

Training Mindset vs. Trusting Mindset

It's long been said that you should practice hard so you can play for fun. What does that really mean? How do you do it?

To really improve your performance takes going beyond the typical. Most players focus on technical skills, along with strength and conditioning. These are typical and necessary. They will yield similar or slightly improved results over what you've accomplished in the past. But is that enough? Is that all you want? To create greater levels of improvement takes a mindset too. A mindset for when you train and a different mindset for when you play.

Training Mindset

- Analyze everything . . . so you can learn fast and improve greatly
- Know exactly and specifically where you are in every aspect of your performance and where you want to be
- Observe yourself and take notes
- Don't criticize or judge yourself - there is no real benefit to that
- Do be completely honest with your findings and observations
- The adjust, upgrade, observe and push yourself again
- Do be tough on yourself - going to the next level and beyond means pushing yourself past where you are or have ever been
- Become acutely aware of what *State* is the appropriate for your position and level of play
 - Note: Remember and review the *State of High Performance* from May 8th show
- What are the characteristics that make you great - use them, leverage them
- Anticipate what can go wrong, stress you out or trigger upheaval and plan how you are going to handle it

Trusting Mindset

- No more analyzing - it's Game On!
- You know you have done absolutely EVERYTHING to prepare yourself
- You trust who you are, what you are capable of and you act accordingly
- Body, mind, skills and talent are lined up and you deserve this
- You have the proper perspective - because you've practice how to be great
- You're mind is fine tuned to "see and feel" changes . . . even before they happen
 - *These are the cues the opponent unknowingly gives you*
- You adjust quickly - adapting to changing circumstances.
- **You expect to do well . . . because you've earned it!**

When you practice with a Training Mindset, you will be fully prepared to play with a **Trusting Mindset - which is your EDGE over the competition!**

Would you like to learn the success techniques the pros use?

Call Deborah at 480.212.1909

Email: Deborah@YourClearEdge.com **Website:** Deborah@YourClearEdge.com **Office:** 480.212.1909

Copyright © 2004 - 2012 ClearEdge, LLC and Deborah M. Dubree All rights reserved