

“The Power of Girls BEING Positive!”

“Whether you think you can or whether you think you can’t, you’re right.”

Mental Management: “The process of improving the probability of having a consistent mental performance, under pressure, on demand.”

Mental Component #1 - the Conscious Mind

- Your mind can only concentrate on one thing at a time.
- *Develop Conscious Competence - “Practice to get it right.”*
- *Use positive language for giving and receiving instructions.*
- *Positive Affirmations - “I am an artist of the Chord Ringers Chorus, Region 25 Small Chorus Champions, and a B+ Level Chorus! It is so like me to ...! I am an artist of the”*

Mental Component #2 - the Subconscious Mind

- The mind multi-tasks in order to do many things at once without thinking.
- *Develop Subconscious Competence - “Practice so that you can’t get it wrong.”*

Mental Component #3 - the Self-Image

- “Self-Image and performance are always equal. To change your performance, you must first change your self-image.”
- *Develop Self-Image - “Performance and Self-Image are equal.”*
- *Directive Affirmations*

Directive Affirmation - a paragraph written in the first person present tense that describes a person’s goal, pay-value of the goal, plan to reach a goal and habits and attitudes affecting the goal. It is rehearsed repetitively, causing the Self-Image to change.

In order to change your Self-Image:

1. Become willing to change - be willing to be uncomfortable.
2. Identify the attitudes and habits you need to change.
3. Set up a new self-image that is direct conflict with your old one.
4. Exchange your old self-image with your new one.

CONSCIOUS OVERRIDE - Result of not allowing the Subconscious Mind to perform. Overcome by changing self-talk in order to improve Self-Image.

THE TRIAD STATE - This occurs when the Conscious, Subconscious and Self-Image are balanced and working together. You work smoothly, efficiently and effortlessly toward your goal.

Application of Knowledge:

1. Practice, practice, practice - until you can't get it wrong
2. Visualize - the brain doesn't know the difference between reality and fiction
3. Develop routines - and do them
4. Adopt a language of positive language and Positive Affirmations
5. Change your Self-Image - Directive Affirmations
6. Put yourself in situations which are slightly out of your comfort zone
7. Promote your organization - medals are not won alone
8. Promote yourself with positive self-talk - others cannot think highly of you unless you do
9. Don't give up on yourself
10. Train hard, compete easy

*The rose is a rose
from the time it is a seed to the time it dies.
Within it,
at all times,
it contains its full potential.*

The Inner Game of Tennis
W. Timothy Gallwey

The mind is everything. What you think you become.

Buddha

Sources:

With Winning in Mind, Lanny Bassham

The Inner Game of Tennis, W. Timothy Gallwey