

Mindset For Optimal Performance: Essential Mental Skills



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THINKING “RIGHT” IN SPORT

It's all about FOCUS!

Outline For Today:

1. Thinking Right
2. Positive Self Talk
3. Optimal Arousal-Composure
4. Concentration
5. Confidence



THINKING “RIGHT” IN SPORT

Step 1: Thinking Right



THINKING “RIGHT” IN SPORT

THIS IS THE MOST BASIC UNDERSTANDING:

- “WRONG” THOUGHTS HURT SPORT PERFORMANCE!
- WRONG THOUGHTS, NEGATIVE THOUGHTS AND DISTRACTED THOUGHTS HURT SPORT PERFORMANCE!
- “RIGHT “ THOUGHTS HELP SPORT PERFORMANCE!
- RIGHT THOUGHTS, POSITIVE THOUGHTS, AND FOCUSED THOUGHTS HELP SPORT PERFORMANCE!



THINKING “RIGHT” IN SPORT

- Thinking Right is a SKILL
- Like Any Other SKILL, “THINKING RIGHT” can be learned!



THINKING “RIGHT” IN SPORT

FOCUS

- This is the goal- **TO BE ABLE TO FOCUS** on every jump, every throw and every race
- And.... To be able to **RE-FOCUS** for the next... jump, throw and race!



FOCUS

- FOCUS is just a
THOUGHT!
- FOCUS IS
CONTROLLABLE!!
- FOCUS IS A CHOICE!!!
- YOU MAKE THE
CHOICE! YOU TAKE
CONTROL!!



LET'S UNDERSTAND THINKING

1. I THINK MY THOUGHTS – YOU THINK YOURS.
2. I THINK MY THOUGHTS ONE AT A TIME – YOU THINK YOUR THOUGHTS ONE AT A TIME.
3. I PICK MY THOUGHTS – YOU PICK YOURS.
4. YOU CAN'T MAKE ME THINK ANYTHING – I CAN'T MAKE YOU THINK ANYTHING.



LET'S UNDERSTAND THINKING

5. I AM RESPONSIBLE FOR MY THOUGHTS – YOU ARE RESPONSIBLE FOR YOURS.

6. IF I HAVE A WRONG THOUGHT OR A NEGATIVE THOUGHT OR A THOUGHT THAT I DON'T WANT TO HAVE, ALL I HAVE TO DO IS PICK A DIFFERENT THOUGHT, A RIGHT THOUGHT!

7. IF YOU HAVE A WRONG THOUGHT, ALL YOU HAVE TO DO IS PICK A RIGHT THOUGHT, AND THE WRONG THOUGHT IS GONE.

8. I CONTROL MY THOUGHTS. YOU CONTROL YOURS!



LET'S UNDERSTAND THINKING

9. I CHOOSE TO TAKE CONTROL OF
THINKING RIGHT THOUGHTS! YOU
CHOOSE TO TAKE CONTROL OF YOU
THINKING RIGHT THOUGHTS!

10. I CHOOSE GREAT PERFORMANCE!
YOU CHOOSE GREAT PERFORMANCE!!



FOCUS

FOCUS is WAY MORE than just
CONCENTRATION!

FOCUS is
“PEAK PERFORMANCE” ... of
“IN THE ZONE” ... and, of
“FLOW”!!

FOCUS IS THE KEY TO GREAT
PERFORMANCE!



THINKING RIGHT

FOCUS is Totally in the Moment
In the Present
In Control
Composed
Staying Poised



FOCUS

FOCUS is Concentration

Ready

Engaged

Resilient

Tough

Re-focus



FOCUS

FOCUS is CONFIDENCE!!
TRUST



FOCUS

FOCUS is a thought (all of these are)

A SKILL

CONTROLLABLE

A CHOICE!!



TIME ORIENTATION

Past.....Present.....Future



Evaluation.....Performance.....Planning

Should / Shouldn't

=

Depression / Guilt

NOW

What If?

