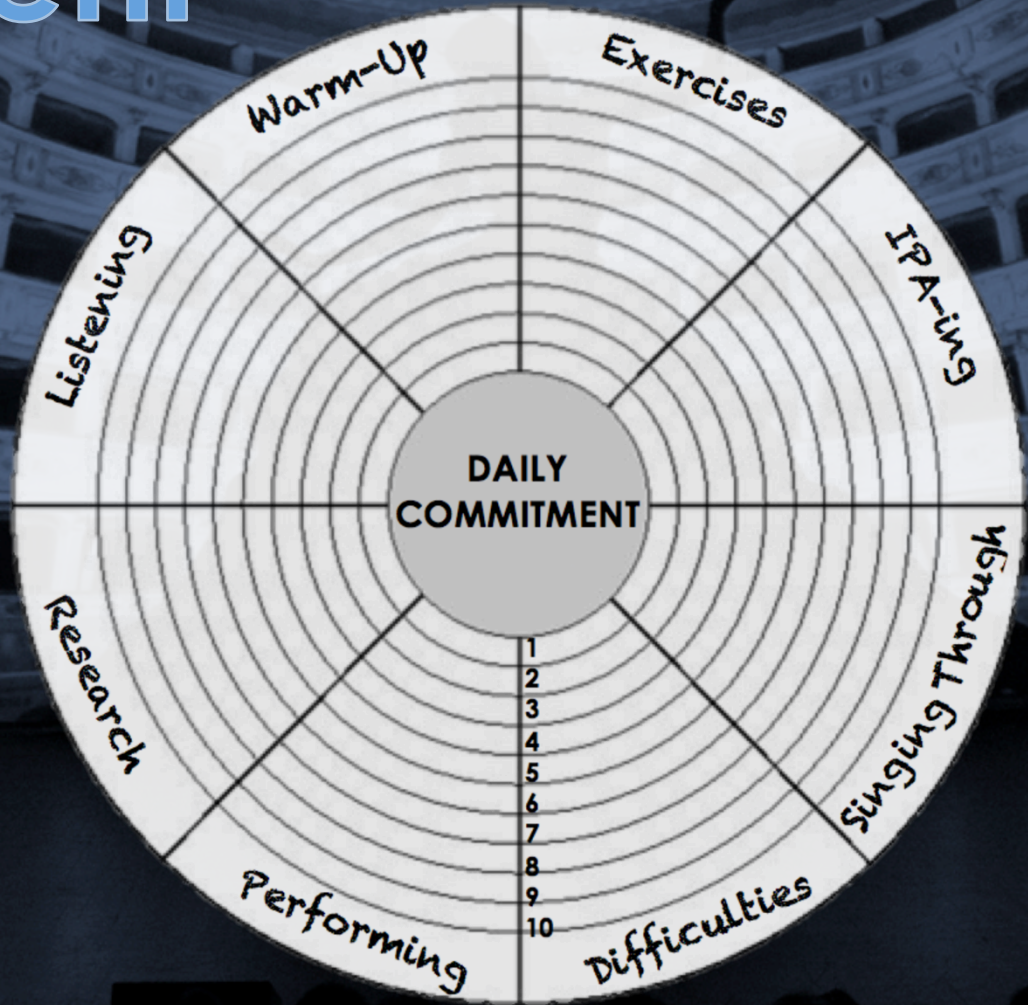


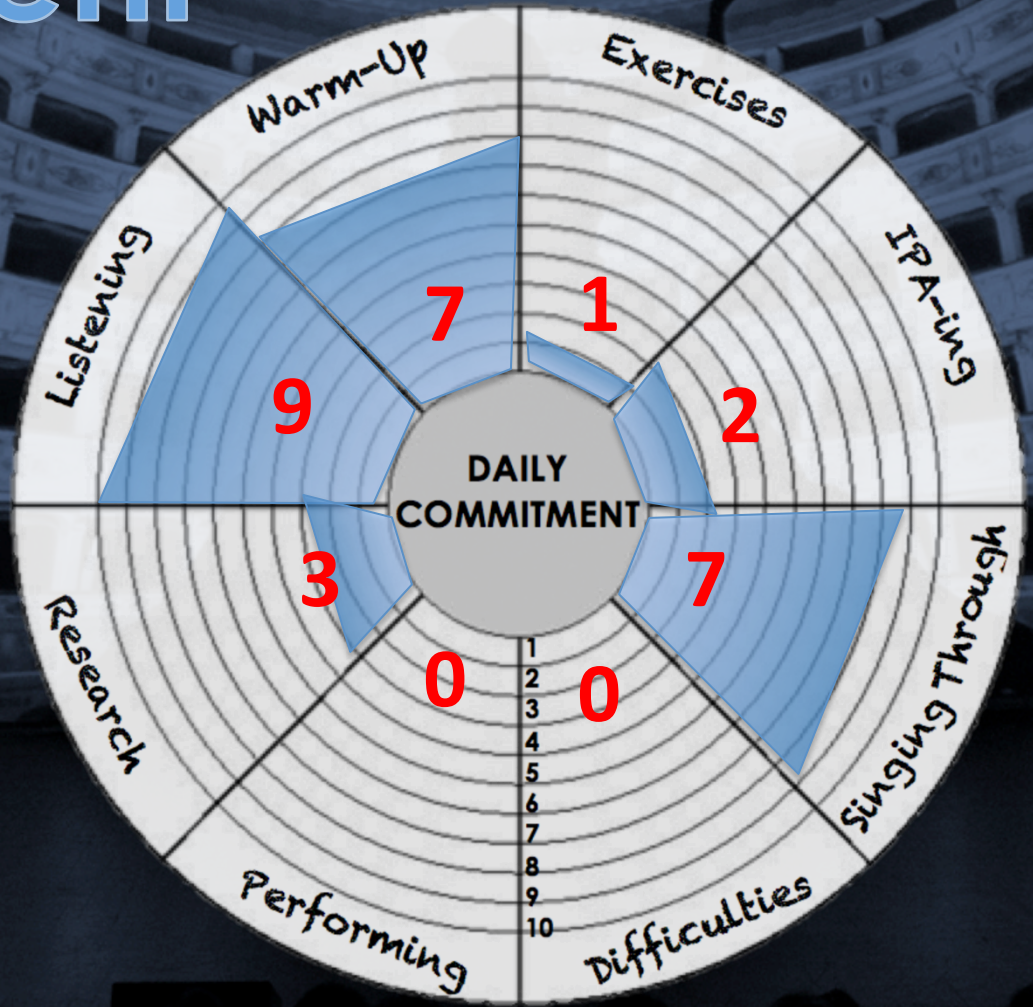
excellence



commitment



commitment



self-talk



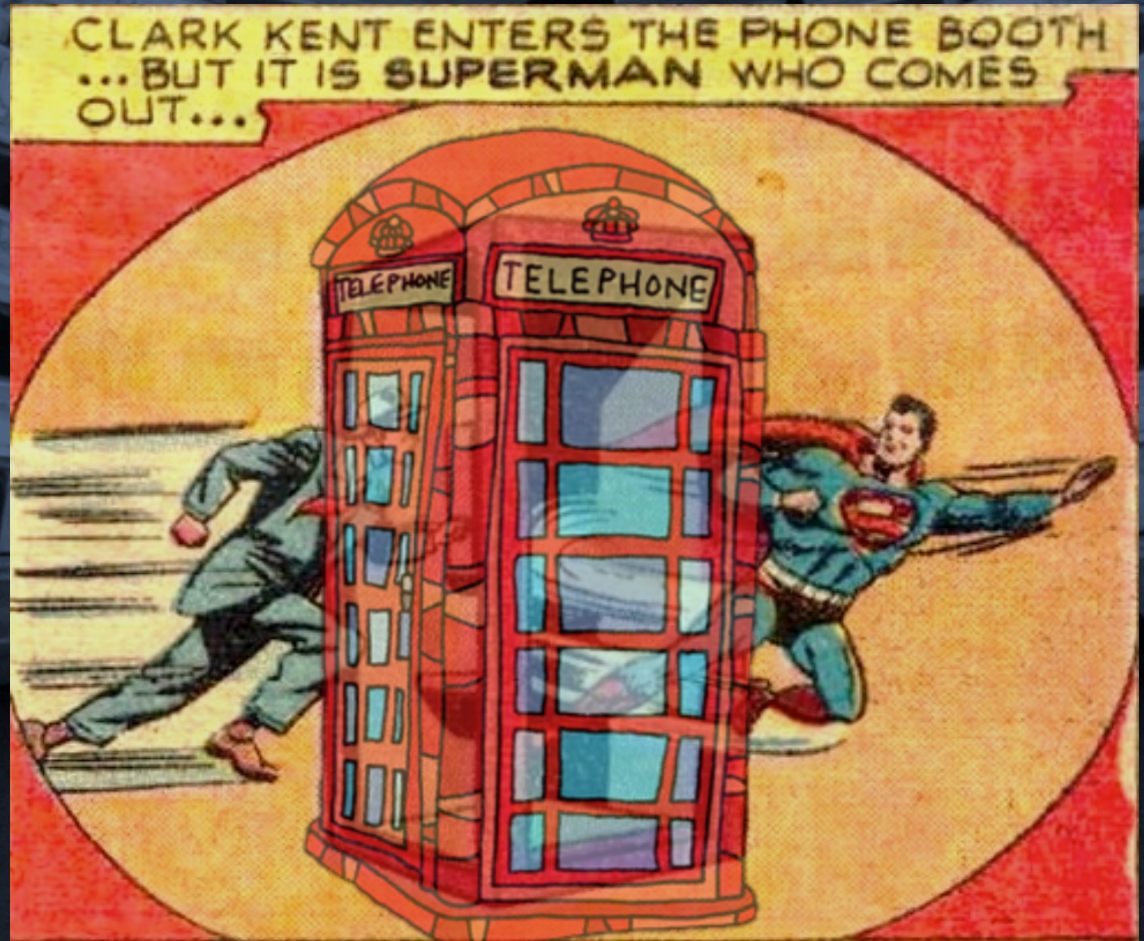
imagery

- takes practice
- begin with relaxation
- internal perspective
- hear, feel, see it
- short sessions

Entering the Role of the Performer:



imagery





Maurice Seymour
Chicago



focus

- technique
- uncontrollables
- distractions



emotional control

- recognize
- return



acceptance & trust

practice mindset

performance mindset



9

acceptance & trust

practice mindset

- Conscious control
- Inquisitive thinking
- Evaluative
- Trying hard
- Impatient
- Work on technique
- Improvement
- Rely on mechanics
- Ability to self-monitor
- Ability to self-instruct
- Ability to analyze



acceptance & trust

practice mindset

- Conscious control
- Inquisitive thinking
- Evaluative
- Trying hard
- Impatient
- Work on technique
- Improvement
- Rely on mechanics

performance mindset

- Instinctual control
- Present thinking
- Accepting
- Allowing
- Patient
- Responding
- Perform for now
- Rely on instincts



acceptance & trust

performance mindset

- present focus
- trust preparation

- Instinctual control
- Present thinking
- Accepting
- Allowing
- Patient
- Responding
- Perform for now
- Rely on instincts



acceptance & trust

practice mindset

- Conscious control
- Inquisitive thinking
- Evaluative
- Trying hard
- Impatient
- Work on technique
- Improvement
- Rely on mechanics

performance mindset

- Instinctual control
- Present thinking
- Accepting
- Allowing
- Patient
- Responding
- Perform for now
- Rely on instincts



