

**SPQ20**

**MENTAL GAME TIPS**

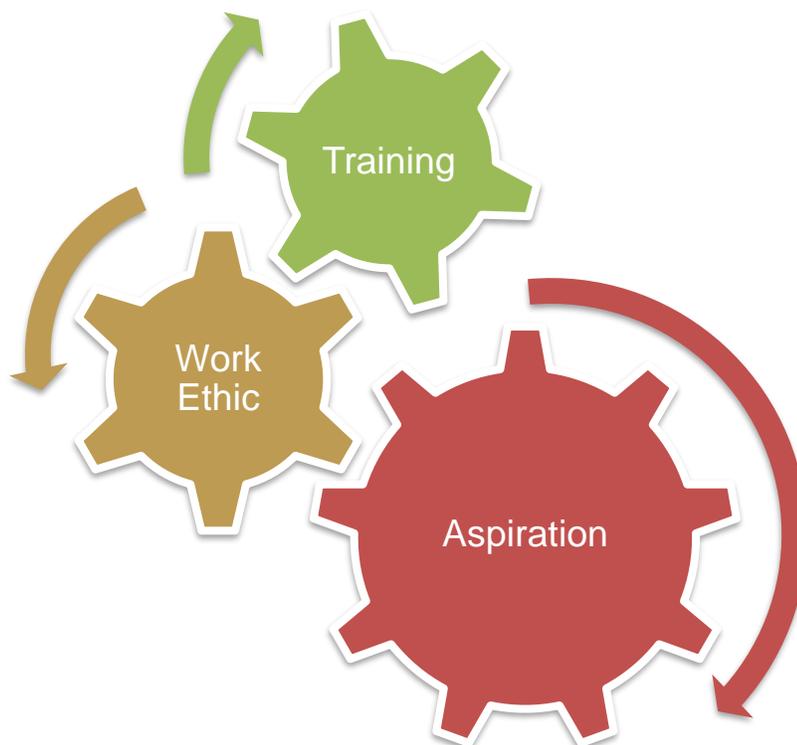


**MYSKILLSPROFILE**

# MENTAL GAME

## PERFORMANCE IMPROVEMENT TIPS

1. 3 Tips on Achievement
2. 3 Tips on Adaptability
3. 3 Ways to be Competitive
4. 3 Tips on Conscientiousness
5. 3 Ways to Use Visualization
6. 3 Ways to Improve Your Intuition
7. 3 Tips on Goal Setting
8. 3 Tips on Managing Pressure
9. 3 Tips on Self-Efficacy
10. 3 Ways to Manage Fear of Failure
11. 3 Ways to Achieve a State of Flow
12. 3 Ways to Manage Stress
13. 3 Ways to Manage Emotions
14. 3 Tips on Using Self-Talk
15. 3 Ways to Develop Self-Awareness
16. 3 Tips on Ethics
17. 3 Ways to Show Empathy
18. 3 Ways to Improve Relationships
19. 3 Tips on Aggressiveness
20. 3 Tips on Using Power

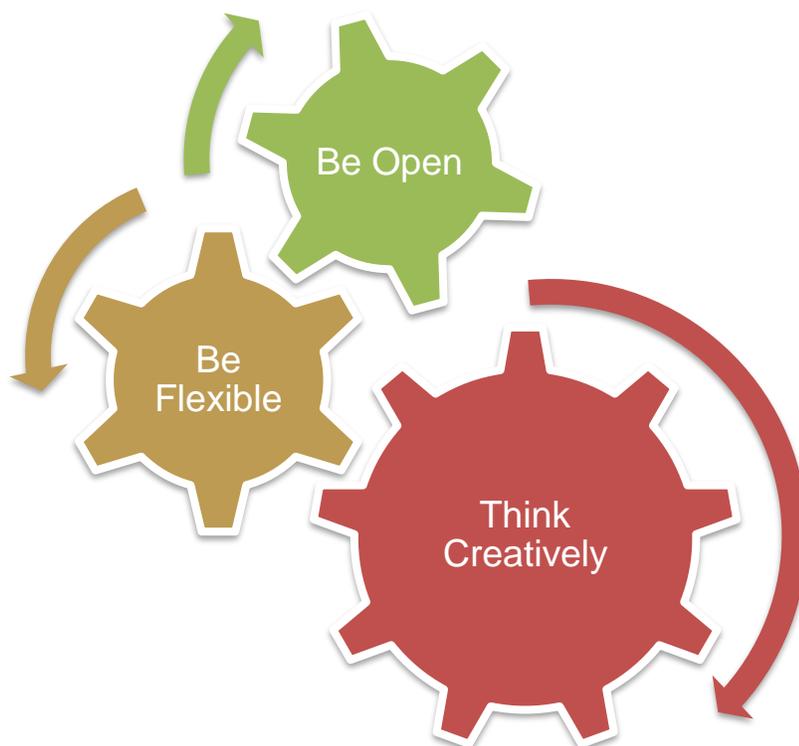


## 3 Tips on Achievement

1. **Aspiration.** Develop a dream about what you want to achieve in your sport. Review your performance continuously, and celebrate successes and good performances.
2. **Work Ethic.** Be prepared to work hard to achieve success as a professional or amateur athlete. Show through your behavior and actions that you want to learn, you want to get better, and you are prepared to put the work in.
3. **Training.** Get the most out of training and practice by being enthusiastic, determined, and goal-driven.