=

Anxiety



PAST

- EVALUATION
- LEARN FROM GREAT PERFORMANCES
- LEARN FROM MISTAKES
- LEARN FROM OTHERS



FUTURE

- PLANNING
- GOAL SETTING
- GAME PLANNING
- PRACTICE



PRESENT

- GREAT PERFORMANCE
- TOTALLY IN THE PRESENT
- TOTALLY IN THE MOMENT



Positive Self Talk

Step 2: Positive Self Talk



POSITIVE “SELF TALK”

- SELF TALK = THINKING
- YOUR THOUGHTS ARE YOUR “SELF TALK”
- YOUR THOUGHTS ARE YOUR OWN CONVERSATION WITH YOU!



POSITIVE “SELF TALK”

- Your **SELF TALK** is the **MOST INFLUENTIAL** conversation that **YOU** ever have!!
- **HAVE POSITIVE SELF TALK!!**



POSITIVE “SELF TALK”

- **NEGATIVE SELF TALK HURTS PERFORMANCE!**
- **CONTROL IT! CHANGE IT!**
- **CHOOSE POSITIVE SELF TALK!! POSITIVE THOUGHTS!!**

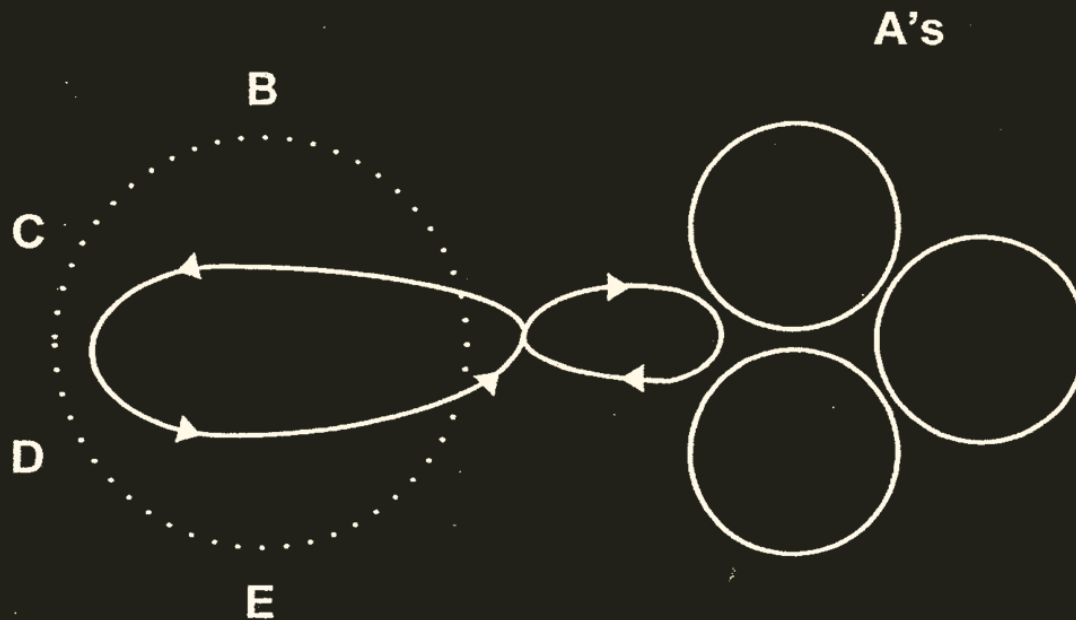


POSITIVE “SELF TALK”

- **POSITIVE SELF TALK HELPS PERFORMANCE!**
- **POSITIVE SELF TALK IS THINKING RIGHT!**
- **CONTROL IT! CHOOSE IT!**
- **CHOOSE POSITIVE SELF TALK! POSITIVE THOUGHTS!**



