

LIVE OAK BASEBALL



MENTAL GUIDE TO SUCCESS

Inner Excellence

- Competition is a challenge
- You must be motivated by the desire to achieve
- You must have the will to prepare
- Do not play the blame game - "The price of greatness is accountability" (Winston Churchill)
- Look after the smallest details - "We are what we repeatedly do, therefore excellence is not an act, but a habit" (Aristotle)

Create your own "Mind Gym" - A place where you can reflect and prepare

- Visualization - the key to taking your game to the next level
 - Practice - Work hard on visualization drills provided
 - Home - Continue to practice drills, remember your very best performance and run through it and feel the mental flow you were in, run through next opponent's lineup and prepare yourself to compete
- Breathing
 - People have tendency to hold their breath when they are nervous
 - Oxygen is energy - allows muscles and brain to work properly
 - Breathe and Focus - desensitize yourself to the environment

Develop Mental Cues

- Find a "Focus" word - word to put you into the proper mental state
 - Focus word reminds you of your optimal mental approach, breathing patterns, and keys to concentrate on

Motivation - Is yours toward seeking pleasure or avoiding pain?

- Drive towards pleasure needs to be stronger
- Live with a purpose to better yourself everyday "Greatness is not a sometimes thing, it is an all the time thing"
- Self Discipline is the only kind of motivation that lasts - it must come from within

Attitude

- Be excited to get to work everyday - approach is all about attitude
- Act like you are going to be great
- Disappointments are temporary, great achievements are forever
- Belief drives behavior, behavior affects performance

- Pursue life with a relentless belief in yourself
- Focus on “do this” not “don’t do this”
- Anger - use it to motivate and solve the problem
 - Not to tear apart goals and the team
- Fear can inhibit performance, shut down body’s ability to function properly
 - Fear releases chemicals in body that prevent proper muscular function
 - Hunt out fears and conquer them
 - Do not fear failure - when you are not afraid your chances improve

Seek Progress, not perfection

- Build weaknesses into strength through daily work
 - Set progress goals everyday with just a few long-term outcome goals to work towards “A man’s greatness is measured by what he does when no one is looking”
 - The daily process will take care of the outcome
 - Identify your personal keys to success and your performance keys to success

See your future in vivid color

- Be positive sensory orientated - see a positive future
- Do not let anything break your vision of the future
- Live backwards - create your future and live into it

Commitment - You must commit to yourself

- Totally surrender yourself to your goals and your team

Play to your Self-Image - “Limits begin where vision ends”

- See yourself as a no-limit person - you can achieve anything through the process
- Be at a comfort zone with your self-image and raise that zone to raise your level of greatness
- Do not be self-conscious or coach-conscious
 - Be task-conscious - what you need to do to be great

Trust Your Stuff - Be Committed to yourself

- Doubts cause intellectual confusion - your body does not know how to respond to doubt
- Routines are comforting mechanisms - positive triggers for your body

Play in the Present

- There is no pressure in the present
 - Pressure is created by anxieties about the future and remembered failures from the past
- Get into your mental locker
 - As you put your uniform on, shed all other concerns

Responsibility - Take responsibility for every action you perform

- It is not the event that matters as much as your reaction to it

Confidence - Makes everything else falls in place

- Knowing that you are prepared is the strongest force an athlete can have
- No one can break the true belief you have in yourself