Read **Psychology of Champions: How to Win at Sports and Life with the Focus Edge of Super-Athletes** by James Barrell and David Ryback.



## 3 Tips on Adaptability

1. **Think Creatively.** Try approaching problems from angles that are as far as possible from the ways you have approached them in the past.
2. **Be Open.** Ask for and be open to advice and support from others, for example, from your coach, fellow team mates, sport commentators etc.
3. **Be Flexible.** Be willing to adapt your behavior to increase your ability to play well and compete successfully. Remember that mental and physical skills' improvement takes time, commitment, and consistent effort.



Read **Six Thinking Hats** by Edward de Bono.



## 3 Ways to be Competitive

1. **Focus on Performance.** In competition, focus on performing well rather than winning as focusing on winning will do little to help you win. Enjoy the buzz from competing and performing well in front of others.
2. **Believe.** Believe in your ability and never give up hope. Learn to control your explanations for winning and losing--give yourself full credit for your wins, and give your competitors credits for their wins.
3. **Develop.** Analyze your strengths and weaknesses in relation to other athletes, and agree with your coach where you need to improve to gain competitive edge.



Read **Mind Gym: An Athlete's Guide to Inner Excellence** by Gary Mack and David Casstevens.

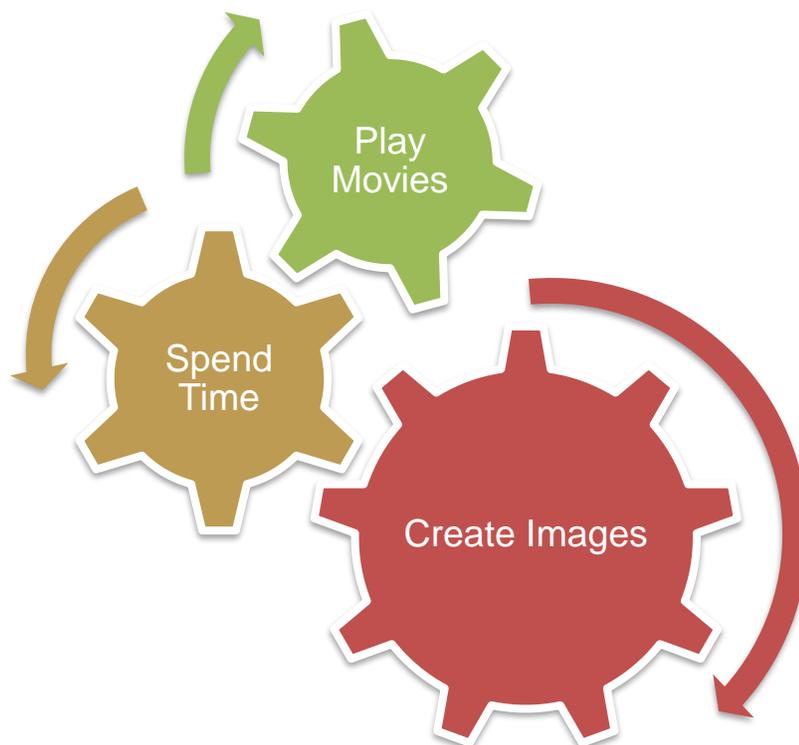


## 3 Tips on Conscientiousness

1. **Prepare.** Prepare yourself thoroughly for competition by developing and rehearsing a competition plan. Develop specific plans and goals to guide your training and practice and focus on the task in hand.
2. **Practice.** Be prepared to spend most of your time in training and in practice. Try to consistently deliver more than you are asked to do by your coach or team captain.
3. **Stick with It.** When you are going through a difficult patch, stick with it and do your best rather than give up and going through the motions.



Read **New Toughness Training for Sports: Mental Emotional Physical Conditioning from One of the World's Premier Sports Psychologists** by James Loehr.

