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Insights *and* Tips *for* Achieving Better Performance Through Mindset

Thoughts create feelings and feelings create the way in which we perform. The better the state, the better the feeling that we have within us, the better we allow ourselves to tap into the potential that we have.



1

It comes down to meaning.

What does it mean to you, why are you doing what you do? And the greater the meaning and the more clarity you have behind why you're doing it and the more that you visit that fairly consistent basis, the greater the desire will build. And in the end, that's what we're after, is emotional horsepower behind what we're doing.

Be sure that you know why, not because someone else is telling you why. It has to be from within you. It can be just a simple, 'Because I want to,' or 'Because I just love the whole experience of this process. Each part has an integral part to me.' It can be as simple or as deep as you would like. But whatever resonates within you is important.

You can be guided through it.

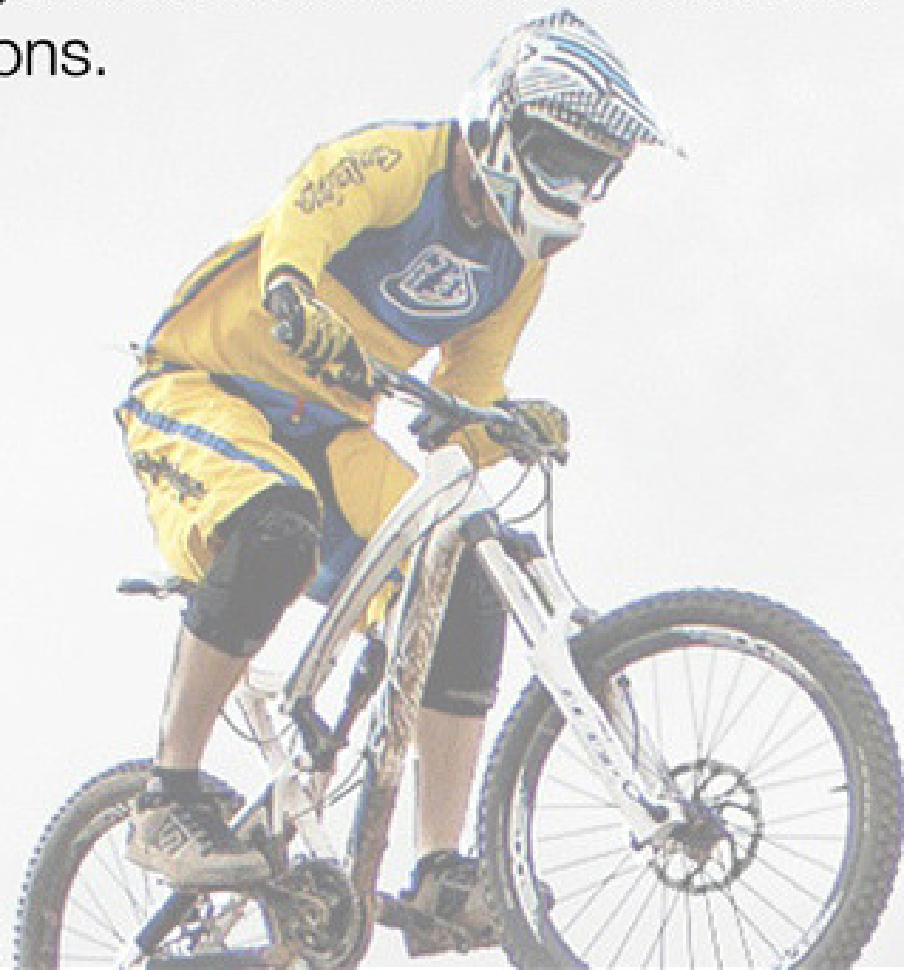
In fact, sometimes it can help enormously if you get the right people around you to ask the right questions. Say to someone, "Listen, I don't want your opinion. I just want you to ask me more questions to help me refine this idea."

If you've got the right questions, you'll come up with the right solutions. And therefore, you can make simple quick progress in what you're doing that will help you build more drive, more desire.

