Consistent Top Performances -- Individual and Team

+ Two components of consistent top performances for people are HARD WORK and a sound MENTAL PROCESS.

+ There is no substitute for HARD WORK! It involves specific practice and seeking knowledge, skills, and opportunities pertinent to the defined area of expertise. It builds confidence.

+ A sound MENTAL PROCESS consists of:
  * Knowing, Understanding, and Appreciating Yourself.
  * Knowing, Understanding, and Appreciating Teammates.
  * Specific Mental Strategies = Learn, practice, and use them.

+ Your SELF TALK builds your SELF IMAGE which controls your PERFORMANCE which stimulates SELF TALK, etc.. A thorough evaluation and daily monitoring of your SELF TALK is very important.

+ Know your STRENGTHS! Focus on your strengths and manage your weaknesses. Fixing what is wrong with you results in playing not to lose. Building on what you do well results in playing to win!

+ LAW OF CUMULATION = The result of many little things you do at home, at work, and at play is not little! Acknowledge the LITTLE WINNERS in your life.

+ RELAX -- Relaxation helps you stay in your ideal performance zone when the pressure is on. Keys to relaxing under stress are proper breathing (diaphragmatic breathing), thinking relaxing thoughts and images, and focusing on what you do well.

+ DOMINANT THOUGHT -- Always leave yourself and others with the thought of what it is you are going to do, or want them to do, i.e. a Productive, Positive Thought.

jeanderson, 11/30/95