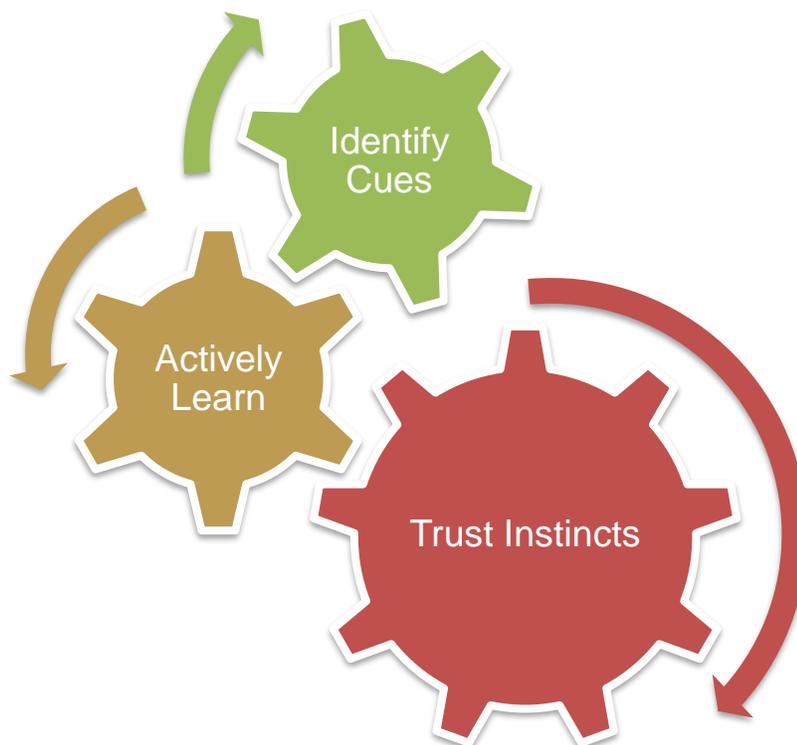


## 3 Ways to Use Visualization

1. **Play Movies.** Use imagery and visualization to help master skills and counter nerves. Visualize yourself in a movie performing skillfully and confidently and replay the movie frequently.
2. **Create Images.** Create positive images that are vivid and detailed and make use of all senses--try to see, feel, hear, smell, and taste the image you are creating.
3. **Spend Time.** Think of imagery as a mental skill that you need to practice to get good at (just like physical skills). Try to spend from 10 to 30 minutes every day visualizing yourself performing well and achieving your goals.



Read **Creative Visualization for Beginners** by Richard Webster.

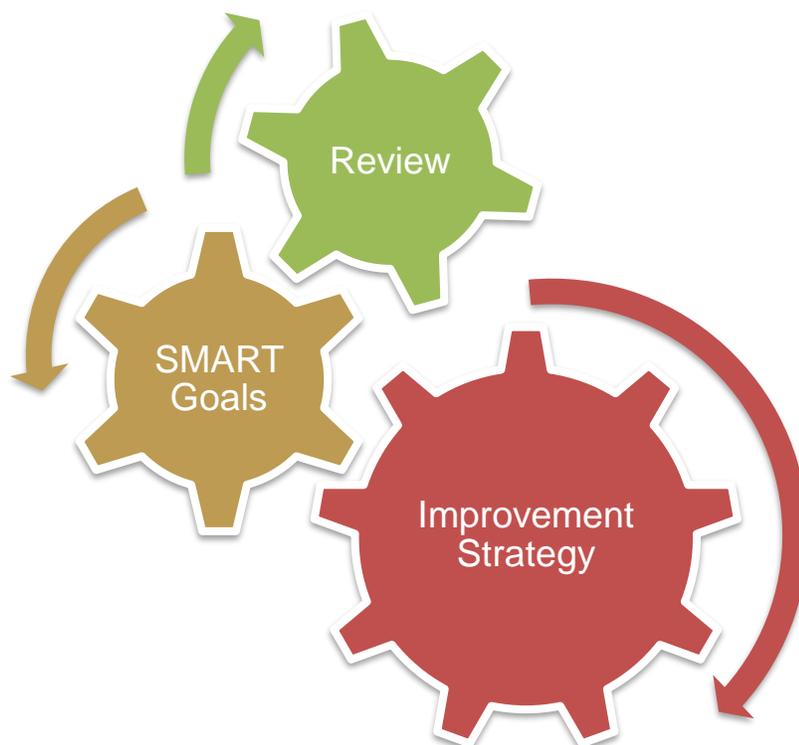


## 3 Ways to Improve Your Intuition

1. **Actively Learn.** Actively learn from training and competition to gradually improve your perception, expertise, and sixth sense over time.
2. **Identify Cues.** Practice your ability to identify early cues or changes in the game which indicate what your opponents are going to do. Don't ignore concerns or anxiety about something until you have information to refute it.
3. **Trust Instincts.** Trust your instincts and intuition when you are facing a situation or challenge that you have rehearsed and practiced many times before.



Read **The Intuitive Way: The Definitive Guide to Increasing Your Awareness** by Penney Peirce.

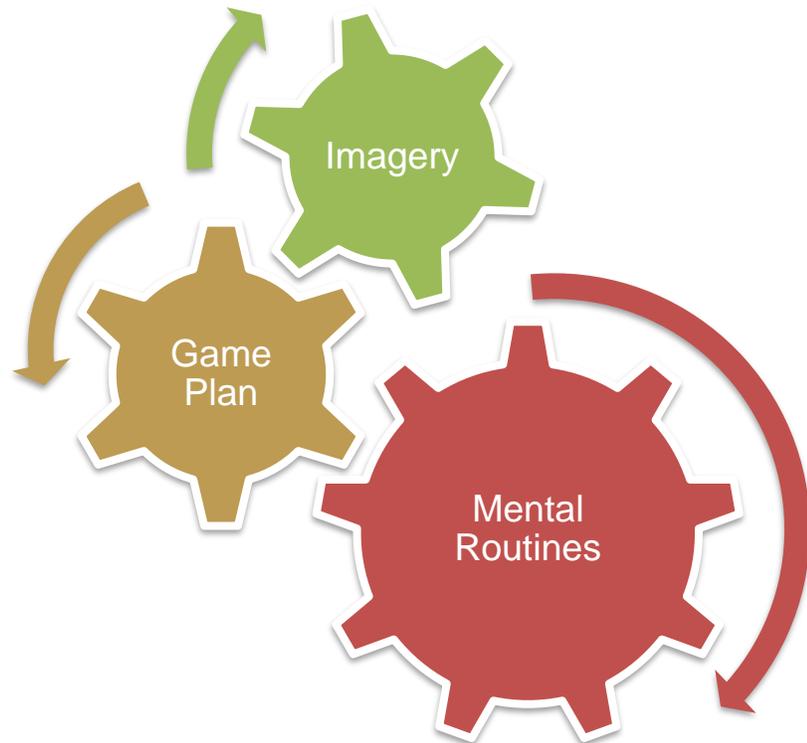


## 3 Tips on Goal Setting

1. **Improvement Strategy.** Develop a strategy with your coach with clear stages for improving your overall game. Consider the value of moving modestly, patiently, carefully, and incrementally to achieve your goals.
2. **SMART Goals.** Make sure you own your goals. Write them down using the planning template in this guide. Check whether they are *smart*, that is, specific, measurable, achievable, realistic, and timed.
3. **Review.** Invite feedback from your coach and fellow athletes on whether you are working on the right areas. Continually review progress towards your objectives/goals and set new goals to replace achieved ones.



