

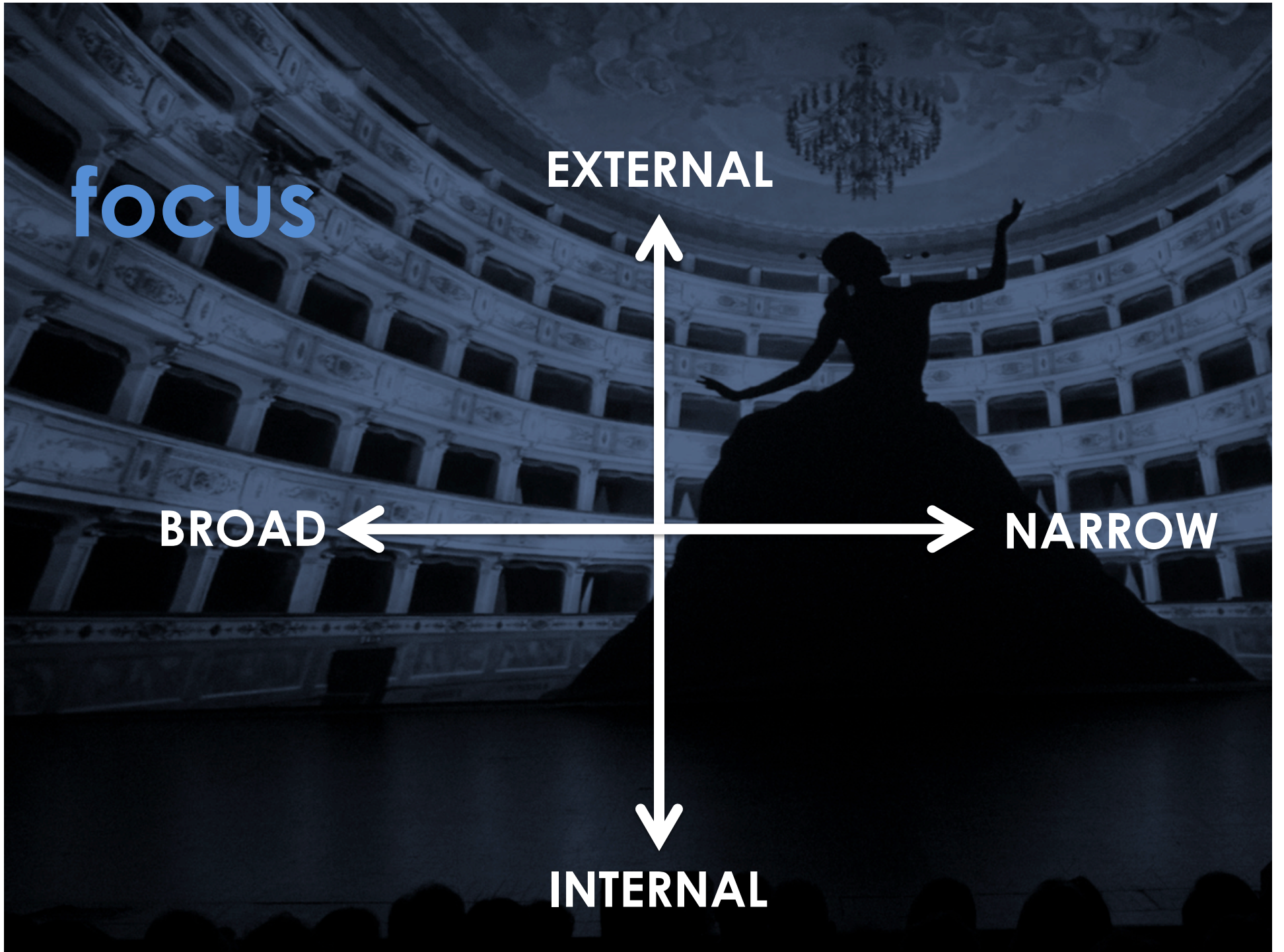
focus

EXTERNAL

BROAD

NARROW

INTERNAL





- effective
- ineffective

**EXTERNAL**



- effective
- ineffective

**INTERNAL**

focus



focus

preparation  
attention  
self-talk  
emotions  
**Controllables**



# emotional control



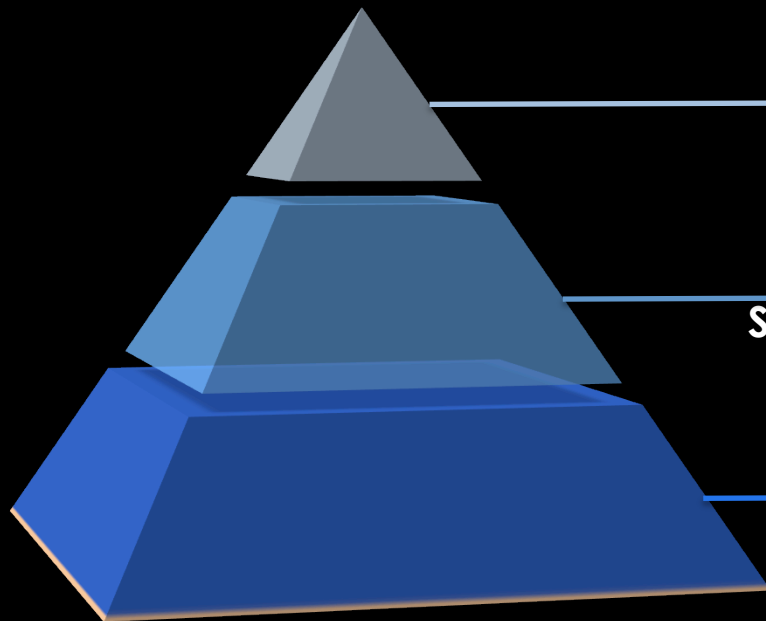
# emotional control

irrational beliefs

unrealistic expectations

- frustration
- disappointment
- anger

# mental skills



**Performance Skills**  
Acceptance, Trust, Courage

**Preparatory Skills**  
Self-Talk, Imagery, Focus, Emotional Control

**Basic Skills**  
Attitude, Motivation, Goals, Commitment



acceptance



acceptance

w  
a  
r  
e  
n  
e  
s  
s

A silhouette of a person standing on a stage in a large, ornate theater. The person's body is overlaid with the text "I am my performance" in a white, hand-drawn font. The theater has multiple tiers of balconies and a large chandelier hanging from the ceiling.