THE “SELF TALK” MODEL



A = SITUATIONS IN SPORT; SITUATIONS IN LIFE

B = THOUGHTS; REACTIONS

C = EMOTIONS

D = PHYSICAL RESPONSE

E= BEHAVIORS; IN SPORT THIS = GREAT PLAYS/ROUNDS/EVENTS/ PERFORMANCES



THE “SELF TALK” MODEL

- When we encounter **SITUATIONS**, we have **THOUGHTS**.
- Our **THOUGHTS** affect our **EMOTIONS!**
- Our **EMOTIONS** affect our **PHYSICAL BEING!**
- Our **PHYSICAL BEING** affects our **BEHAVIORS!**
- **THUS**, our **THOUGHTS** affect our **BEHAVIORS!!**



THE “SELF TALK” MODEL

- **OUR THOUGHTS AFFECT HOW WE PERFORM!**
- **WHEN WE MEET CHALLENGING OR HARD SITUATIONS, WHEN WE BECOME UPSET, WE MUST CHOOSE POSITIVE SELF TALK!**
- **WE MUST THINK RIGHT!!!**



AFFIRMATION

- **AFFIRMATION – STRONG, POSITIVE STATEMENT ABOUT YOURSELF, YOUR TEAM, YOUR MISSION!**



AFFIRMATIONS

AFFIRMATIONS ARE

POSITIVE

STRONG

RATIONAL

STRATEGIC

MOTIVATING

PERSONAL



AFFIRMATIONS

I AM GREAT!

I AM STRONG!

I AM PREPARED!

I AM TOUGH!

I AM READY!

I TRUST!

I BELIEVE!

I AM FOCUSED!



AFFIRMATIONS

I WILL DELIVER!

I WILL DO MY JOB!

I WILL BRING MY BEST FOCUS TODAY!



AFFIRMATIONS

WE ARE TOGETHER!

WE ARE READY!

WE ARE STRONG!

WE ARE FOCUSED!



POSITIVE “SELF TALK”

**POSITIVE, AFFIRMING, FOCUSED
THOUGHTS PRODUCE THE
OPPORTUNITY FOR CONSISTENT
OPTIMAL PERFORMANCES!**



POSITIVE “SELF TALK”

- **POSITIVE SELF TALK IS A SKILL!**
- **POSITIVE SELF TALK CAN BE CONTROLLED!**
- **POSITIVE SELF TALK IS A CHOICE!**
- **POSITIVE SELF TALK IS “THINKING RIGHT”!**



Optimal Arousal- Composure

Step 3: Optimal Arousal



COMPOSURE

- COMPOSURE
 - Being in CONTROL of yourself!
 - Not too High. Not too Low. Just Right!
 - In CONTROL, Mentally, Emotionally and Physically!



OPTIMAL AROUSAL

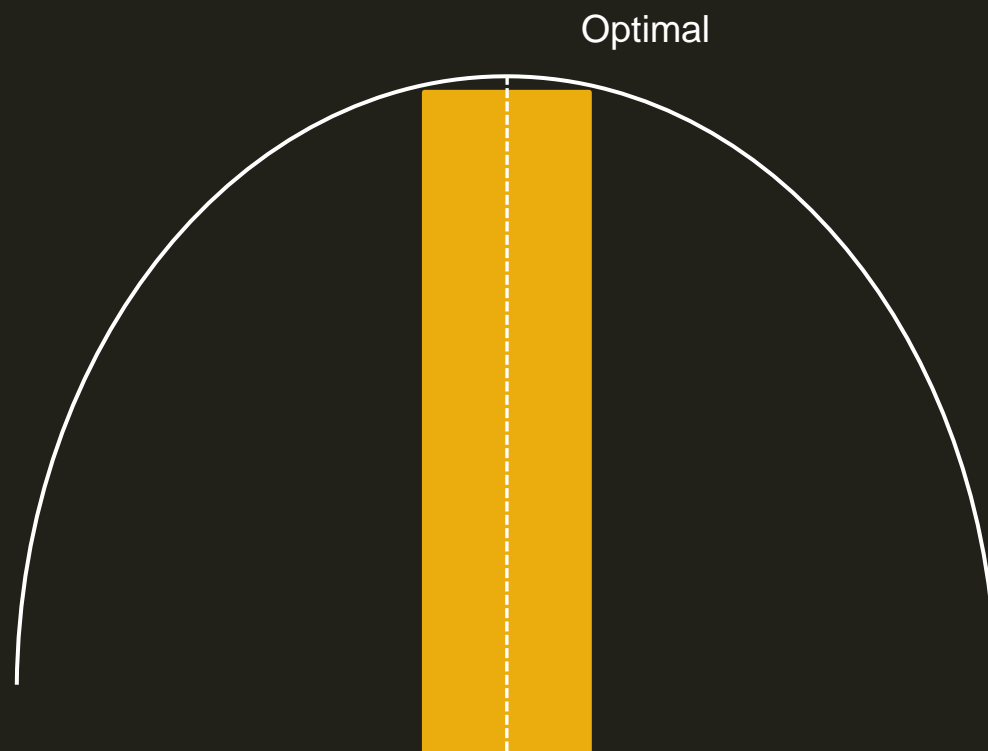
- FOR A GIVEN PERSON ...
- WITH A GIVEN TASK ...
- ON A GIVEN DAY
- WITH A GIVEN SET OF CONDITIONS ...