Read **10-Minute Toughness: The Mental Training Program for Winning Before the Game Begins** by Jason Selk.

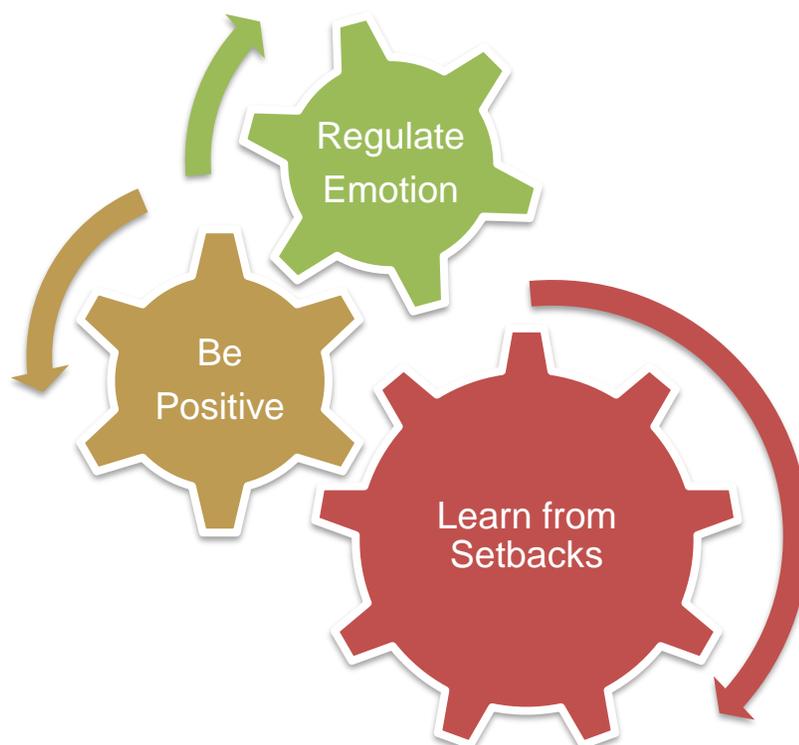


## 3 Tips on Managing Pressure

1. **Game Plan.** View nervousness as a natural and essential part of strong competitive performance. When under pressure, step back, get things in perspective, and if necessary develop a new game plan.
2. **Mental Routines.** Learn to reduce tension using mental routines such as deep breathing and progressive muscle relaxation. During competition, remember to focus on performing to the best of your ability rather than winning.
3. **Imagery.** Identify and write down the feelings you experience when winning and use imagery to create a positive mindset before competing.



Read **With Winning in Mind: The Mental Management System** by Lanny Bassham.

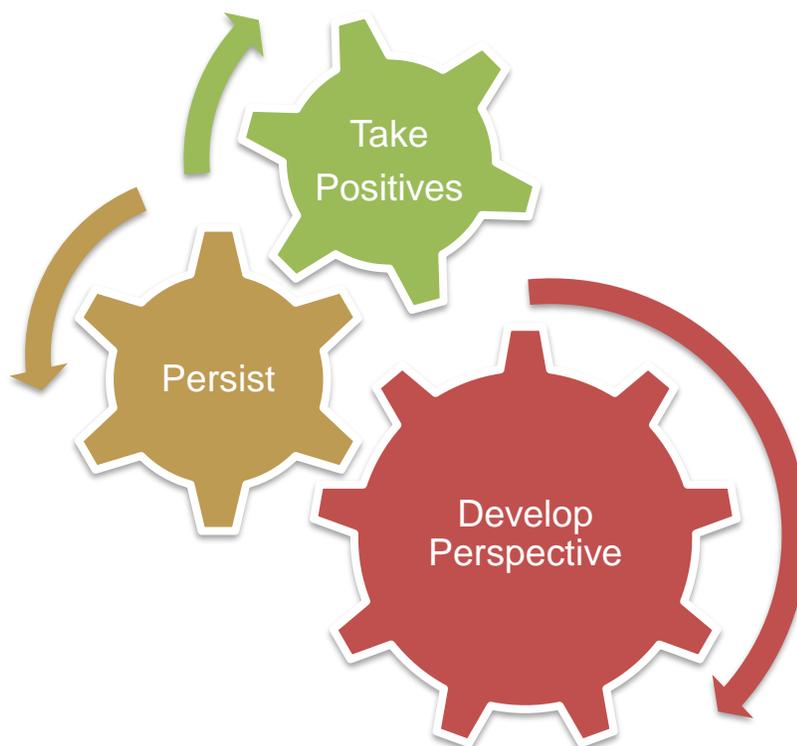


## 3 Tips on Self-Efficacy

1. **Be Positive.** Be positive, confident, and optimistic that you will perform well in your next competition. Avoid comparing yourself to your opponent(s) and focus on the things that you know you do well.
2. **Regulate Emotion.** Use thought-stopping to block unwanted thoughts and feelings and help focus your attention on the task in hand. Increase your sense of well-being by expressing positive feelings and emotions to others.
3. **Learn from Setbacks.** After setbacks and errors, acknowledge what went wrong, refocus on the task in hand, and avoid thinking about the past.



