

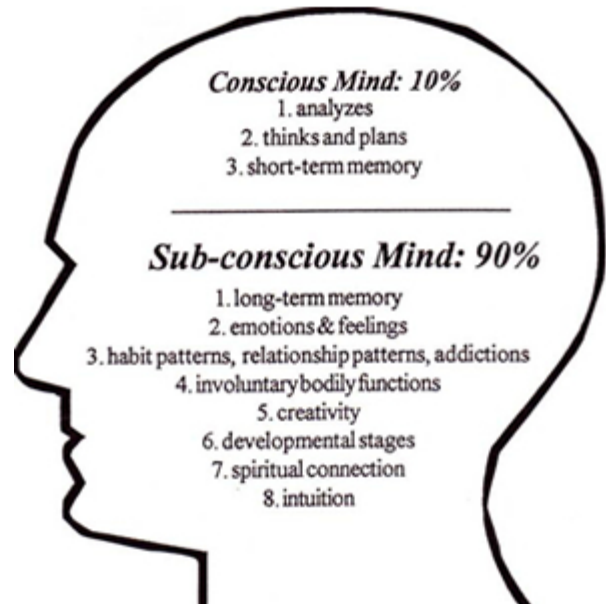
Rule # 3 Thinking Is Overrated

CONSCIOUS MIND (CM)

- It's language is words
- Analyzes and Criticizes
- Perceives information using the five senses
- Logical, rational, intellectual – it must make sense!
- Can make choices, CEO – place of free will

SUBCONSCIOUS MIND (SCM)

- It's language is pictures and symbols
- Things don't have to make sense, anything is possible
- Stores data
- Place of self-doubt, worry, concern, fear, happiness, love, joy, peace



Knowing when to think and when to shut thinking down is crucial to high performance.

Both the conscious and subconscious mind have a purpose in your performance. Learning how and when to use them will set you apart from your competition and give you the **EDGE that Athletes Need to Succeed!**

MOTIVATION

- **CM:** Thinking about what motivates you does not motivate you. Talking about it logically does not motivate you.
- **SCM:** Motivation is an emotional charge of imagining what's possible. You feel it. Imagine it. It's when the **Picture of Your Win Meets the Emotion of the Win!**

CONFIDENCE

- **CM:** Telling yourself to feel confident and reasoning why you should feel confident is all logical. **Positive thinking crumbles under the heat of pressure.**
- **SCM:** Vividly **experiencing** your successful performance, using all of your senses, bypasses the CM and goes right to your long-term memory. **When the pressure is on – confidence is on too!**

EXAMPLES

INJURY

- **CM:** This is tricky. Your CM becomes aware of the pain. Your **SCM** brings up very clear and highly charged emotional memories that flood over a player. Self-doubt and fear come with it!
- **SCM:** The memory of injury is stored in the SCM. Therefore you can't REASON your way into confidence, cause your SCM doesn't understand 'words or logic.' The fastest, most effective solution is to access the SCM.

NEW PLAYS & NEW TECHNIQUES

- **CM:** Does not like anything new or different. It believes it's a threat. This makes learning something new a struggle.
- **SCM:** E-magine your plays and you by-pass the struggle and stress. **Build Success Routines Mental Through Repetition!**

**Would you like to learn the tools and techniques the pros use?
Call Deborah Dubree 480.212.1909**