

Mind Empowered Sport Performance©

Key Components for Peak Performance Enhancement:

“The ability to thrive under adverse circumstances: to cope with pressure, rebound from failure, demonstrate a determination to persist in the face of adversity and form a mental resilience” G. Jones et al. (2002)

A. Body Relaxation. Elimination of anxiety and tension states, limited controlled arousal.

B. Psychological Resilience. “Mental Toughness”

The “4Cs” Model:

1. Control: The capacity to feel and act as if one could exert an influence in the given situation
2. Commitment. The tendency to take an active role in events
3. Challenge. The perception of change and improvement as an opportunity to grow and develop; not as a threat!
4. Confidence. A strong sense of self-belief in achieving

Combining these elements, “mentally tough athletes are people who have a high sense of self-belief and an unshakeable faith that they can control their own destiny and remain relatively unaffected by competition or adversity.” Clough et al. (2002)

C. A Balanced and Quiet Mind. “Zen State,” controlled limited arousal.

1. Zen is an ancient mindset that goes back thousands of years into Asian history.
2. A total state of focus, performance trance that incorporates a total togetherness of both mind and body.
3. Everything comes together and just flows.

D. Develop Performance Supportive Personality Traits

Abstract Thinking, Emotional Stability, Self-sufficiency, Adaptive problem solving, underlying motivations, clear decision making, goal oriented, analytical ability, etc.

E. On Demand Focus and Concentration

1. The ability to focus mental effort on the task at hand while ignoring distractions.
2. The mind is focused optimally when there is no difference between what you are thinking about and what you are doing. Attention is on actions that are specific, relevant and under your control.
3. Too much or too little arousal creates task irrelevant dynamics in the body.

F. Goal Setting. Mentally organizes the mind.

1. Goals are the aims or purposes of an action and the method of identifying what one is attempting to accomplish or achieve.
2. Direct one’s attention to what is important, relevant; the priority.

*Positive effects of goal setting on performance is one of the strongest and most replicable findings in psychological literature and research (Burton, 1992)

Mastery of these requires two primary skills: calm focused attention and controlled stimulus arousal.