



UNLOCK YOUR
X-FACTOR

THE COMPLETE ATHLETE'S
GUIDE TO PEAK PERFORMANCE
WORKBOOK

TRACEY HEMPHILL
with CLAIRE TAYLOR

HEY THERE, FELLOW ATHLETES AND CHAMPIONS IN THE MAKING!

Welcome to the ultimate playbook for unlocking your true potential and achieving greatness in the world of sports! Whether you're a seasoned athlete looking to take your game to new heights or a young trailblazer just starting out, this athlete's journal is tailor-made to fuel your dreams and ignite your passion for success.

In these pages, we'll embark on a thrilling journey together, exploring the very essence of what makes a successful athlete tick. From the moment you open this book, you'll dive headfirst into the most crucial element of all: the mindset. Because, my friends, let's face it – becoming a legendary athlete isn't just about physical prowess; it's about cultivating a champion's mindset that sets you apart from the rest.

Prepare to unleash the power of motivation and learn how to fuel that inner fire, even on the toughest days. We'll equip you with a powerful toolkit to conquer obstacles, break through plateaus, and emerge stronger than ever before. Whether it's getting through those grueling training sessions or overcoming the odds in a high-stakes competition, you'll find the motivation you need right here.

We'll dive deep into the art of goal setting, not just any goal setting – but the kind that propels you forward like a rocket towards your dreams. No more vague ambitions; we're talking about setting crystal-clear targets and formulating foolproof strategies to achieve them. Success will no longer be a distant dream but a concrete reality within your grasp.

Throughout this journal, you'll discover the keys to unlocking your potential and achieving peak performance. It's like having a personal coach in your corner, guiding you every step of the way. With dedication and the right mindset, there's no limit to what you can achieve!

So, here's the deal, my fellow athletes – it's time to take charge of your destiny. This book is not just about reading; it's about action, relentless action. Get ready to put pen to paper, set those goals, track your progress, and witness your dreams manifest before your very eyes.

The road to greatness starts now. Are you ready to embrace the journey? Don't just read this book – devour it, absorb it, and make it your own. This is your chance to create a legacy, to leave an indelible mark on the world of sports.

Remember, the power to succeed lies within you. So let's put on our game faces, and make every moment on this path count. Your destiny as a victorious athlete awaits.

Now, go forth and conquer!

A handwritten signature in black ink that reads "Tracy". The letter "T" is large and stylized, with a horizontal bar that curves to the left. The rest of the name "racy" is written in a cursive, flowing script.

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Every effort has been made to accurately present this product and it's potential. Despite our best efforts, there is no guarantee that these techniques will work for you.

Your level of success will depend totally on your mindset, beliefs, commitment and consistent action.

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SECTION 1 - SCOPING YOUR VISION OF THE



LET'S SCOPE THE INTERNALS:

HOW YOU FEEL WHEN YOU RELATE TO OTHERS AND EXPRESS YOURSELF

When with my loved one's I feel...

Every morning I wake up with a sense of...

When I start the day I feel...

When I have finished the day I feel...

When I am busy with one of my favourite activities, I feel...

When I am home, I feel...

NOW LET'S SCOPE THE EXTERNALS:

WHAT YOU WANT YOUR WORLD TO LOOK LIKE AND HOW YOU WANT TO BE

Where do you live? What does the environment look like?

What particular things in your home make you feel at home?

What particular things do you live close to that add value to your life?

What time do you wake up in the morning?

What does your training schedule look like?

What other things/activities interest you?

How much time are you spending with your loved ones?

How much time do you spend by yourself?

How much time do you dedicate to your school work/studies?

What are the 3 things you are most proud of yourself for achieving this past year?

What things have gotten much easier for you this past year?

What kind of people do you like to surround yourself with?

How do you feel in your body?

Are you satisfied with your current performance at:

School/studies

Sport

What habits are in place now that were not there 2 years ago?

What 3 words describe your lifestyle right now?

What things are you most excited about right now?

LET'S SCOPE YOUR VISION FOR BEING THE



One a scale of 1-10 how confident are you that you have the skill sets to achieve your dreams?

What are the things that you think block you from achieving your dreams?

One a scale of 1-10 how confident are you that you have the skill sets to achieve your dreams?

What are the things that you think block you from achieving your dreams?

On a scale of 1-10 how confident are you that you have the skill sets to achieve your dreams?

What are the things that you think block you from achieving your dreams?

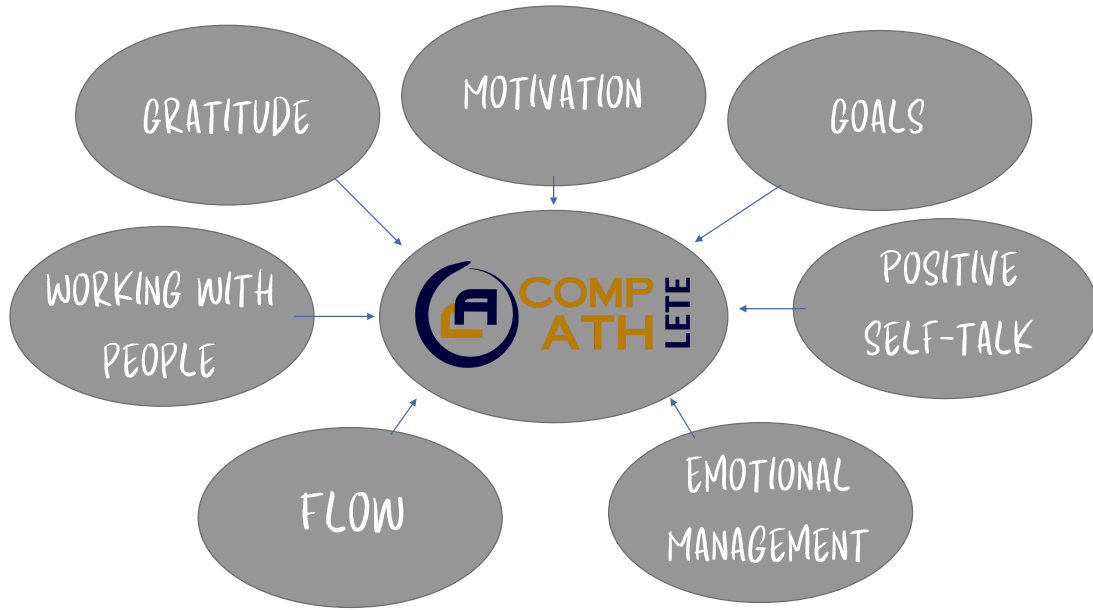
What do you see as potential risks for you putting yourself all out there to achieve your dreams?