Read **The Talent Code: Greatness Isn't Born. It's Grown. Here's How** by Daniel Coyle.

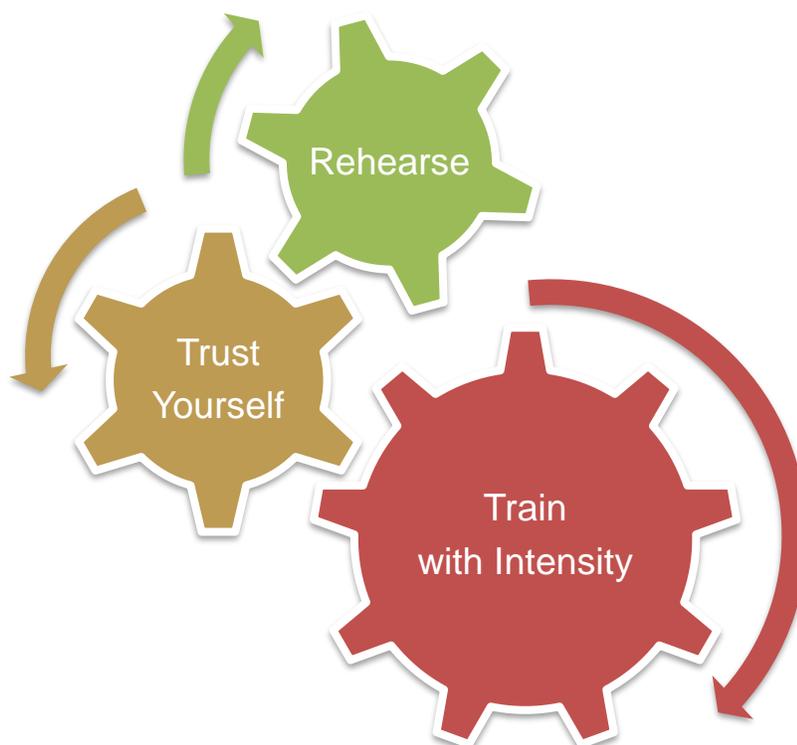


## 3 Ways to Manage Fear of Failure

1. **Take Positives.** Take the positives out of a situation where you don't perform the way you planned and analyze what you are going to do differently next time.
2. **Develop Perspective.** Don't be hard on yourself when you don't succeed. Get failure into perspective and learn something every time you lose. Use positive affirmations such as "I don't worry about what people think" to counter thoughts about failing.
3. **Persist.** Overcome fear of failure by trying different approaches and persisting until you achieve your goals/succeed. Accept/tell yourself that you will not achieve your goals without learning from losses, mistakes, and errors.



Read **The Achilles Syndrome: Overcoming the Secret Fear of Failure** by Petruska Clarkson.

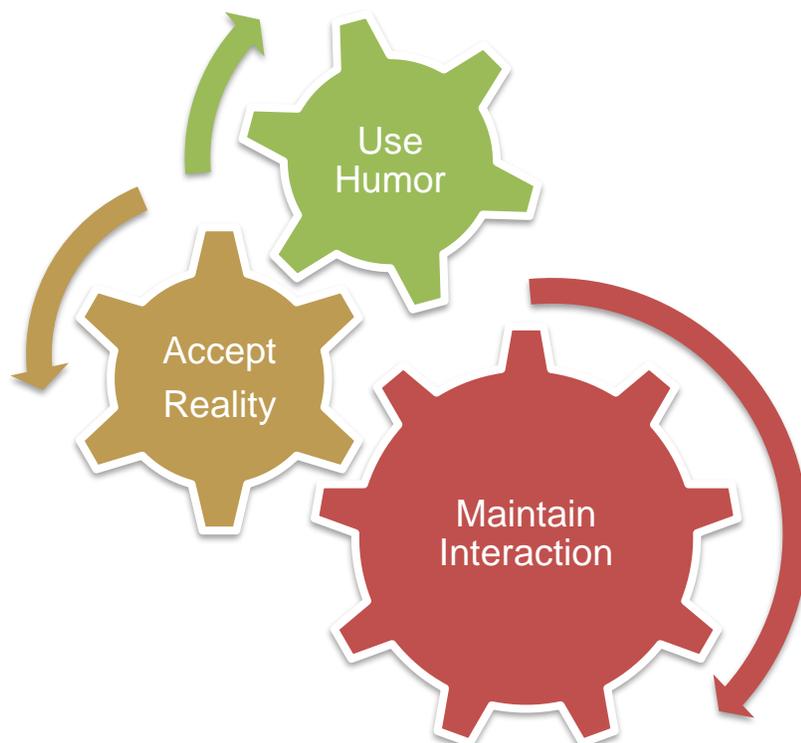


## 3 Ways to Achieve a State of Flow

1. **Rehearse.** Rehearse beforehand how you see yourself performing and focus on enjoying competing and performing. Get yourself feeling positive and confident before performing by, for example, recreating past positive experiences.
2. **Trust Yourself.** Trust and act on your instincts and intuition. When you are in the zone, be prepared to let go and take calculated risks.
3. **Train with Intensity.** View training as a challenge to improve your skills and train with intensity and commitment. During training and competition, focus on the task in hand and eliminate possible distractions from what is going on around you.