OPTIMAL AROUSAL

THERE IS A GIVEN
LEVEL OF
AROUSAL ...

THAT WILL ALLOW
FOR OPTIMAL
PERFORMANCE!!



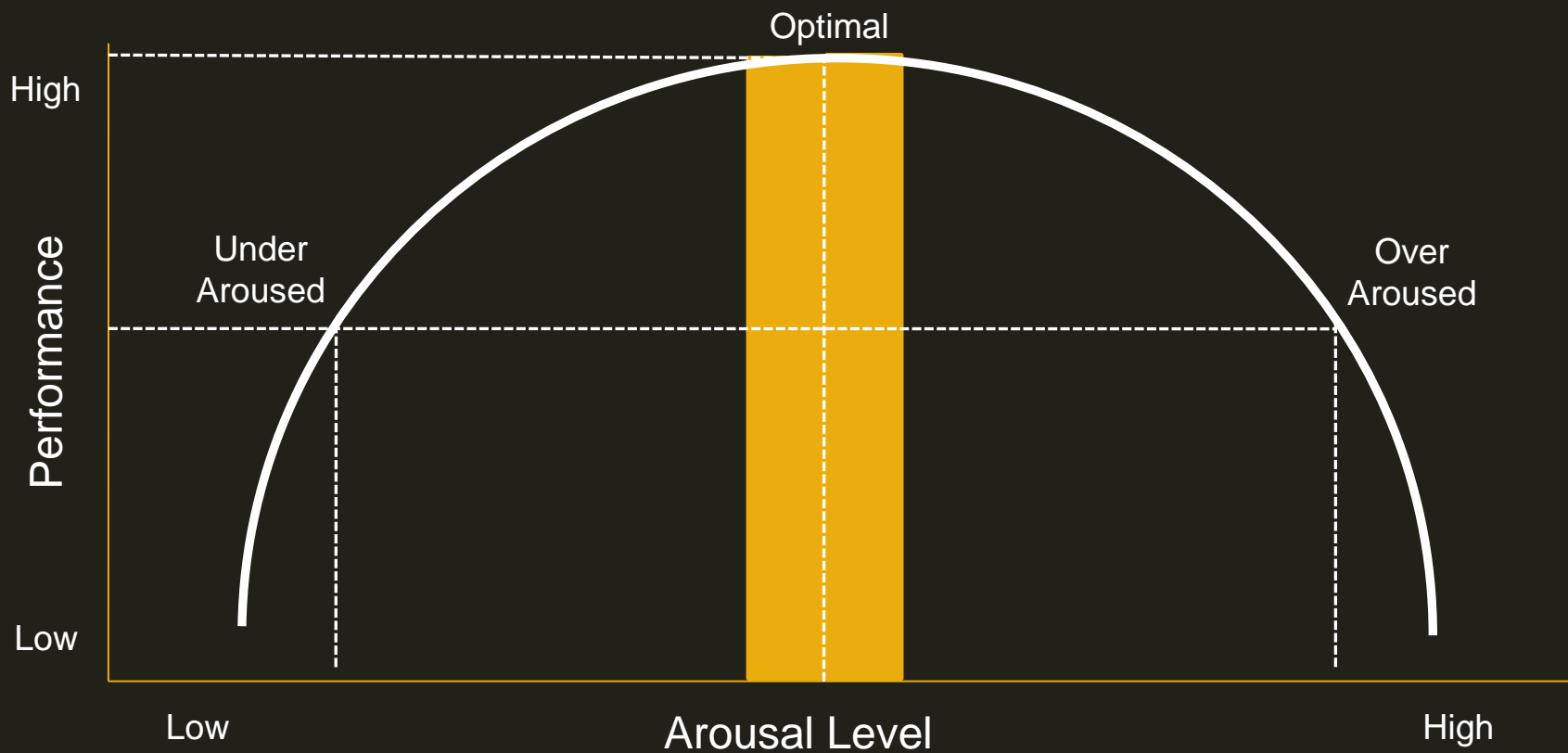


AROUSAL

- AROUSAL
 - Level of “up-ness”
 - Level of Physiological “upness” – pumped up
 - Level of Psychological “upness” – psyched up