What things have blocked you in the past?

What has been your greatest strength in the past?

After doing this exercise what 3 things became more clear to you about where you are headed?

GETTING YOUR COMPLETE ATHLETE MOTIVATIONS STACKED



Write down 25 reasons why you play your sport:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
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21. _____
22. _____
23. _____
24. _____
25. _____

WHAT MAKES A GREAT COMPLETE ATHLETE?

Choose and Maintain a Positive Attitude:

A positive attitude is crucial for athletes as it affects their mindset and outlook on training, competition, and setbacks. When athletes approach challenges with a positive attitude, they are more likely to stay resilient, focused, and open to learning from failures. It also improves team dynamics and helps to build better relationships with coaches, teammates, and opponents, fostering a supportive environment for growth.

Maintain a High Level of Self-Motivation:

Self-motivation is the internal drive that pushes you to keep going even when faced with obstacles or when progress is slow. By cultivating self-motivation, you can stay committed to your training regimen, continuously improve your skills, and push your boundaries to reach higher levels of performance. It allows you to stay dedicated and not rely solely on external sources of motivation, making you more consistent and self-reliant.

Set High, Hard, and Daily Clear Goals:

Clear and ambitious goals provide you with direction and purpose. When you set specific, measurable, achievable, relevant, and time-bound (SMART) goals, you create a roadmap for your progress. Daily goals help break down larger objectives into manageable tasks, creating a sense of achievement and progress, which, in turn, boosts confidence and motivation.

Deal Effectively with People:

Being a successful athlete involves strong interpersonal skills. Athletes must communicate effectively with coaches, teammates, family, and support staff. Effective communication fosters understanding, resolves conflicts, and helps build a supportive team environment. Building positive relationships contributes to better collaboration and cooperation, enhancing one's overall experience and performance.

Use Positive Self-Talk:

The way you talk to yourself (self-talk) significantly impacts your confidence and performance. Positive self-talk involves using constructive and encouraging statements, even during challenging moments. This kind of internal dialogue helps you stay focused, manage nerves, and maintain composure under pressure, leading to improved mental resilience and performance.

Use Positive Mental Imagery:

Mental imagery, also known as visualization, is a powerful tool for athletes. By vividly imagining successful performances, you reinforce neural pathways, enhance muscle memory, and improve technique. Positive mental imagery can also reduce anxiety and instill a sense of familiarity, control and confidence in high-pressure situations, enabling you to perform at their best.

Manage Anxiety Effectively:

Anxiety is a common experience for athletes, especially before important competitions. Successful athletes learn to manage anxiety by developing coping strategies like deep breathing, mindfulness techniques, and positive reframing. Managing anxiety helps athletes stay focused, avoid performance disruption, and channel their energy positively.

Manage Emotions Effectively:

Emotional control is essential for athletes as intense emotions can either hinder or fuel performance. Learning to manage emotions, such as frustration, anger, or fear, allows athletes to stay composed, make better decisions, and respond constructively to challenges. Emotionally intelligent athletes can bounce back from setbacks more effectively and maintain a balanced approach to their sport.

Maintain Concentration:

Concentration, or the ability to stay fully focused on the task at hand, is a key factor in athletic success. You must develop their concentration skills to tune out distractions and maintain sharp attention during practice and competition. Enhanced concentration leads to improved learning, quicker reactions, and better execution of skills.

Experience Flow:

Flow is a state of optimal performance where athletes feel fully immersed in their activities, performing at their best effortlessly. This state is achieved when the challenge level of a task matches the athlete's skill level, creating a sense of being "in the zone." Successful athletes strive to experience flow regularly, as it enhances enjoyment, creativity, and peak performance.

GRATITUDE

"GRATITUDE AND ATTITUDE ARE NOT CHALLENGES; THEY ARE CHOICES."

We often forget to look back and reflect on where we have come from and the lessons we have learned. We are conditioned to focus forward and set new goals as soon as we have achieved the existing ones. In this section we are going to look back and find gratitude for the experiences that led us to now.

SUCCESSSES FOR THE SEASON

Now go ahead and list your successes for the previous year or season. Don't hold back now. Celebrate yourself!

List all your learnings for the season/year:

How would you do things differently going forward:

gratitude
CHANGES
every
thing

List all the things you are grateful for:

I am:

I have:

I can:

CREATING THE MINDSET FOR A COMPLETE ATHLETE

Beliefs – They create your reality:

What you believe about yourself and your abilities as an athlete greatly influences how you perform and what you achieve. If you believe in your skills and potential, you'll approach challenges with confidence and determination. So, believe in yourself and your dreams, and you'll see how your reality starts to align with those positive beliefs.

Your thoughts – Every thought creates something:

Your thoughts have power, and they can shape your actions and outcomes. Positive thoughts can boost your motivation and lead to better performances, while negative thoughts can hold you back. Practice replacing negative thoughts with positive ones, and watch how it impacts your athletic journey.

