



The **7 Markers** of an Elite Athlete's Mind

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MARKER 1: THEY SPEAK IN “DEFINITIVES”

WHAT: Elite athletes use definitive language, such as “I will” or “I can”, rather than “I may” or “I could”, when setting goals and objectives.

HOW: This activates the Reticular Activating System (RAS) in the brain, which prioritizes information aligned with conscious thoughts and goals.

WHY: Definitive language focuses the brain on searching for or creating solutions, leading to more rapid progress and action.

MARKER 2: THEY UNDERSTAND THE COST OF INACTION

WHAT: Elite athletes view investments in training, coaching, and mental performance as essential for success, rather than costs.

HOW: By recognizing the potential for significant returns on investment, both in terms of performance and financial rewards.

WHY: Failing to invest in these areas can significantly reduce chances of winning tournaments, securing better contracts, and earning performance-based bonuses.



MARKER 3: THEY ARE EXTREMELY INTRINSICALLY MOTIVATED

WHAT: Elite athletes are driven by internal factors, such as personal growth and performance excellence, rather than external rewards like money or fame.

HOW: By setting meaningful goals aligned with personal growth and staying connected to their 'why' or higher purpose in their sport.

WHY: Intrinsic motivation fosters consistent high-level performance and reduces the risk of living with regret for not giving their best.

MARKER 4: THEY COMMIT TO THE UNENJOYABLE

WHAT: Elite athletes often hate aspects of their profession, such as long film sessions, gym workouts, and extensive travel, yet they still commit fully to these necessities.

HOW: By developing routines, rituals, and creative strategies to stay engaged and motivated during these tasks.

WHY: True commitment to these necessary but unenjoyable tasks is essential for reaching and maintaining the professional level throughout an entire career.



MARKER 5: THEY RARELY COMPLAIN

WHAT: Elite athletes handle challenges and frustrations professionally, focusing on what they can control, instead of complaining.

HOW: By adopting an internal locus of control, always maintaining a pragmatic approach to challenges, and being constantly solution-focused.

WHY: Complaining wastes time and energy, damages relationships, and can hinder performance and career progression.

MARKER 6: THEY LEVERAGE NERVES

WHAT: Elite athletes use nerves and performance anxiety as signals to channel their energy and focus effectively.

HOW: Through routines, such as breathing exercises, physical routines, and visualization, to optimize their arousal level for peak performance.

WHY: Leveraging nerves as a source of energy and focus helps athletes come through in clutch situations and perform at their best under pressure.



MARKER 7: THEY ARE STRIVERS, NOT REACHERS

WHAT: Elite athletes continually strive for improvement and excellence. They always look for the next challenge, rather than being content with reaching certain career milestones.

HOW: By being self-aware, embracing the process and journey, and continually setting new goals to move forward.

WHY: The pursuit of constant improvement and excellence drives long-term success, fulfillment, and sustained peak performance.

WHAT'S NEXT?



There you have it. You've just learned the 7 mental markers of pro athletes. These are the most common traits and characteristics I've seen first-hand in coaching elite athletes on their mental performance.

Once you apply these in your performance pursuits, you'll start experiencing consistently high-performance week-in, week-out.

So at this point, you might be asking...*but how?*

How do I really start applying this to my own game?

So I can finally reach my full potential and take the next step up in my athletic career?

If this sounds like you...if you're someone who's gotten value out of this free guide and are ready to take those next steps...

Then you may be interested in my mental performance program - **[Peak Performer](#)**.

This is an Elite 1-to-1 coaching program where I will help you **build a top 1% mentality in just 10-weeks**.

[Apply Here](#)

I hope you enjoyed this guide. And I hope we can stay connected.

Keep at it,

Sam

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