

Mental Awareness

Limited Self Concept

If you expect to do poorly you will be less motivated and less interested; you'll commit less time and energy and thus won't perform as well.

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If you expect or believe that you are a great runner or that you are a whiz at Math, you set in motion behaviors and choices that will fulfill your expectations.

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Thus in sport and life, your level of achievement tends to mirror self-concept.

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Competence breeds confidence. Pat yourself on the back more, and kick yourself less.

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Start making positive, not negative, statements about your worth, your potential, and your skill.

Fear of Failure

Failure is a natural part of the learning process. In order to learn, you have to examine what's not working and change your behavior accordingly.

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Most of us were taught as children to fear failure – especially public failure – and to avoid it at all cost. No one wants to be called a loser. So you learn defense mechanisms like “*Not really trying*”. By changing to the belief that “*I could have done it if I really tried, but it wasn't that important enough to me*” you never really fail.

Destructive Self-Criticism

Self-criticism is a learned habit pattern, one that usually begins in childhood. If you received destructive criticism as a child, you later internalized that criticism and began to criticize yourself to prevent others from doing so.

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Some believe we criticize ourselves to improve. Just the opposite is true. Judgment only holds the pattern of destructive self-criticism in place.

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Be gentle with yourself; show yourself the same kindness and patience you might show a young child. If when playing an opponent, (and) you are opposing yourself, you will be outnumbered.

One Pointed Attention

When we perform habitual routines we tend to daydream. Athletes can experience the power of the present moment. When we achieve one-pointed attention, we become completely present. This state has been called *flow* or *being in the zone*. The body mind master calls it home.

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One pointed concentration demands your full attention in the present.

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Don't look where you don't want to go.

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Limited Self Concept

- Name some things you cannot do.

Fear of Failure

- What happens when you do poorly?

Destructive Self- Criticism

- How have you beat yourself up after a poor performance?
- In what ways have your parents negatively criticized you?

One Pointed Attention

- What does focus mean?
- Do you daydream?