Cause and effect – You are always the cause, and you live the effect:

As an athlete, your actions have consequences, and the choices you make directly impact your results. Take responsibility for your training, nutrition, and mindset, as these factors play a crucial role in determining your success.

Law of vibration and attraction – Every emotional state has a vibration:

Your emotions carry energy that can influence your experiences. When you exude positivity and enthusiasm, you attract positive experiences and opportunities. Cultivate good vibes, and you'll find that success and happiness are more likely to come your way.

Attitude of appreciation prevents a feeling of lacking something:

Instead of focusing on what you lack or what you haven't achieved yet, practice gratitude for what you do have and what you've accomplished so far. An attitude of appreciation fosters contentment, boosting your confidence and allowing you to perform at your best.

The subconscious does not process negatives:

When you say things like, "I won't mess up," your subconscious may only register "mess up." To create a more positive mindset, rephrase your thoughts and statements into positive affirmations. For instance, say, "I will perform well and give my best effort."

Plan your actions and goals for each moment, training session, or competition. This focused approach helps you stay on track and makes your athletic journey more purposeful. By setting clear intentions, you can steer yourself towards success step by step.

GROWTH MINDSET

So, what is a growth mindset? Well, it's the belief that our abilities can be developed and improved through dedication and hard work. It's like a superpower that allows you to grow and progress beyond your wildest dreams!

Imagine having a mindset that sees challenges as exciting opportunities rather than intimidating obstacles. That's the essence of a growth mindset. Instead of thinking that talent and intelligence are fixed traits, we believe that we can continually improve through effort and learning. So, let's explore how this mindset can elevate your sports performance and your life in general.

One essential aspect of the growth mindset is adding the magical word "yet" to your vocabulary. For instance, if you can't do a specific skill or achieve a particular goal just yet, it doesn't mean you never will. By adopting the "yet" mindset, you'll open yourself up to endless possibilities and the determination to keep pushing forward. What are some examples you can think of relevant to your life right now?

A growth mindset thrives on challenges. Instead of shying away from difficult situations, view them as stepping stones to greatness. In sports, every challenge you face, whether it's a tough opponent or a new technique to master, is an opportunity for growth. Let's dive into ways to embrace challenges and turn them into your advantage.

Learning is a lifelong adventure, and with a growth mindset, you'll fall in love with the process. It's not just about the destination; it's about enjoying every step along the way. How could you cultivate a love for learning, both in sports and in personal development, to become the best version of yourself.

Bouncing Back Stronger: Life is full of ups and downs, and sports are no different. But with a growth mindset, you'll develop resilience—the ability to bounce back stronger after setbacks. Explore ways to build your resilience, handle failures with grace, and turn them into valuable lessons for improvement.

Support from others can significantly impact your growth mindset journey. Let's talk about how to create and maintain an environment that encourages growth, where you and your teammates lift each other up, celebrate each other's successes, and support one another through challenges.

It's essential to realize that mindsets are not set in stone; they can be changed and cultivated over time. What are some practical strategies you could use to transition from a fixed mindset to a growth mindset, if you found yourself in a fixed mindset state, helping you unlock your full potential in sports and in life?

GROWTH MINDSET	Embraces Challenges	CHALLENGES	Avoids Challenges	FIXED MINDSET
	Persists in the face of setbacks	OBSTACLES	Gives up easily	
	Sees effort as a path to mastery	EFFORT	Sees effort as fruitless	
	Learns from criticism	CRITICISM	Ignores useful negative feedback	
	Finds lessons and inspiration in the success of others	SUCCESS OF OTHERS	Feels threatened by the success of others	

BELIEFS

"WHETHER YOU THINK YOU CAN, OR YOU THINK YOU CAN'T - YOU'RE RIGHT." - HENRY FORD

Beliefs are like the compass that guides us through life. They're powerful because they have the ability to determine the actions we take. Imagine your beliefs as the driving force behind your decisions and behaviors. They can be a source of empowerment or, unfortunately, limitation.

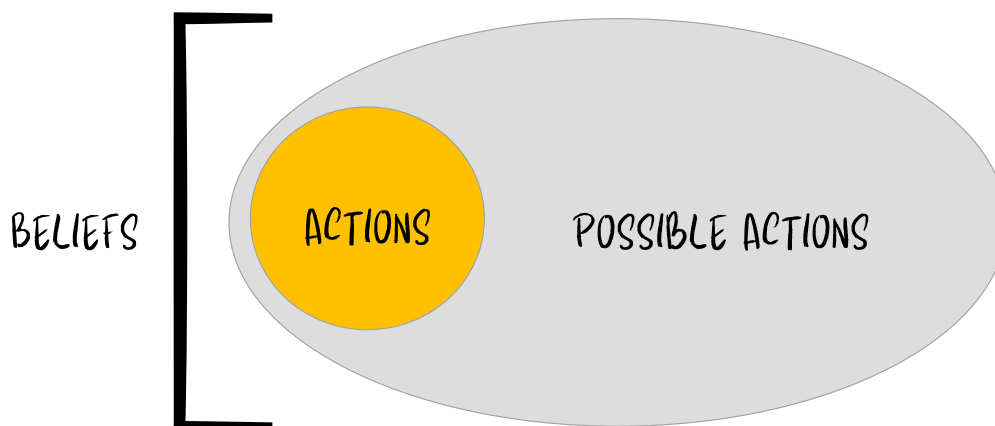
Ultimately, Beliefs are action determining mechanisms. Let's explain...

When you believe something is impossible, it can lead to feelings of hopelessness, making it hard to take any action. It's essential to recognize that such beliefs can hold you back. Similarly, when you think that certain things are possible for others but not for yourself because you lack the necessary resources, it may lead to feelings of helplessness. And this, in turn, can also hinder you from taking action.

But don't worry, there are ways to expand and improve your beliefs, opening up a world of possibilities for you!