Read **Finding Your Zone: Ten Core Lessons for Achieving Peak Performance in Sports and Life** by Michael Lardon.

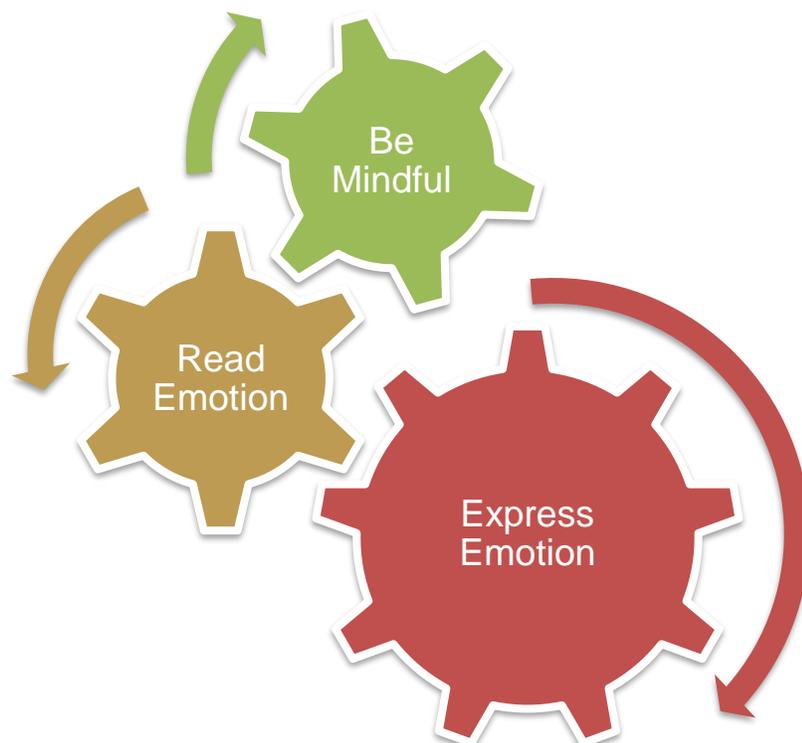


## 3 Ways to Manage Stress

1. **Use Humor.** Develop a sense of humor and perspective as a shield in times of hardship. View training pain (as opposed to injury pain) as a normal part of training and competition.
2. **Accept Reality.** When you face difficult situations, accept and stare down reality rather than adopt an overly optimistic assessment of the situation.
3. **Maintain Interaction.** Maintain your level of interaction with people when you feel stressed rather than cutting yourself off. Try to get plenty of sleep and make sure you have a good diet.



Read **Performing Under Pressure: Gaining the Mental Edge in Business and Sport** by Saul Miller.

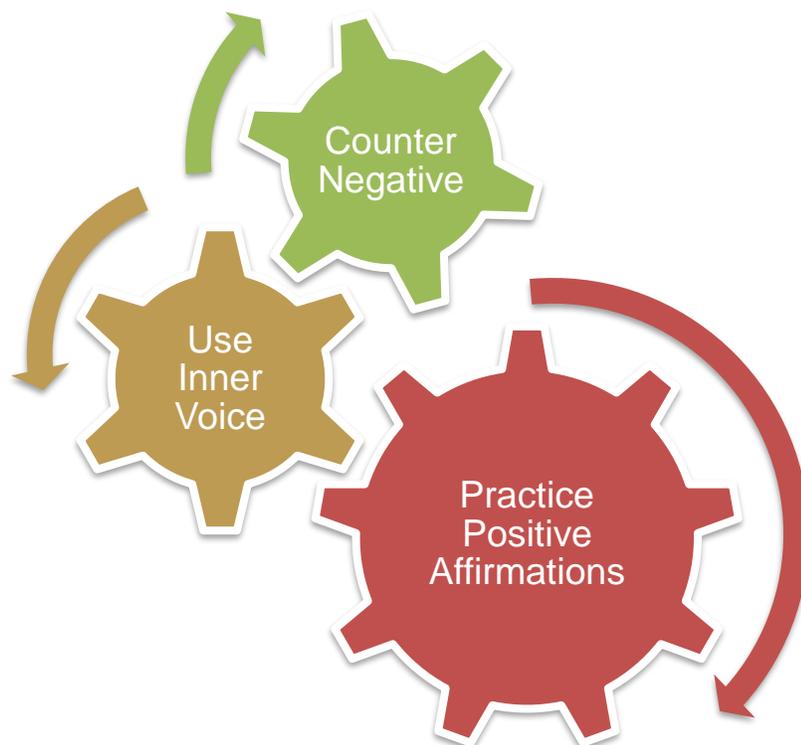


## 3 Ways to Manage Emotions

1. **Be Mindful.** Increase your knowledge and understanding of feelings and emotions by noticing your thoughts and feelings in practice and in competition.
2. **Read Emotion.** Learn to read people's expressions and behaviors and think about how your words and actions affect others--for example, your coach, fellow competitors and family. Recognize how other people's feelings and emotions may affect you.
3. **Express Emotion.** Express your frustrations and concerns appropriately rather than bottling things up. Use humor to defuse tension. Use visualization and positive self-talk to manage performance anxiety and change emotional gears.