OPTIMAL AROUSAL



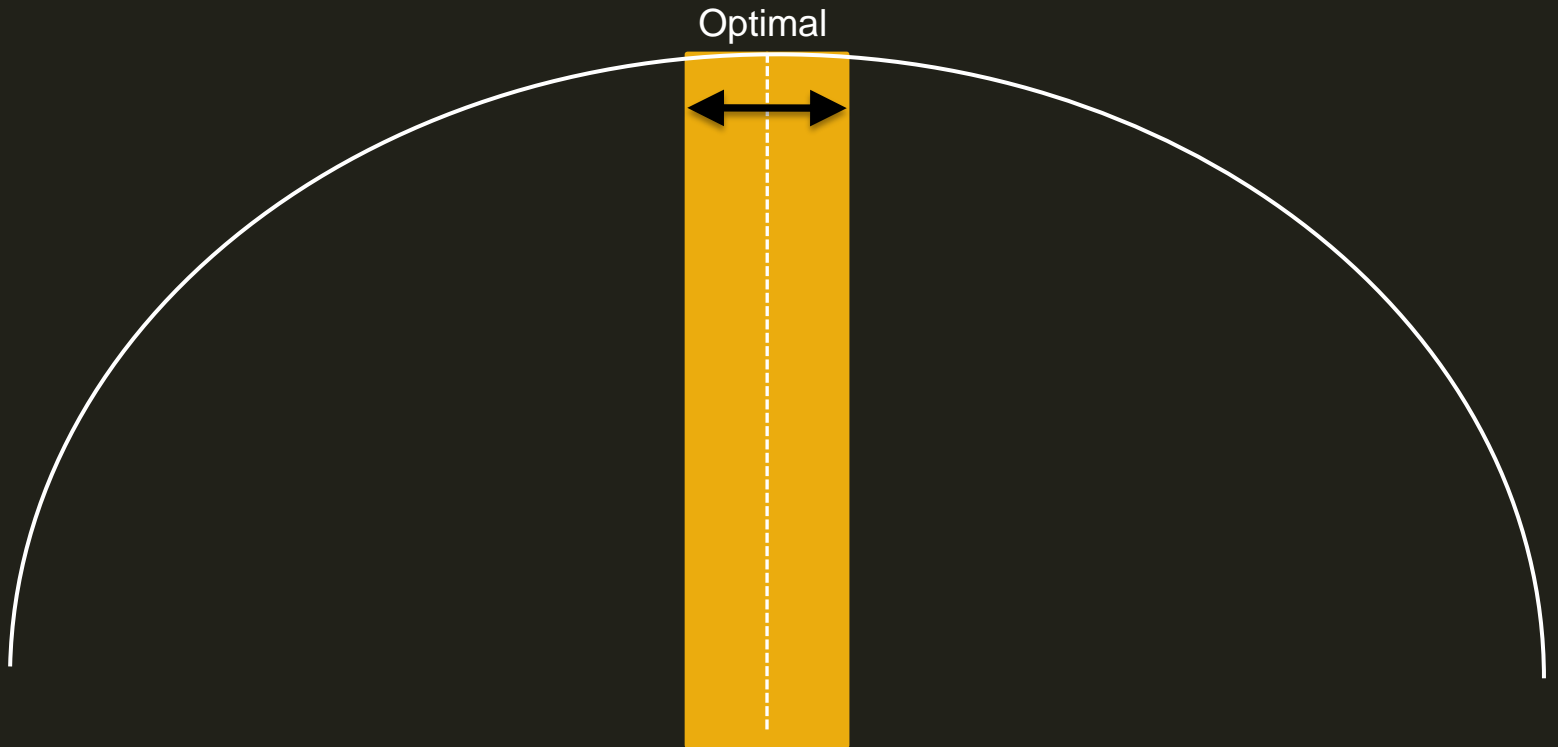


OPTIMAL AROUSAL

- To be able to PERFORM YOUR BEST, you must get your AROUSAL to the RIGHT LEVEL for YOU!
- Too Low – Under Aroused – Cannot Perform your best!
- Too High – Over Aroused – Cannot Perform your best!
- Just Right – Optimal Arousal – CAN PERFORM YOUR BEST!
- Get in YOUR ZONE!!



ZONE OF OPTIMAL FUNCTION





AROUSAL CONTROL

THREE CONTROLS

1. THOUGHT CONTROL

1. BREATH CONTROL

1. PHYSICAL ACTIVITY
CONTROL



THOUGHT CONTROL

- CONTROL YOUR SELF-TALK!
- AROUSING AFFIRMATIONS TAKE YOU UP!
- RELAXING AFFIRMATIONS BRING YOU DOWN!
- YOU CHOOSE YOUR THOUGHTS!



BREATH CONTROL

- DEEP ABDOMINAL BREATHING
- BEGIN WITH A “CLEANSING BREATH”
- EMPHASIZE THE EXHALES, RELAXES AND CALMS; DOWN!
- EMPHASIZE THE INHALES, ENERGIZES AND EXCITES; UP!!



PHYSICAL ACTIVITY CONTROL

- ACTIVE AND EXPLOSIVE ACTIONS – TAKES YOU UP!