One effective way is by using transformational vocabulary. This means being mindful of the words you use to describe your expectations and goals. When you start speaking positively and believe in yourself, your reality begins to change accordingly. Your language and behavior align to produce actions that will ultimately lead to improved results.

Remember, it's crucial to adopt a growth mindset and tell yourself that you can achieve your goals with effort, dedication, and perseverance. By embracing a positive belief system, you empower yourself to overcome challenges and achieve great things in your athletic journey.



Depressed	→	A little down
Disappointed	→	Glum
Exhausted	→	Need recharging
Failed	→	Learning
Frustrated	→	Fascinated
Dying	→	Challenged
Overloaded	→	Stretched

Consider the words above.

We cannot lie to ourselves about our experience or how we feel. We can't tell ourselves we're thrilled when we are not. It's important to acknowledge what we are experiencing, but we can reduce the negative energy it carries by the word we use.

For example; if you're feeling a little down avoid using the word depressed because the word itself carries so much more energy. I mean when you say the word to yourself can you feel the way it makes you feel in your body? Instead, when asked, lighten the language as much as you can to reduce the negative intensity of the experience by rather saying that "I'm a little down."

Take some time to discover the things you tell yourself and the words that you use. Which ones move you forward and which ones don't? Write down all the things you say and the words that you use which you believe don't move you forward:

Statements/words that hold me back:

Alternatives that will move me forward:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Now look at those statements and words and come up with lighter alternatives that will be more empowering.

LOCUS OF CONTROL

Locus of control is all about how you see the world and the level of control you believe you have over your own life and actions. Imagine you're the captain of your own ship, and you have two options for navigating through the challenges and successes of your athletic journey.

Internal Locus of Control: If you have an internal locus of control, you see yourself as the boss of your destiny. You believe that you can make things happen through your hard work, dedication, and decisions. So, when you set a goal or face a tough situation, you roll up your sleeves and take charge!

External Locus of Control: On the other hand, if you have an external locus of control, you might feel like a passenger on the ship of life. You might think that things just happen to you, and you have little say in the matter. When things go well, you might think it's just luck, and when they don't, you might feel like it's someone else's fault.

Now, here's the interesting part: how you perceive your locus of control can have a BIG impact on your performance and training as an athlete.

Imagine this scenario: You're in a match or competition, and things don't go as planned. An athlete with an internal locus of control would say, "Okay, I didn't perform as well as I wanted, but I can learn from my mistakes, work harder, and do better next time." They take responsibility for their actions and look for ways to improve.

On the flip side, an athlete with an external locus of control might say, "It wasn't my fault. The referee made bad calls, or my teammates didn't support me enough." They blame external factors for their performance instead of focusing on what they could have done differently.

Developing an internal locus of control is like becoming the master of your own athletic destiny. When you take responsibility for your training, practice, and performance, you gain the power to make positive changes and grow as an athlete.

We want you to succeed, so here's an exercise to help you develop that internal locus of control:

Reflection Time: Take a moment to think about a recent performance or training session where you weren't completely satisfied with your results.

Identify External Factors: Write down any external factors that you feel may have influenced the outcome. This could be anything from weather conditions to the behavior of others.

Take Ownership: Now, think about what you could have done differently to improve the situation. What aspects of your performance were within your control? Write those down too.

Set Goals: Based on your reflections, set some specific goals or make some commitments for your next training or competition. Focus on the things YOU can control.

Celebrate Progress: As you work towards your goals, remember to celebrate your progress and efforts. Acknowledge that you have the power to make positive changes in your athletic journey.

By developing an internal locus of control, you'll build a strong foundation for success and be better equipped to handle challenges with confidence. Remember, you are in the driver's seat of your athletic journey, and we believe in you every step of the way! Keep up the great work!



