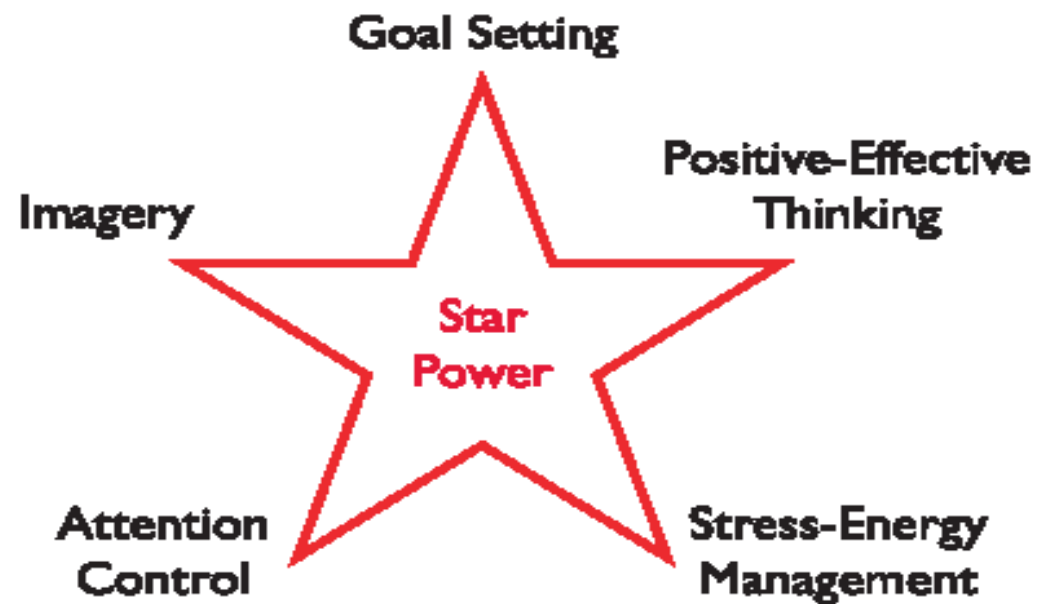


PERFORM LIKE A STAR

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Mind Plus Muscle



PERFORM LIKE A STAR

BASIC	Intro to Mental Skills Training
BRIEF	Description & Application
BENEFICIAL	Improves Performance

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How Do You Use It?

How Does It Work?

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Goal Setting

What do I want to happen (Ideal Outcome)?

What do I need to do to bring this about?

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GOAL

SETTING

Types of Goals:

Outcome

Performance

Process

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Positive-Effective Thinking

Is what I am thinking something I would say aloud to a friend or teammate?

Can I find something useful or beneficial in difficult or challenging situations?

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**POSITIVE
EFFECTIVE
THINKING**

Identify Negative Self Talk

Create Positive Mindset

Optimistic Re-Appraisal

Build Mental Toughness

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Stress-Energy Management

How confident am I about meeting this performance challenge?

What have I done WELL in practice that I can draw on to build my confidence?

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STRESS

&

ENERGY

MANAGEMENT

Being in the Zone

Pre-Event Anxiety

Filling the WELL

Drawing Confidence from the
WELL

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Attention Control

What am I focusing on when I am performing at my best?

What can I say or do to regain my focus when I find myself being distracted?

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Learn from Best Performances

ATTENTION
CONTROL

Focus vs. Distraction

Creating a Refocusing Tool

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Imagery

Can I practice my performance in my mind; seeing, hearing, and feeling everything as vividly as possible?

Can I imagine all the joyous and positive thoughts and feelings I will have when I have completed my Ideal Performance?

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Mental Rehearsal Improves
Performance

IMAGERY

Seeing-Hearing-Feeling

Create a Positive Outcome State

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**What the Mind can Conceive
And the Heart can Believe
You can Achieve**