2

Uncovering your blockers and movers

The more that we can discover our blockers, what blocks us from achieving things, the more that we will discover our movers, what moves us towards our visions and our goals. So we've got blockers and movers, and the concept is that through questioning and reflection, and getting to inconvenient truths, we can discover tremendous movers, that allow us to have massive changes in the way that we proactively take actions.



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Experience is informative.

Growth in anything comes from challenge and support. A surfer might be challenged by a hold-down, but then they can support themselves through that occurrence happening again by saying, 'OK. I've got to train for this. I've got to think about how I'm thinking when I go into bigger surf and get my mindset right. Get my physical body right.' And have those things in place. But it will only come potentially for some by having a challenging experience confront them.

A snowboarder wearing a red jacket, black pants, and a helmet is riding a snowy slope. The snowboarder is leaning forward, and the snow is being kicked up behind them. In the background, a ski lift is visible against a bright, overcast sky.

The mind is the athlete/entrepreneur.

To perform in sports or business, you need the ability and skill, but then you need the hardware upstairs to be able to work those concepts, those attributes that you have in a way where you are allowing yourself to perform because your mind is clear.

If your mind is wrapped up in emotion, that isn't good for you. If you're too anxious, if you're too confident, those things can now limit the potential of how you can operate.

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Getting into flow

You need to go into struggle first to get the brain to go into flow. What does that mean?

A really good warm up creates a struggle, where your body goes into this oxygen debt, carbon dioxide excess. And in that process of going through a really good warm up and getting your breathing rate up, your muscles functioning on a high level, the brain is then perceiving, 'Oh OK. We better go into greater secretion of specific chemicals that will allow now the entire body and mind to work together.'

Thinking becomes more feeling, and you get this incredible experience of what we call flow, where you can do things in a split second.

A large, white, sans-serif number "6" is centered on the page. The background is a photograph of a swimmer in a pool, with a blue lane line visible. The swimmer is in a streamlined position, moving through the water. The overall color palette is light blue and white.

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The role of anchors

An anchor is something to focus you on a task at hand, something to trigger productivity or performance. It might be a routine, a ritual, a gesture or a favorite outfit.

Music can be a helpful anchor. Music has been proven to stimulate your dopamine receptors, allowing dopamine to be secreted, which increases your pleasure, increases your focus, and allows you to be stimulated in a positive way.

A voiceover that says, "Now, I want you to think of this particular thing." can be a guide to keep you centered, to keep you on task.

Expect possible blockers.

Pre-empt what may get in your way and have solutions ready. Put down in bullet form what's going to get in the way of your achievement of a goal. Then, what's the solution? How do we get around those blockers?

For example: "My iPhone keeps beeping at me to tell me I've got a link or a like or whatever it may be. So I need to put that away."

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Protect your strength.

Stresses such as competition can eat at your confidence to achieve things. When this happens, it helps to keep things **NEAT**:

- N**ormal.
- E**xpect it.
- A**ccept that it may happen from time to time.
- T**idy it up - don't dwell, just review.

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If others can do it...

You can use other people's achievements as drivers: "Look what they're doing. This is wonderful. If they can do it, it means I can do it. So let's just continue on the process."

Whatever happens, use it.

Negative events enter everyone's life. When episodes occur, let the emotions settle. You might be in deep fear, you might be shocked or guilty, shameful, whatever it may be. Just let that settle. Because all it is is a bunch of chemicals after all. Let the chemical change take place so that then your higher thinking can come into play. And why not have a belief in the background saying, "Whatever happens, let's use it."

And then decide how to use it. That will come from contemplation, reflection, chatting to potentially - let's call them the board of directors of your group - that allow you to have great discussions, deeper, meaningful discussions with end goals in mind, which might be in the end, let's just give back. Let's contribute. Let's think about growth. How can we grow from this experience?

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Select a positive board of directors

How do you pick your board of directors? Be very aware of those in the field that you're in or similar to it, and try and make contact. Try and meet up. Try and have a little 30-minute discussion around what is it that they found challenging. How did they break through?

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