieve your goals. Make these actions a habit, and focus.
 6. Give yourself reminders....pictures, phrases, etc. Display them at home, work, in your car so you're constantly reminded of your goals (...activate the RAS).

✍ Motivation

- Probably the most powerful motivation tool we have in today's society is our competitive nature. Competitiveness is at the core of our very nature. Why are sports in general so popular? Because it's a civil way for people to compete against each other.
- Get in touch with your competitive nature. Who are you competing against? You must create a fire to beat this adversary. It's what will keep your fire burning....make you maintain your focus to achieve your goals. Make it a game to win against your enemy, make it "fun" to destroy them.
- Michael Jordan was cut from his 10th grade basketball team. This LIT HIS FIRE to prove himself. The very next year, he led his HS team to the state championship. This is the same fire that propelled him to hit the game-winning shot in the NCAA championship game his freshman year at UNC and lead the Chicago Bulls to 6 NBA championships. Keep in mind that at any point during that time he could have easily said "I've arrived...I'm successful", and he never would have maintained his high level career for such a long period. HE HAD A FIRE WITHIN that very few people have. He was the ULTIMATE competitor because of that early adversity caused an internal drive to prove his worth until the end of his career.
- My story is similar. The fire that Luc LaPerrier lit under me was something that drove me early in my javelin career. I learned how to tap into that fire mentally even when there wasn't a real threat there. I always had a chip on my shoulder. People told me I couldn't, that I wasn't good enough. My motto became "I can, I will, and you Watch me".
- In today's world of political correctness, coaches and others have toned things down. It's less likely that someone will get in your face and tell you you're not worthy. Sometimes, you have to step back and create a fire within yourself.

✍ Positive Thinking

- People fight a constant battle between positive and negative thoughts.
- We're constantly bombarded by negativity in the media because negativity and controversy is what sells. You need to counter this negativity with positive thoughts and goal setting. For example, instead of thinking about how Joe Blow is throwing farther than me, FOCUS on your goals and working plan. Think about the POSITIVES of reaching the goals.

- You will BECOME what you think about most of the time. Think negatively, you become a negative person. Focus on the positive, and your world changes for the better.
- You must exercise your Mental Muscle to think positively:
 - ✍ See things as they are....95% of what we worry about will never happen.
 - ✍ Become aware of your self-talk. As thoughts enter your mind, ask yourself "does this thought bring me down or does it build me up?"
 - ✍ Eliminate negative thoughts IMMEDIATELY. When negative thoughts pop up, just forget it and move on.
 - ✍ When you catch yourself worrying about something, ask yourself "Is this something I'm going to act on?" If not, clear it out of your mind and move on.

✍ **Priorities and Focus**

- Most people spend too much time "doing second things first". Is it more important to you to socialize for 4 hours/night, or would it be better to train for an hour or two, then socialize afterwards? Is it in your working plan to watch 2 hours of TV instead of train?
- Most people are wrapped up in "BUSY-ness" instead of "business". We waste a lot of time on things that aren't related to improving ourselves and/or reaching our goals. At the end of the day, you need to be able to say to yourself that reaching your goals came ahead of BUSY work or wasting time.
- There's the classic example of trying to fit some large rocks, pebbles, sand and water into a 5 gallon bucket. If you start with the sand and water first, you'll never fit in the pebbles and certainly not the rocks. But if you start with the rocks, then the pebbles, then the sand, then the water, you can get it all in.

✍ **ACTION plan**

- You have the power to decide every action in your life. Anthony Robbins said "It's in your moments of decision that your destiny is shaped". It's your daily decisions that determine whether or not you'll reach your goals.
- Build your PLAN, and make the decision to follow it every day without excuses or distractions.
- Make it a HABIT to TAKE ACTION instead of just thinking about it. Avoid "paralysis through analysis". Have faith in your plan, and act upon it instead of trying to be creative and work around the plan....FOCUS.