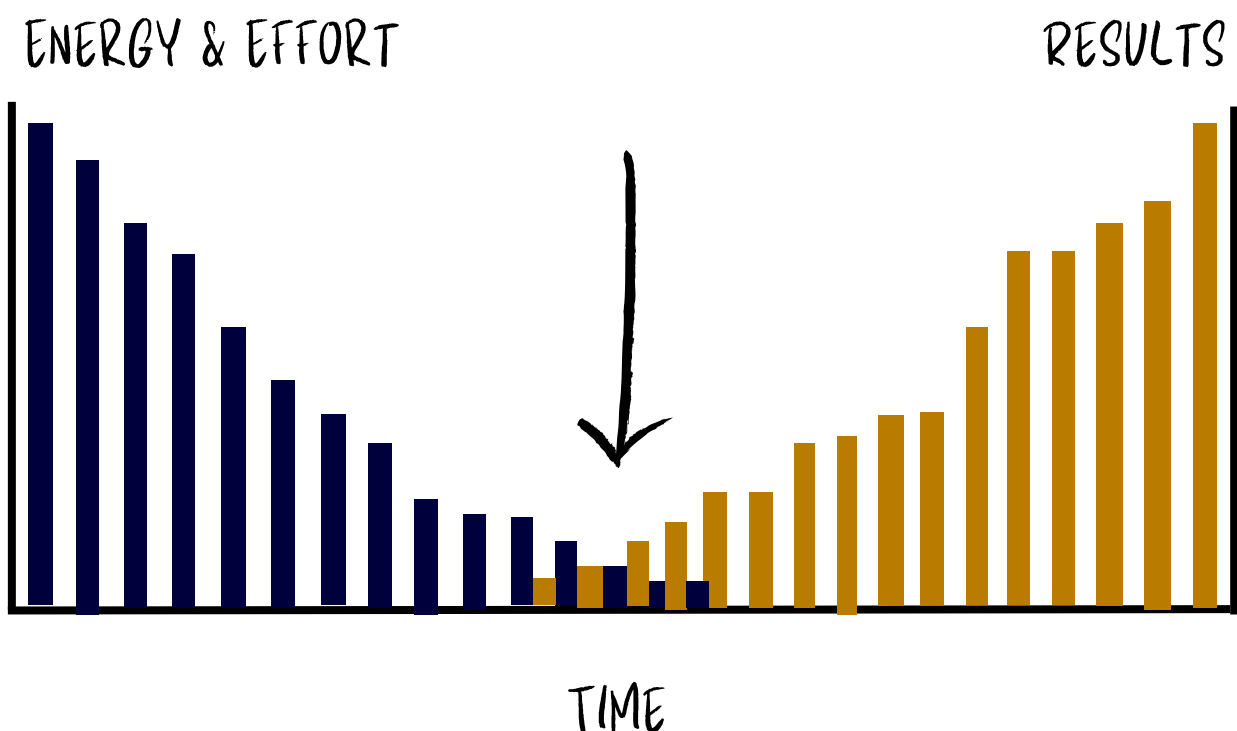
CAUSE AND EFFECT

Cause is like the "why" behind something happening or the spark that ignites a process, while effect is the outcome or result that follows.

Imagine you're planting a seed (cause) in the ground. With time and care, that seed will grow into a beautiful tree (effect). The cause here is the planting and nurturing of the seed, while the effect is the growth of the tree. But here's the thing, just like planting a seed, many things in sports and life take time to show their effects.

Think about it as the concept of compound interest. When you save money in a bank, it starts to grow slowly. As time goes by, the interest starts to build on the initial amount, and over time, your savings grow much faster. The same principle applies to your athletic journey and personal growth. Consistent daily habits and actions may not show immediate results, but over time, they compound, leading to significant improvements and achievements.

THERE'S A TIME LAG BETWEEN CAUSE & EFFECT.
THIS MEANS THEY CAN'T ASSOCIATE TODAY'S ACTIONS
WITH TOMORROW'S RESULT.



Sometimes, athletes can get discouraged because they expect quick and instant results. It's like expecting a huge oak tree to grow from a tiny seed overnight. But remember, greatness takes time and patience. It's like building a strong foundation brick by brick before you see the magnificent castle standing tall.

Here's an exercise to help you understand cause and effect better:

Set a Goal: Choose an athletic goal you want to achieve. It could be improving your sprint speed, mastering a new skill, or increasing your endurance.

Break It Down: Identify the daily or weekly habits and actions that will contribute to reaching your goal. For example, regular practice, specific drills, a balanced diet, and proper rest.

Track Your Progress: Create or use this journal or a chart to track your daily efforts and progress. This could be a simple calendar where you mark each day you complete your planned activities.

Be Patient and Consistent: Stick to your plan and remember that progress might not be obvious right away. Trust the process and stay committed to your goals.

Reflect and Celebrate: After a few weeks or months, look back at your journal to see how far you've come. Celebrate the small victories and recognize the impact of your consistent efforts.

By going through this exercise, you'll better understand how your actions (cause) lead to improvements (effect) over time. Embrace the journey, enjoy the process, and you'll find yourself becoming a stronger, more resilient athlete.

SECTION 2 - LEVERAGING THE 80/20 RULE

The 80/20 Rule, also known as the Pareto Principle, states that roughly 80% of effects come from 20% of causes.

Let's look at how this applies to sports and you:

Look for Patterns in Exceptional Results:

I want you to think about your best performances. Analyze those performances and identify commonalities. Maybe you performed exceptionally well during certain practice routines, under specific conditions, or when adopting particular mindsets. What were the days leading up to the event like? How was your diet around this time? How were you sleeping? What kinds of things were you prioritizing? Replicating these patterns can lead to consistent success. Write down a few things that you know work for you and generally lead to good results:

Selective Efforts:

Athletes should focus their efforts on the key aspects that bring the most improvement. If 20% of their training activities lead to 80% of their progress, they should prioritize those activities over less impactful ones. What are the key elements of your training that you need to focus on?

Don't stop there, because we're not just athletes, we are people with a lot of other things going on, like school, studies and maybe even a job. What key things do you need to focus on to get results in these areas?

Networking for the Dream Team:

In sports, assembling a strong support network is crucial. Athletes can apply the 80/20 principle by identifying the 20% of people or resources that contribute to 80% of their growth. This might include coaches, mentors, or teammates who bring out their best. Which relationships do you think you should be leaning into right now? How do they contribute to your performances and success? Express your gratitude for these people:

Generalist vs. Specialist:

The 80/20 principle suggests that, in many cases, focusing on the core skills that contribute to the majority of results can be more effective than spreading oneself thin. Athletes can balance being well-rounded with developing expertise in their most impactful skills. It's like focusing on your strengths, but making time to train up your weaknesses. What do you think your most impactful skills are right now?

Which skills/elements do you need to train up and when will you do that?

Uni-tasking over Multi-tasking:

Instead of trying to do everything at once, athletes can apply the 80/20 rule by concentrating on one task at a time. This allows them to channel their efforts into the most important tasks and avoid diluting their focus. This is also so important for accessing states like Flow. Identify areas where you feel you might need to implement this in your life, ensuring that you try to work on one thing at a time to get it done before moving onto the next thing:

Playing to Strengths:

Athletes should identify their strengths and concentrate on honing them. By doing so, they can maximize their impact on the game, focusing on the areas where they excel the most. Focusing on strengths is also easier because we enjoy things we are good at. What are your specific strengths and where can you apply them better?

Delegation & Automation:

In team sports, delegation is vital. Athletes can delegate tasks that are not in their core skill set to others, allowing them to focus on what they do best.