- PASSIVE AND SLOW ACTIONS – TAKES YOU DOWN!



COMPOSURE

- COMPOSURE
 - Being in CONTROL of yourself!
 - Not too High. Not too Low. Just Right!
 - In CONTROL, Mentally, Emotionally and Physically!

GET IN YOUR ZONE



EXTERNAL INFLUENCES ON AROUSAL

- SITUATIONS
 - NOISE
 - WEATHER
CONDITIONS
 - LANE ASSIGNMENTS
 - BAD THROW/BAD
JUMP/BAD RACE PRIOR
 - COACH'S CRITICISM



INTERNAL INFLUENCES ON AROUSAL

- NEGATIVE OR INAPPROPRIATE SELF-TALK
- WRONG FOCUS (Focused on other's thoughts or opinions OR outcome orientated- What if's)
- FATIGUE
- MINOR INJURY



DEACTIVATE AND RE-FOCUS

- ROUTINE
 - STOP
 - TAKE A DEEP BREATH
 - AFFIRMATION
 - FOCUS – PARK IT
 - STRATEGY (KNOW THE RACE PLAN, KNOW YOUR FOCUS FOR THE JUMP OR THROW)
 - TRUST
 - GO - DELIVER



COMPOSURE

- COMPOSURE
 - Being in CONTROL of yourself!
 - Not too High. Not too Low. Just Right!
 - In CONTROL, Mentally, Emotionally and Physically!



