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Reflection paper

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It’s a mental thing: A reflection by Danny G

I was very intrigued to see what this book was all about, since I am a big believer that mental strength is one of the biggest attributes an athlete can possess. I always tell myself “it is all mental” in order to be able to stride out an extra sprint or even pick up the pace in the last straight in the two mile test. When I started reading the book, the first thing that I focused on was trying to find my strengths and also the areas that I need to improve on. The five key principles, on which he bases the ideas discussed in the book, perfectly describe the thought process that an athlete should possess in order to be successful. These ideas go from being able to setting up yourself in order to achieve your goals, all the way to learning how to enjoy your sport to the maximum.

The part of the book in which I focused the most was the part where he talks about believing in yourself. The reason I focused on this section the most is because I feel that this is where I struggle the most and the thing that keeps me from reaching my full potential. At times I feel that I don’t trust myself as much as I should and end up not performing as well as I should. At some point in this chapter he talks about the importance of being able to motivate yourself and block those nonbelievers around you. I think this is great skill that athletes should have, because it allows them to play with confidence and perform at their best. Also, as it was stated in earlier chapter, it is very important to set realistic goals in order to be successful. One of things I will focus on this season will be setting realistic goals, which will hopefully become steps in the latter to the ultimate goal of winning the conference. I will start by setting my first personal goal as believing more in my abilities, and as a captain I will be able to step up and lead the team to success.