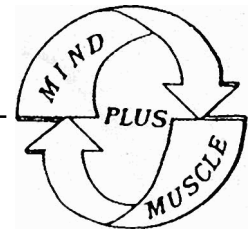


MIND PLUS MUSCLE

INSTITUTE FOR APPLIED SPORT PSYCHOLOGY



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FOUR CRAZY RULES 'FOR MENTAL TOUGHNESS

Don't Go To Practice

The entire rule states "Don't go to practice, go and practice". Athletes who show up at practice with a goal to work on some aspect of their game are engaging the energizing and focusing powers of the goal setting process.

Three P's Spell Focus

To properly focus **your** Mental Game follow the three P's: *present-positive-process*. Distractions happen when you focus too much on the **past/future**, the negative things you want to avoid, or on the outcome while forgetting the process. Proper focus depends on taking care of present-positive-process as you train and compete.

Sometimes Up Means Down

We don't have to get sky high and nervous to play at our best. Sometimes getting psyched-up means calming down. Every athlete has to determine what level of arousal allows him or her to train and compete at their best.

There Is No Failure Only Feedback

Mistakes or poor performance are not bad, but can be used to help **identify** what we need to do differently. We often learn more from our mistakes than we do from our successes. Find something beneficial or useful in **difficult** or negative situations.