Concentration

Step 4: Concentration
(What we fill our mind with)



CONCENTRATION

CONCENTRATION is about Finding
the RIGHT information, and then
staying FOCUSED on it!



CONCENTRATION

There is lots of information in our perceptual world.

We get this information through our “senses”.



CONCENTRATION

- We find or gain information through our senses by...
 - What we SEE ...
 - What we HEAR ...
 - What we TOUCH ...
 - What we TASTE ... and ...
 - What we SMELL.



CONCENTRATION

Some of the information available to us
is **RELEVANT** to what we are doing.

This information **MATTERS!!**



CONCENTRATION

But most of the information available to us is **IRRELEVANT** to what we are doing.

This information **DOES NOT**
MATTER!



CONCENTRATION

- To deliver great performances, an athlete must ...
 1. KNOW the RIGHT INFORMATION to look for.
 2. FIND it!
 3. Stay FOCUSED on it!
- This is CONCENTRATION!



CONCENTRATION

1. It's a CHOICE!
2. You CONTROL it!
3. Then, there are NO DISTRACTIONS!



CONCENTRATION ROUTINE

Athletes are usually comfortable with the concept of following a “Routine”.



CONCENTRATION ROUTINE

A routine is where you do something using the same steps, the same way, in the same order every time!

Until it becomes just “routine”!



COOK'S MODEL OF CONCENTRATION

Observe
Strategy
Image
Trust

See It – Feel It – Trust It



OBSERVE

1. SEE everything ...
2. FIND the things that MATTER!
3. FOCUS only on the information that matters!



REVIEW YOUR STRATEGY

1. What is the race, throw or jump?
2. What are your responsibilities? What is your plan for the goal you have set for this competition?
How are you going to accomplish it?



IMAGERY – VISUALIZATION

1. See yourself deliver a great performance!
2. See it again ... so powerful that you can FEEL IT!



TRUST

1. You are FOCUSED!
2. TRUST yourself!!
3. Now DO IT!!



FOLLOW THE 4-STEP ROUTINE

1. OBSERVE – Find the keys that matter.
2. STRATEGY – What's the race, throw or jump?
What's your job?
3. VISUALIZE - See it! Feel it!!
4. TRUST - Trust it! Do it!



CONCENTRATION

1. It's a CHOICE!
2. You CONTROL it!
3. Then, there are NO DISTRACTIONS!



CONFIDENCE

Step 5: CONFIDENCE



CONFIDENCE

Confidence ... Self Confidence ...

Belief ... Trust ... Positive Mindset



CONFIDENCE

Whatever word fits you best,
CONFIDENCE is ...

Pre-knowing that you WILL DELIVER
.... that you WILL SUCCEED!



CONFIDENCE

Confidence is typically a feeling and a perception that most athletes would
PREFER TO HAVE!



CONFIDENCE

As opposed to having ...

Doubt ... Worry ...

Anxiety ... Fear



CONFIDENCE

If given the choice ...

YOU should ALWAYS CHOOSE
CONFIDENCE!!



CONFIDENCE

Confidence

Self-Confidence

Belief Trust

This is THINKING
RIGHT!



CONFIDENCE

CONFIDENCE is a CHOICE!



CONFIDENCE

Actually, it is TWO choices!



CONFIDENCE

1. Competence builds Confidence!

First, CHOOSE to become more
COMPETENT!

Bring your BEST FOCUS to practice
every day! Get better every day!



CONFIDENCE

2. Your Focus and Confidence is on Your Performance, not on the outcome!

Second, CHOOSE to be FOCUSED on and CONFIDENT about your performance!



CONFIDENCE

To have the best chance for our TEAM to get the WIN that we want ...

1. Develop greater competence! You'll feel more confident!!
2. Deliver your very BEST PERFORMANCE!!



CONFIDENCE

THE QUESTION:

WHERE ARE YOU?



CONFIDENCE

THE ANSWER:

RIGHT HERE! RIGHT NOW!



CONFIDENCE

FOCUSED!