acceptance & trust

- 80-20 plan

PRACTICE for CORRECTNESS

80%

PERFORM

20%

acceptance & trust

- 80-20 plan

PERFORM, TRUSTING PREPARATION

80%

PRACTICE

20%



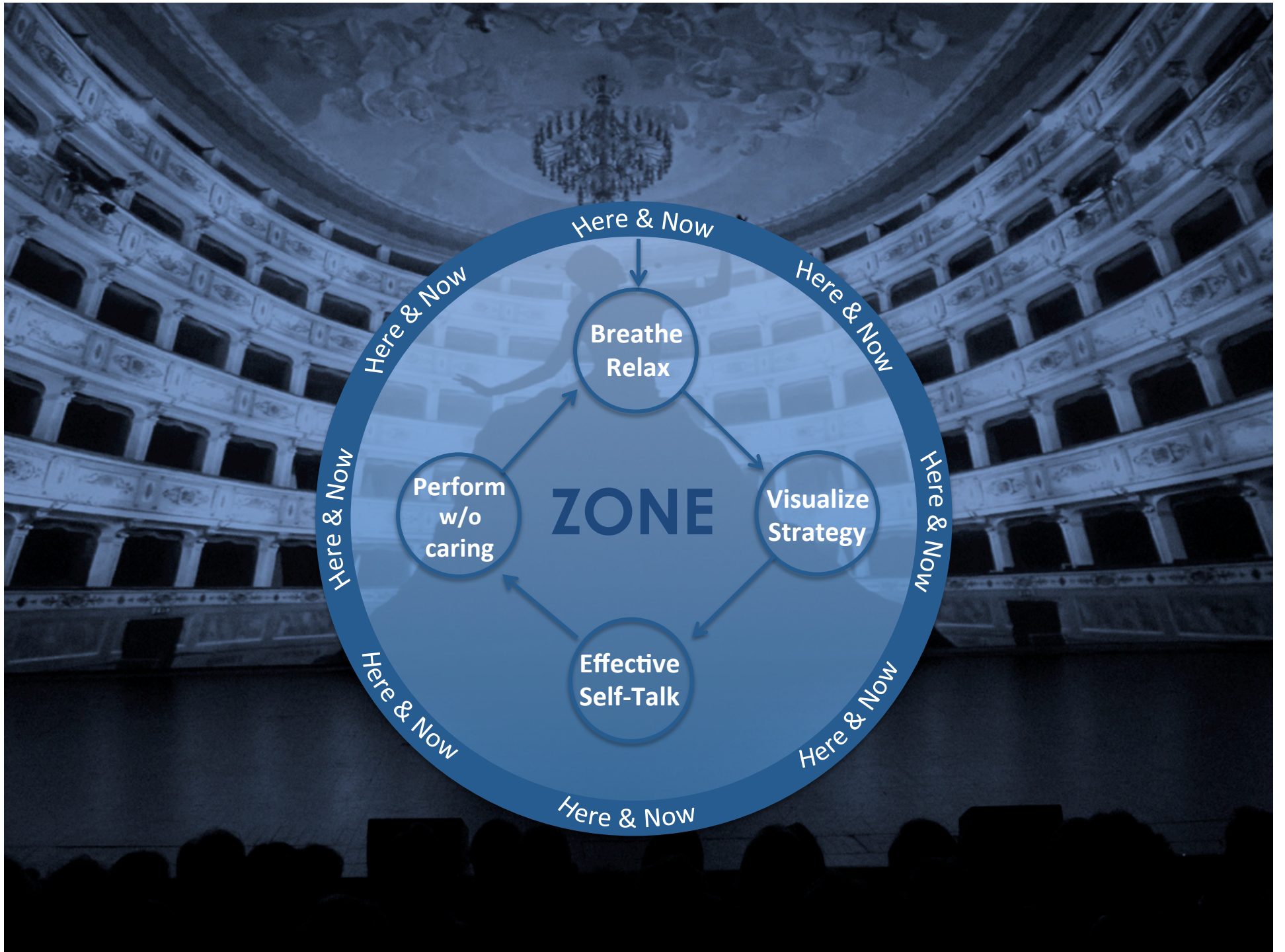
trust

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

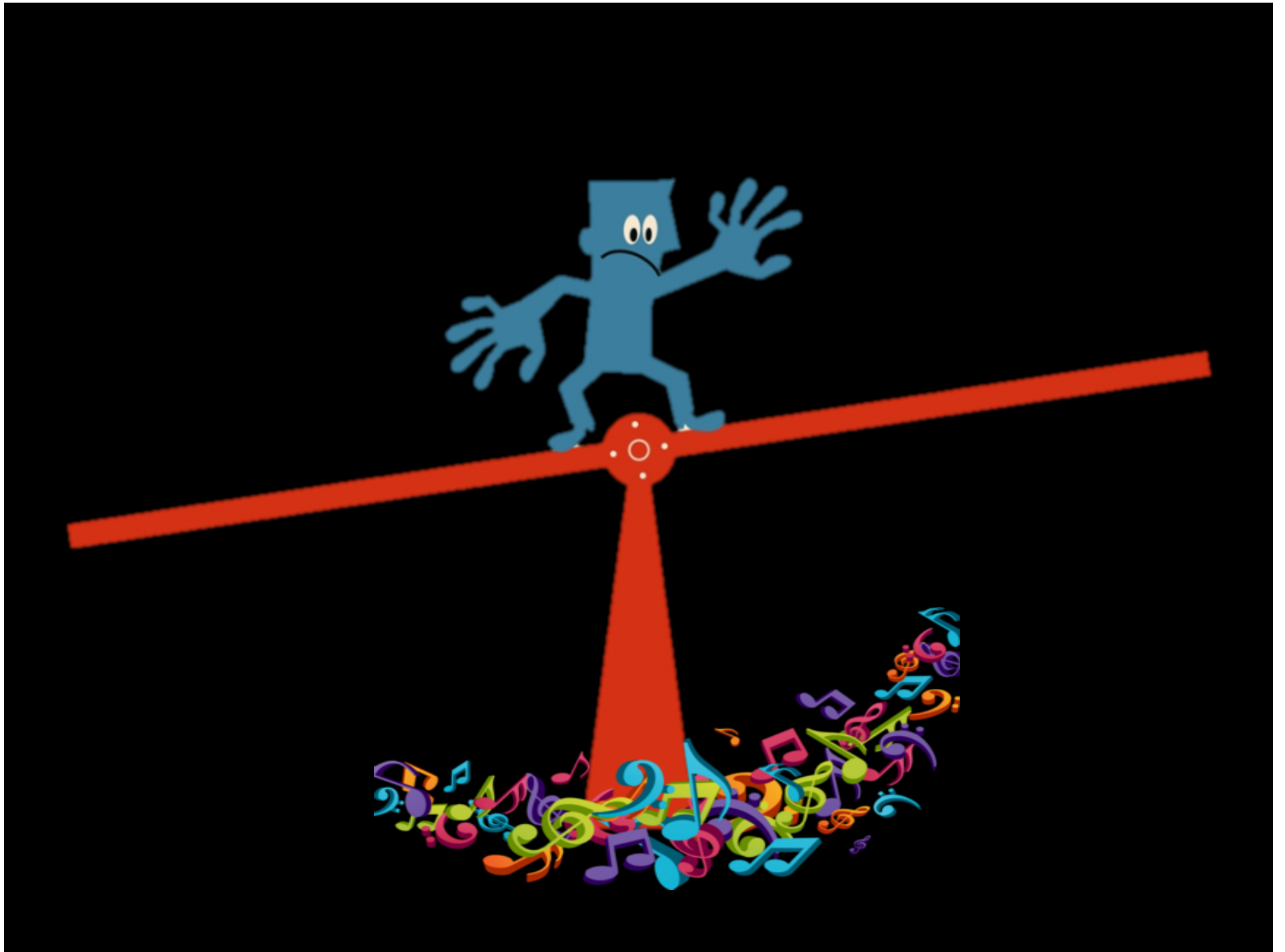
trust

PERFORMING





choice



Inside each of us are two wolves

GOOD



EVIL

Inside each of us are two wolves

GOOD



EVIL

“Which wolf wins?”

Inside each of us are two wolves

GOOD



EVIL

“The one you feed the most!”

Inside each of us are two wolves

GROWTH



FIXED

“The one you feed the most!”

Inside each of us are two wolves

Excellence



Perfection

“The one you feed the most!”

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