I  
am  
my per  
formance



**trust**

**ability to let go of  
conscious control over being correct**

**absence of  
high expectations and judgments**

courage





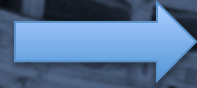
# How Do Performers Acquire These Skills?

(how can YOU help?)

**Awareness  
Education  
Practice**

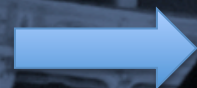
attitude

fixed good



proving

good better



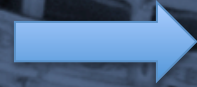
improving





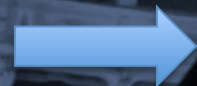
# attitude

be good  
(fixed)



proving

get better  
(growth)



improving

effort  
good strategies  
planning  
expertise

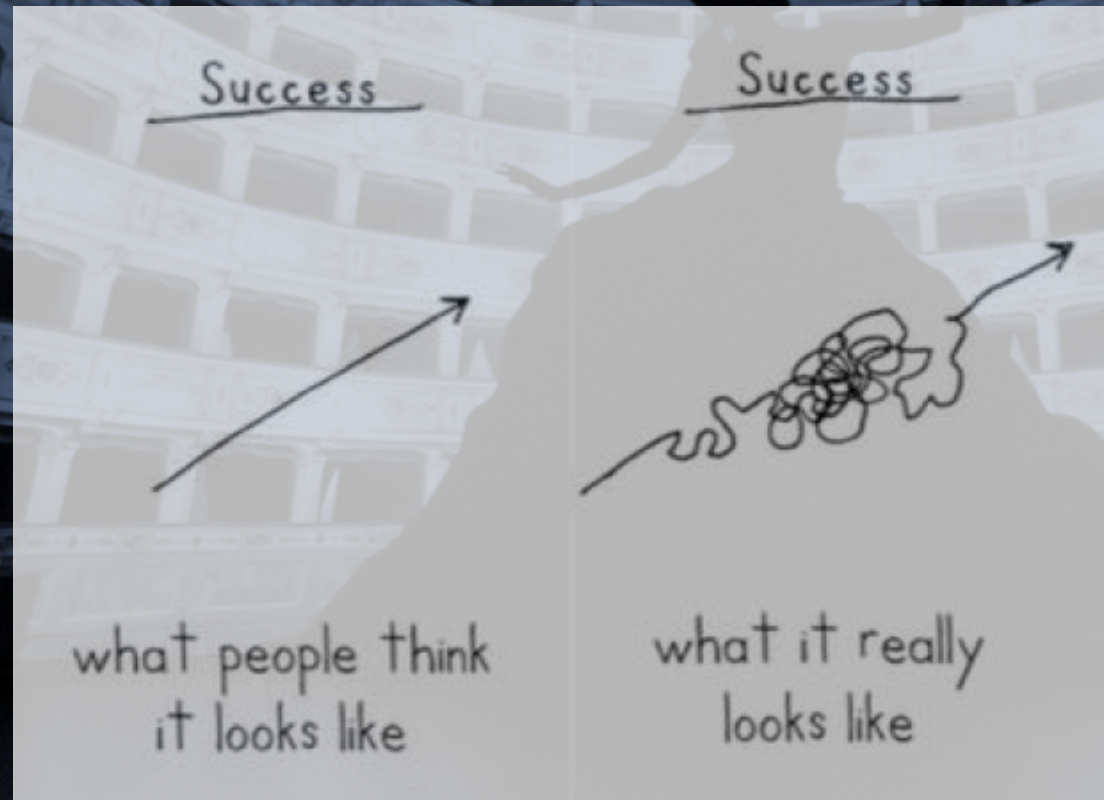


# mindset & motivation

**Heidi Grant Halvorson, Ph.D.**  
**Succeed: How we can reach our goals**



# motivation



# motivation

- put in more effort
- pre-plan dealing with problems
- persist longer





goal setting

think it, then ink it!





goal setting

think it, then ink it!

