

PERFORM LIKE A CHAMPION

John J. Bowman, Ph.D.
Mind plus Muscle

Perform Like A Champion

S

Stony

B

Brook

C

Championship

T

Time

Perform Like A Champion

Energized

Focused

Confident

Perform Like A Champion

- No Distraction Concerning Outcome

SBCT

- Every Thought, Feeling and Action Are Equally Important
- Focus = Present, Positive,
Process

Perform Like A Champion

ENERGIZED

This is my body getting

ready for the

CHALLENGE

of this event

Perform Like A Champion

Psychological Warm Up

Event Focus Plan

Re-Focus Plan

FOCUSED

Perform Like A Champion

CONFIDENT

Draw up feeling from the
WELL

Total Committment