Read **177 Mental Toughness Secrets of the World Class: The Thought Processes, Habits and Philosophies of the Great Ones (Volume 3)** by Steve Siebold.

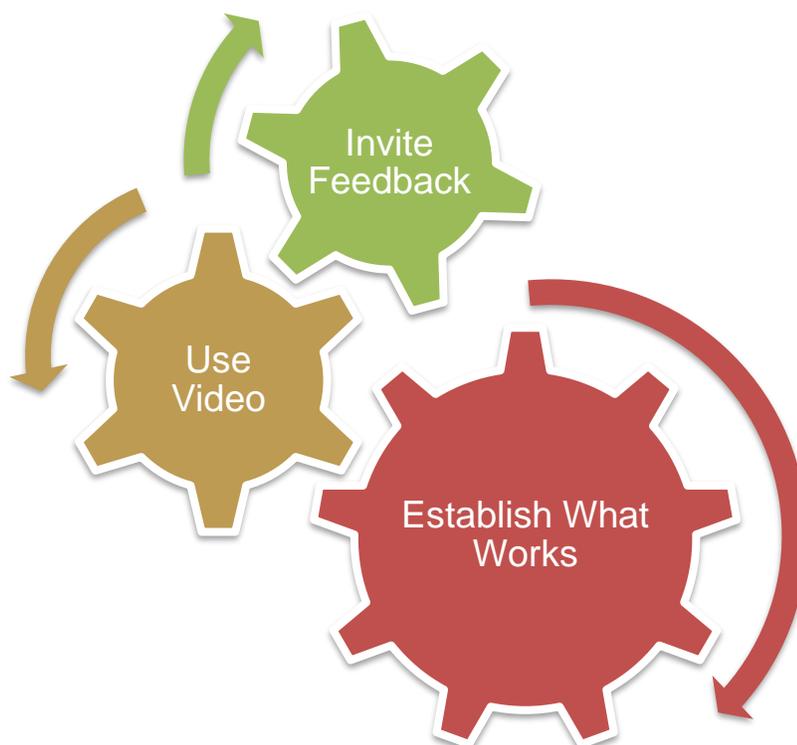


## 3 Tips on Using Self-Talk

1. **Use Inner Voice.** Use your inner voice to stay in control of and focused on your game and prevent you acting impulsively. Use self-talk in combination with deep breathing to refocus and decrease muscle tension caused by anxiety.
2. **Practice Positive Affirmations.** Rehearse positive affirmations about your play and strengths such as “I am having a lot of fun” to use before, during, and after competing.
3. **Counter Negative.** Develop and practice techniques for noticing and countering negative thoughts--for example, the rubber band snap technique. Say positive things to yourself such as, "I need to get out of this mind-set" to stay fresh and refocus.



Read **What to Say When You Talk To Yourself** by Shad Helmstetter.

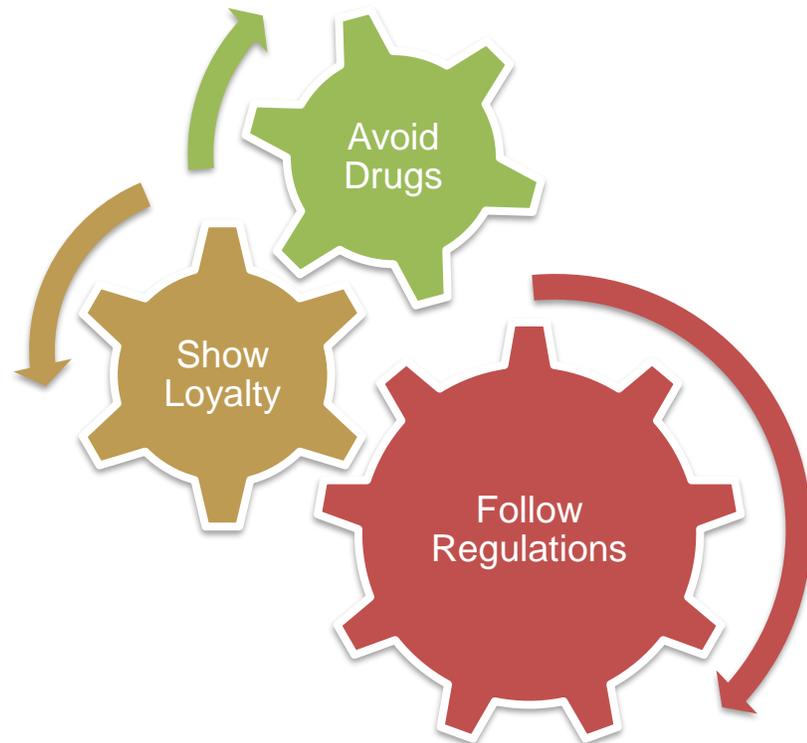


## 3 Ways to Develop Self-Awareness

1. **Invite Feedback.** Invite feedback from coaches and team mates on your physical performance and how you handle yourself mentally. Evaluate your performance after training and competition to identify what went well and what you could have done differently and should work on.
2. **Use Video.** Use video of your performances to help assess your strengths and weaknesses and help develop strategies for future competitions.
3. **Establish What Works.** Identify what works for you and what doesn't work for you to get into your best performance state. Be aware of your thought patterns and self-talk at peak moments in competition and deploy techniques to counter negative thoughts.