- WHAT do I want to achieve?



**goal setting**

**think it, then ink it!**

- **WHAT** do I want to achieve?
- **HOW** can I achieve it?



**goal setting**

**think it, then ink it!**

- **WHAT** do I want to achieve?
- **HOW** can I achieve it?
- **WHEN** do I want to achieve it?



# goal setting

S

M WHAT do I want to achieve?

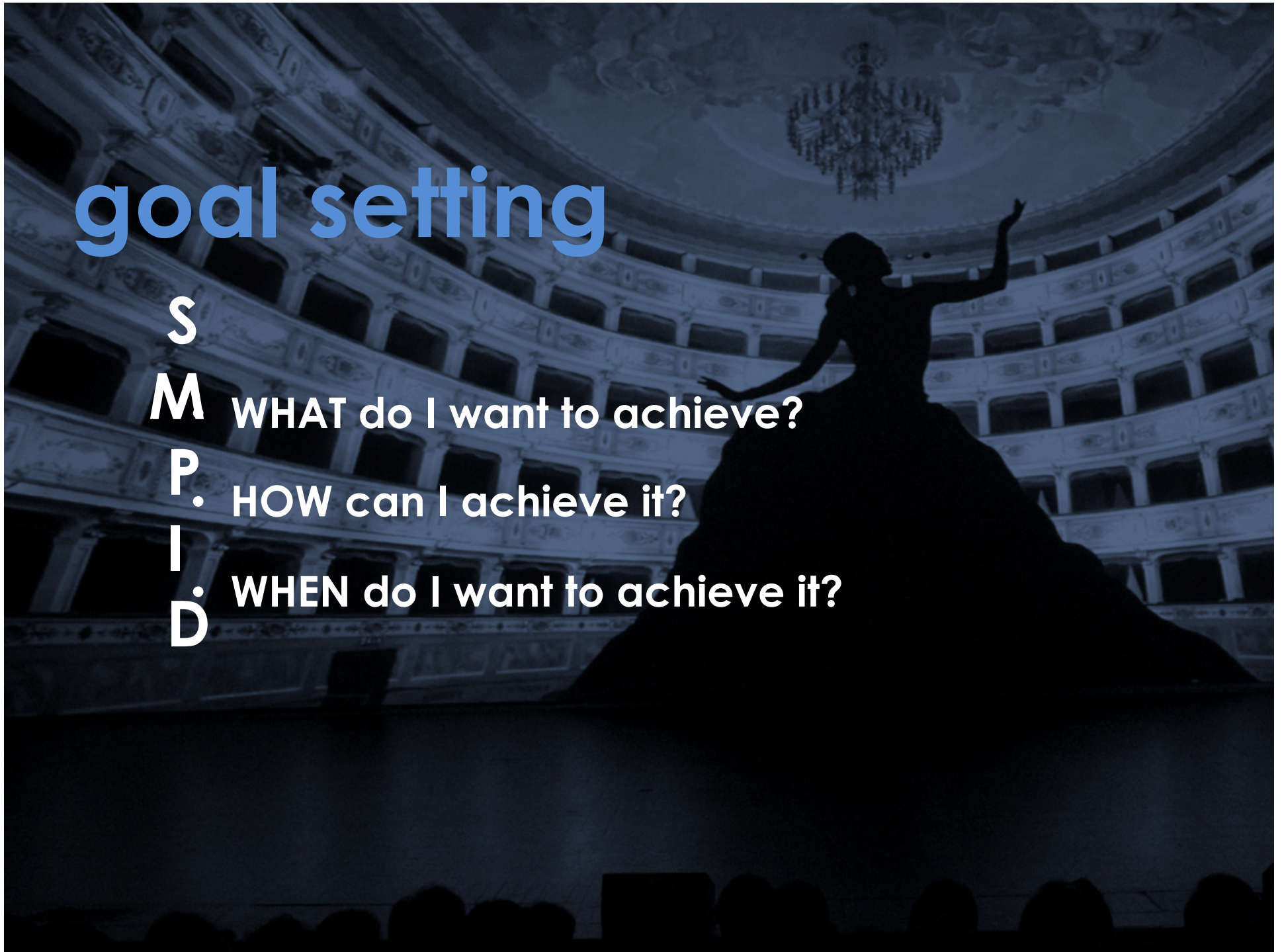
P

• HOW can I achieve it?

I

• WHEN do I want to achieve it?

D



# goal setting

Specific

M

P

I

D



# goal setting

S

Measurable

P

I

D





goal setting

S

M

Positive

I

D

# goal setting

S

M

P

Inspiring

D





goal setting

S

M

P

I

Displayed

# perfectionism