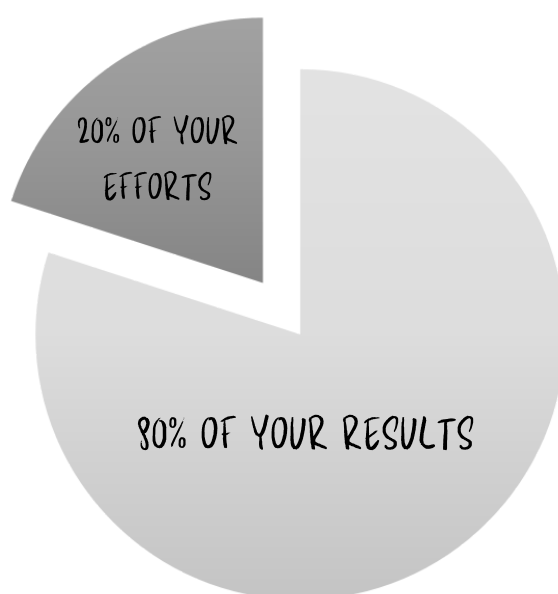
How can you as an athlete eliminate hassle and drag in your day, so that you can focus on key tasks that move you towards success? Automate as much of your life as possible so that you can concentrate energy on these key elements. For example: have a schedule that has your entire week plotted out. In that schedule plot out time for school, time for training, time for supplementary exercises, grooming, recovery, socializing, etc.

This will help you eliminate decisions that you are sometimes faced with that ultimately ends up consuming energy for other important activities, or distracts you. On that schedule ensure that you do make time for all of these important things in your life, but try your best to stick to this schedule and allow the automation that you have set to direct your energy and focus.

Consistent Effort:

The 80/20 principle applies to consistency as well. Athletes who perform at their best 80% of the time are more likely to see that excellence reflected in their overall results. This means that maintaining focus and effort consistently can lead to significant achievements.

Remember, the 80/20 rule is a tool to help athletes optimize their efforts and achieve greater results. By understanding which actions and strategies contribute most to your success, you can make informed decisions about where to invest your time and energy.



PARKINSON'S LAW

Let us look at ways you could apply Parkinson's Law into your life as an athlete:

Time-Boxed Sessions: You can apply Parkinson's Law to your training by setting specific time limits for each task, workout or practice session. By doing so, you're more likely to focus intensely, efficiently complete tasks, and avoid distractions, leading to improved performance.

Study Sessions: When you allocate a specific timeframe for studying, you're more inclined to concentrate and use study time more effectively. This can help with balancing academics with sports, reducing stress and enhancing performance in both areas.

Goal Setting: Setting shorter, focused deadlines for achieving goals can prevent procrastination and enhance motivation. Break down larger goals into smaller, achievable milestones, applying Parkinson's Law to ensure they stay on track.

Rest and Recovery: By designating a fixed time for rest and recovery, You can avoid overtraining and burnout. Ensuring adequate recovery time can lead to better training outcomes and overall well-being.

Try this activity: "Focused Intensity Challenge" to experience the benefits of Parkinson's Law.

Select a Task: Choose a relatively simple task that requires focus, such as reading a short article or completing a task for school.

Set a Timer: Give yourself a generous amount of time initially, say 15 minutes, to complete the task.

Task Execution: Start the task and monitor your progress.

Time Reduction: Now, challenge yourself to complete the same task in half the time, around 7-8 minutes.

Reflect: Did you notice how your focus and intensity changed when the time was reduced? Identify any improvements in your efficiency and the quality of your work.

By experiencing firsthand how applying Parkinson's Law can lead to increased focus, efficiency, and improved results, athletes can understand its practical benefits in managing their time and mental resources effectively.

Remember, high performance is indeed a lifestyle, and by optimizing your time management using Parkinson's Law, you can achieve congruence and symmetry across various aspects of your life, ultimately contributing to your success on and off the field.

MANAGING CONSUMPTION AND DISTRACTION

Hermann Ebbinghaus and the Forgetting Curve: Hermann Ebbinghaus was a German psychologist who is renowned for his pioneering work on memory and learning. He conducted experiments on himself to study how we forget information over time. One of his most significant contributions is the concept of the "forgetting curve." This curve illustrates how information is rapidly forgotten after initial learning if it is not reinforced or applied.

Ebbinghaus discovered that without meaningful repetition or use, we tend to forget a substantial portion of what we've learned, with up to 75% of information being forgotten within just a few days.

The Curve of Forgetting

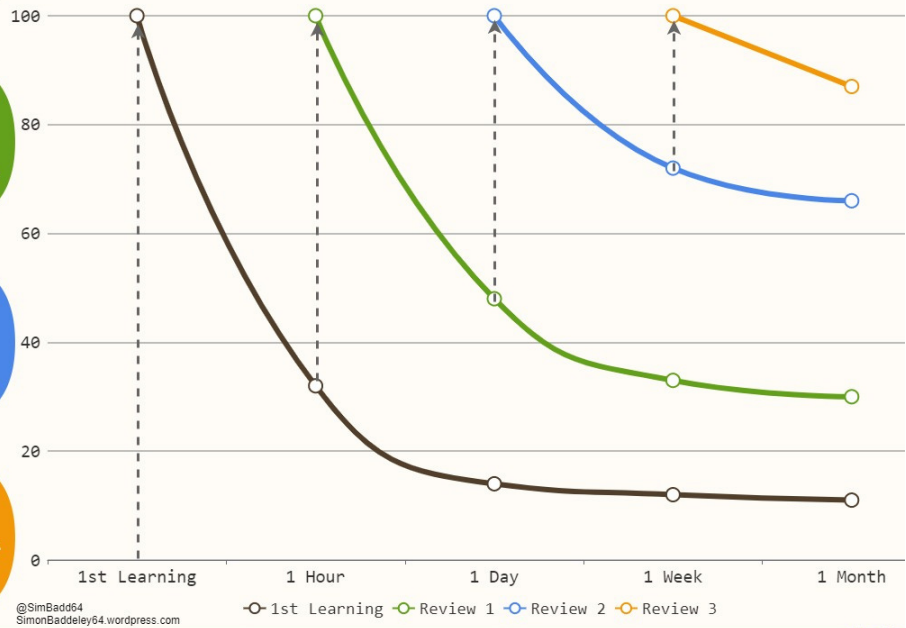
Hermann Ebbinghaus

1st Learning
Learning will be forgotten rapidly in the short term without review intervention.