Read **Compete, Play, Win: Finding Your Best Competitive Self** by David Apostolico.



## 3 Tips on Ethics

1. **Follow Regulations.** Stick to the rules and regulations of your sport and avoid gamesmanship. Play fairly using tactics that are in accord with the spirit of your sport.
2. **Show Loyalty.** Show loyalty to your team mates, sport, community, society, and family. Expect to be judged by what you do and how well you do it.
3. **Avoid Drugs.** Don't use performance enhancing drugs to increase your performance and muscle strength.



Read **Fair Play: The Ethics of Sport** by Robert Simon.

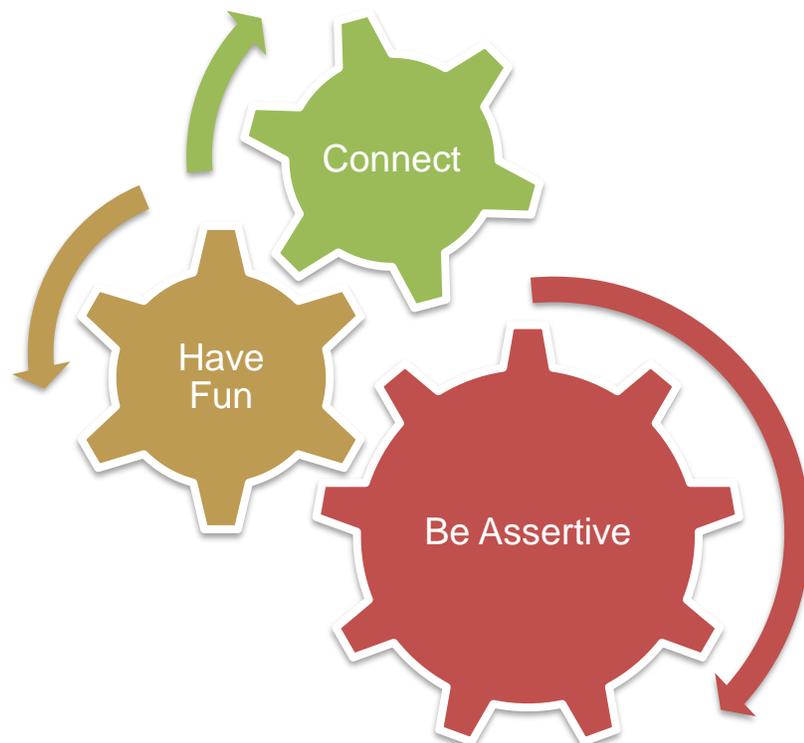


## 3 Ways to Show Empathy

1. **Show Interest.** Take time to learn about people's personal situations, views, and concerns. Watch for the warning signs of stress and burnout in people around you.
2. **Be Modest.** Avoid personal celebrity and aim for a combination of extreme professional determination and outward personality modesty. In conversations, look like you care and ask questions to show that you are interested in what your coach or team mates are saying.
3. **Acknowledge Culture.** Acknowledge cultural differences among competitors and recognize the value in those differences.



Read **Real Dream Teams: Seven Practices Used by World-Class Team Leaders to Achieve Extraordinary Results** by Robert Fisher and Bo Thomas.



## 3 Ways to Improve Relationships

1. **Connect.** Connect face-to-face with people you get on with as frequently as you can. Initiate interactions and communications with people in your sport rather than waiting for other people to come to you.
2. **Be Assertive.** Develop strong relationships with your coach, team mates, commentators, and sponsors. Aim to be moderately assertive pushing your views and ideas at times and backing off at other times.
3. **Have Fun.** Make time to have fun with, show interest in, and care for the people who matter most to you.



Read **Negotiate Like the Pros: A Top Sports Negotiator's Lessons for Making Deals, Building Relationships, and Getting What You Want** by Kenneth Shropshire.



## 3 Tips on Aggressiveness

1. **Tactics.** Develop your understanding about when to play aggressively and when to play safe. Play aggressively to play well and be among the top players.
2. **Execution.** Focus on execution rather than the results and avoid thinking about mistakes.
3. **Practice.** Practice hard to improve your game and gain confidence to play well. Go through your routines with full intensity and focus to achieve a peak level when you perform.



Read **The Mental Edge** by Kenneth Baum.



## 3 Tips on Using Power

1. **Role.** Take the role of team captain seriously and develop your understanding of what it takes to be an effective captain. Talk to your coach, team mates, and past captains to understand what people expect from you as captain.
2. **Passion.** Demonstrate your passion for the game by giving 100% every time you train and compete. Be prepared to step up, walk the talk, and set an example for the rest of the team.
3. **Team Success.** Put the success of the team ahead of your own needs and demonstrate concern for the well-being of team members.



Read **The Captain: Steve Yzerman: 22 Seasons, 3 Cups, 1 Team** by Detroit Free Press.

# Mental Game Development Plan

GOAL	PRACTICE ACTIVITY	TIMELINE	REVIEW NOTES

Copyright © 2017, MySkillsProfile.com Limited.

SPQ20 is a trademark of MySkillsProfile.com Limited.

All rights reserved. No part of this publication may be reproduced or distributed in any form or by any means or stored in a database or retrieval system without the prior written permission of MySkillsProfile.com Limited.