1 Hour
Review 1
Learning is refreshed and the rate at which it is forgotten is reduced. This could be in the form of questioning during the lesson or exit tickets at the end

1 Day
Review 2
Learning is refreshed and the rate at which it is forgotten is reduced. E.g. Summarizing the Key Points from last lesson using Cornell Notes

1 Week +
Review 3
This review should feed into a rolling cycle of periodic review to refresh the learning over time. E.g. Regular recall and retrieval practice



Here are some strategies for managing information consumption and distractions:

Mindful Information Consumption:

Be mindful of your media consumption habits. I encourage you to allocate specific times for checking devices and social media to avoid constant interruptions. Try committing to that now by writing down how you will manage this in your day:

Digital Detox:

Consider the concept of digital detoxes where you consciously disconnect from overloading stimulus and screens for designated periods. Try committing to that now by writing down how you will achieve this digital detox in your week and month:

Selective Information Intake:

Part of this process is designed to help you filter and prioritize the information you are consuming effortlessly. You will notice that as you go through this process that you are not noticing as much irrelevant information. Not everything is equally important, and learning to differentiate can save mental energy which you make available now for training and performing. Contributing to your goal of becoming a successful athlete. What are you starting to notice about what is not important?

Focused Learning:

It's important to achieve focused, deep learning over skimming. Focus and concentration when learning not only helps us move through tasks more efficiently, retaining more information and learning more, but it also reduces Cognitive load. This liberates energy for other important areas in your life. Engage with information actively, take notes, and apply what you learn either by doing an exercise or teaching it to yourself.

Mindset Training:

Introducing mindfulness and relaxation techniques can help you manage stress and anxiety related to information overload.



Imagine a jar as your limited time and energy. The rocks represent the most important tasks that align with your goals – these are the non-negotiables that need your focus. The gravel symbolizes tasks that are important but not as critical as the rocks. The sand signifies smaller tasks, while the coffee represents distractions and less significant activities. The lesson is that if you fill your jar (time and energy) with sand and coffee first, there won't be enough space for the rocks and gravel - the important and urgent stuff.

Make a list of all of your tasks and commitments for the week.

Categorize each task into one of the four quadrants of the Eisenhower Matrix



Reflect on the lists. Are you spending too much time on urgent but unimportant tasks? Are they neglecting important tasks?

Priority Adjustment: Now rearrange or edit your schedules to allocate more time to important but not urgent tasks (gravel) and urgent and important tasks (rocks).

Eliminate or Delegate: Identify tasks that fall into the "sand" and "coffee" categories and find ways to minimize or delegate them.

Regularly review and adjust your task lists to stay aligned with your goals.

By following this exercise, you can gain a clearer understanding of where you're investing your time and energy, and make conscious decisions to prioritize activities that truly matter for your athletic and personal development.

Urgent

Not urgent

Important

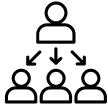


Get done!



Plan

Not important



Delegate



Eliminate



SECTION 3 - THE SUBCONSCIOUS MIND

The Sub-conscious mind organizes, represses or suppresses memories & presents them for resolution when you ready to let go.

Every single experience one has ever had is recorded somewhere in the mind, how that experience made us feel and the energy that it created lives in our body, even though we might not recall it. Those experiences, if they are not experiences that serve you, will be effecting your ability to be at your best.

Think of your mind like a treasure chest of memories and experiences. Sometimes, we hold onto things that make us feel worried, sad, or upset. Imagine if you had a magical key that could help you let go of those feelings when you're ready, just like cleaning up your room.

The more you clear out the things that don't make you feel good, the more space you'll have for positivity and things that move you forward.

What experiences should you start working on to be able to let go of them?

It is the domain of all of your emotions.

Emotions are all experiences and energy. When something happens in your life that experience creates an emotion - in other words the experience makes you happy, sad, excited or nervous.

Each one of those emotions are a different kind of energy that your subconscious recognizes based on previous experiences that made you experience a similar kind of emotion. Can you think of a single experience that now supports a belief that holds you back?

The Subconscious runs your body. You don't have to think about a lot of the processes going on in your body. Think about everything that is going on in your body right now.

You're not consciously actioning a lot of it. Energy is automatically driven to these places to digest your food, to the muscles that allow us to breathe, and to the systems that clean our body of toxins.

The subconscious also preserves your body. The subconscious mind has a blueprint of your body in perfect health and it is always working towards achieving that blueprint. So when you don't eat right, for example, the subconscious mind is directing as much energy as necessary to deal with the systems that are affected by you not eating well.

List the ways you may be willing to ensure that you are not losing energy to the body constantly trying to restore balance and health:

The Subconscious mind will do anything to survive.

The subconscious mind maintains instincts and habits. It's very important to note that when we fatigue or get tired we resort to habits. In other words, in training, when we get to a point in the training session where we are buggered, we will start to do things by habit. The question is are your habits high-functioning habits? What you do when you are tired is what you program. What habits need some work to elevate them to high-functioning habits?

The subconscious mind needs repetition, but make sure the repetition is deliberate and intentional so that you develop high-performance behaviours that are habits. What are you doing repeatedly that may need your focus and attention?

The subconscious mind is programmed to seek more and more. It's not just a subconscious prime directive but a basic human need to grow and achieve more. Where can you look for wins, growth and progress in your game right now?

The subconscious functions best as a whole. Have you ever said, "part of me wants to do this but the other part of me wants to do that." Suggesting that there are different parts of you and that they want, or are willing to do different things.

I believe high performance is a lifestyle and the best way to be a high performer is to apply the principles in every aspect of your life. Is there an area in your life right now that needs attention? This area of your life might be contributing to different parts of you? How will you commit to establishing congruency now?

The subconscious wants to serve you, but make sure you give it positive orders. What positive orders can you be mindfully giving your subconscious mind going forward?

The subconscious works on principle of least effort, meaning that it is always looking for ways to be energy efficient. That's why whatever we can do to ensure high functioning habits and practices is the way to achieving great results.

It takes everything personally. To the subconscious mind, you are all that matters in the world. Make a list of the reasons you are grateful for your opponents and competitors. How do they challenge you to raise your game?

The sub-conscious mind responds to symbols and think in pictures. Support your goals and dreams with pictures and symbols. Collect some pictures that support your goals and paste them below:



CREATIVITY

Make a list of some of the ways you intend to add a little creativity to your training going forward:



FINDING FLOW FOR PERFORMANCE

Empower Your Self-Talk:

Feed your mind with positive affirmations. Speak to yourself like a coach cheering you on. Write down some examples and statements you plan to use in the future:

Embrace External Insight:

Seek feedback from coaches, teammates, and anyone who can help you grow. Embrace it with an open heart, as every nugget can light your path.

List all the points about your performance that you seek feedback about:

Remember, feedback isn't just a tool; it's your magical wand for achieving your athletic dreams. It's also an incredible Flow State trigger.

Do the hard thing!

Learning to do the hard thing is key to peak performance and Flow, because great things lie on the other side of struggle. We have to learn to embrace the struggle. Make a list of the hard things that you are going to lean into going forward:

Have clear goals:

Have clear, measurable and specific goals that are going to help you target behaviour and manage feedback. Here comes the fun and exciting part. Let's go ahead and set those goals.

GOAL ACHIEVING!

High Hard Goals:

1. _____
2. _____
3. _____
4. _____
5. _____

Annual Goals:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Quarterly goals:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Monthly Goals:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Week 1 goals:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Week 2 goals:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Week 3 goals:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

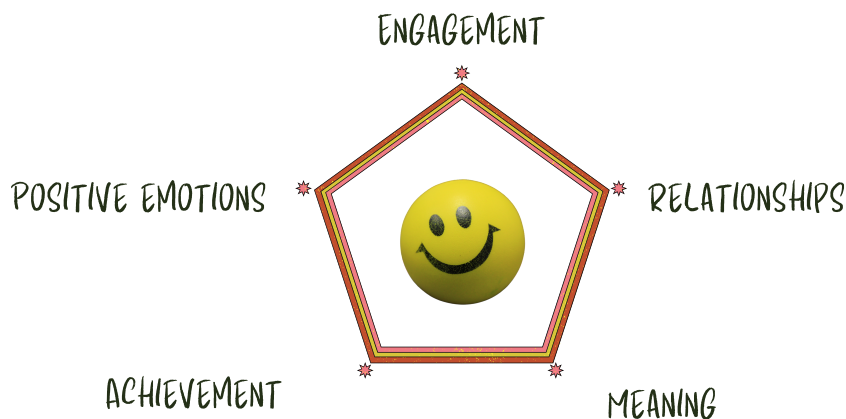
Week 4 goals:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

BECOMING THE COMPLETE ATHLETE

The Complete Athlete is constantly striving to be the best they can be, based on measurable targets that have been identified, while navigating the emotional and psychological space with all of its complexities. Celebrating the privilege to be able to participate and perform in a sport or game that one is passionate about and enjoys. All this while experiencing a myriad of experiences, including Flow.

THE PERMA HAPPY MODEL



P - Positive Emotion: It's not just about being "happy" but also feeling hope, joy, love, and gratitude. You can learn to feel more positive emotions by spending time with loved ones, doing things you enjoy, listening to uplifting music, and counting your blessings.

E - Engagement: This is like being in the zone, where you're absorbed in what you're doing. Engagement is Flow. It's about living in the moment and using your strengths to do what you love. When you're engaged, you're not just happy; you're super motivated and focused.

R - Positive Relationships: We're social beings, so having good connections with others is crucial. It's about feeling supported, loved, and valued by your friends, family, and community. Building relationships can mean joining groups, asking questions, or reconnecting with old friends.

M - Meaning: Finding meaning is like discovering your purpose in life. It's different for everyone and can be found in your passions, helping others, or even through your job or hobbies. When you have a sense of meaning, it helps you stay strong when life gets tough.

A - Accomplishments: This is all about setting goals, working hard, and achieving things you're proud of. But it's not just about winning; it's about enjoying the journey and learning along the way. When you achieve your goals, it boosts your confidence and happiness.

VISUALISATIONS

Here are some tips for generating vivid mental visualizations to support performance:

Focus, focus, focus

Take at least 5 deep breaths to get present and surround yourself with good energy. Replicate the environment as much as possible.

Is this an associated visualization (looking through your own eyes) or a disassociated visualization (watching yourself in the execution)?

Implement challenge/skills balance into your visualization.

Do the visualization in real time.

Incorporate all of your senses and emotions

See yourself executing the task successfully.

In our book *Complete Athlete: Get your head and your heart in the game*, we spoke about two exercises that are an excellent way to support your visualizations and visions for success.

The life's vision exercise is a writing exercise where you vividly describe the reality you are experiencing from a position of success. This exercise ideally should be at least 4 - 8 pages long.

The letter from your best future self is also a writing exercise where you are writing a letter to your current self from your future self who has been successful in the pursuit of your high hard goals. In this exercise you write an encouraging letter to motivate yourself to strive for success and talk about the reality that you are experiencing in the future where you are enjoying that success.

Go ahead now and choose which exercise you would like to do. Enjoy the exercise!



