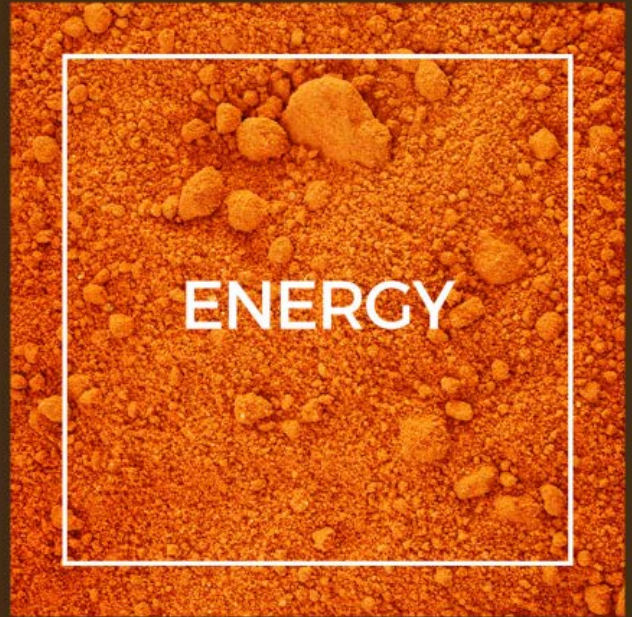


A, B, See, Say



Aware of
Mind & Body



Breathe, it's the
Magic Elixir.



See the Success
you Want.



Say your
Affirmation.

A, B, See, Say

A

Awareness is the first step to gaining control of any pressure situation. Lack of awareness is almost always the result of excessive concern with achieving the end result. The athlete must “check-in” and determine if his or her activation level, emotional state, thoughts, and focus are where they need to be. Which is the present moment. The task at hand.

Self-Check

Where is your Attention?
How is your Energy?
Are your Thoughts helping or hurting?
How is your Activation/Physiology?

B

Breathe. Deliberately focus on the inhale and exhale of your breathing. 10 diaphragmatic breaths with a 4-5 second inhale through the nose and 4-5 second exhale through the mouth. All ineffective thoughts and negativity are expelled.

See

See the success you want using imagery. Be sure to include all 5 senses. (This may take some practice)

Write the success you want

Say

Say your affirmation to yourself. Affirmations are statements that reflect positive attitudes or thoughts about oneself. The most effective affirmations are believable and vivid.

Write your affirmations

Use this routine a few minutes before each practice.



**SELF
AWARENESS**

Aware of
Mind & Body



OPTIMAL ZONE

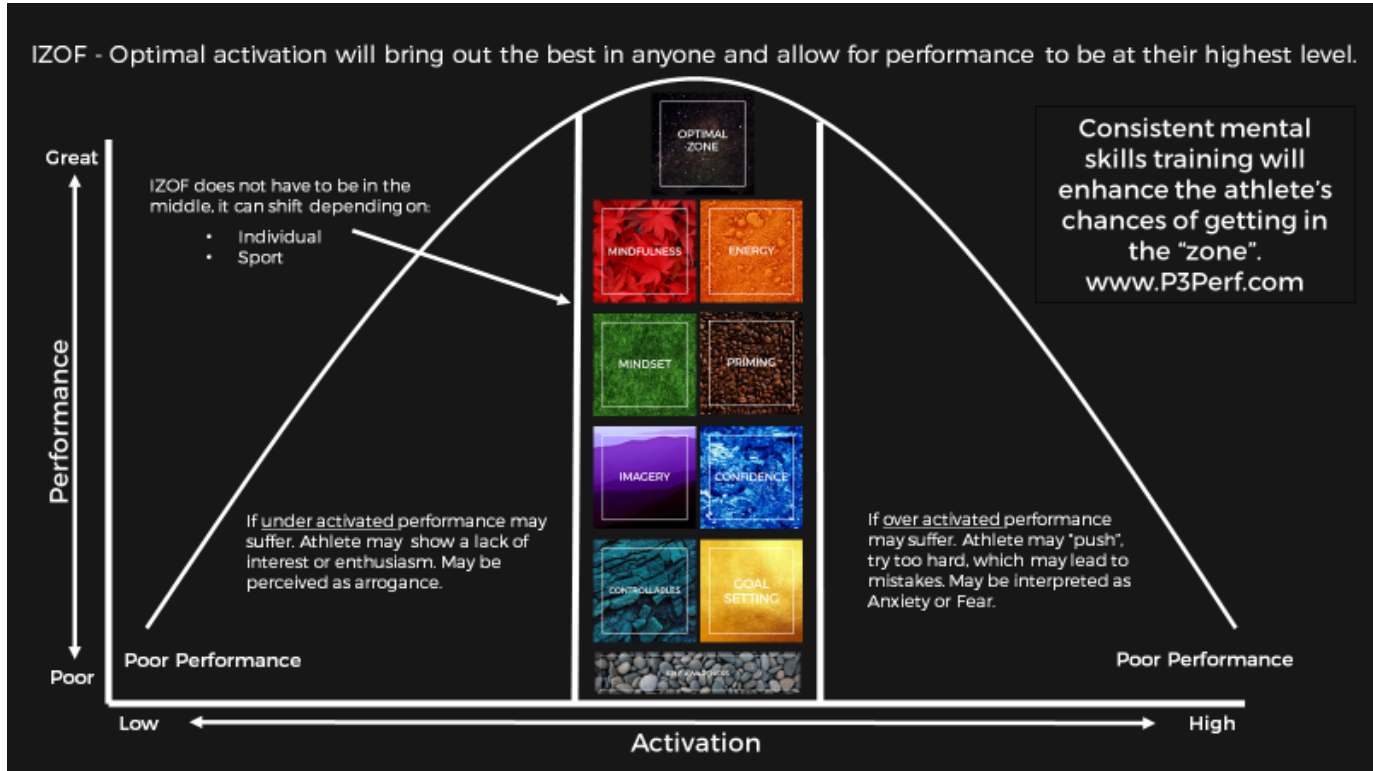


P3 PERFORMANCE

Purpose Predictive Possibility

**IZOF – Individual
Zone of Optimal
Performance.**

The first step in staying consistent in a pressure situation you need to fully understand what happens to your body under perceived pressure.



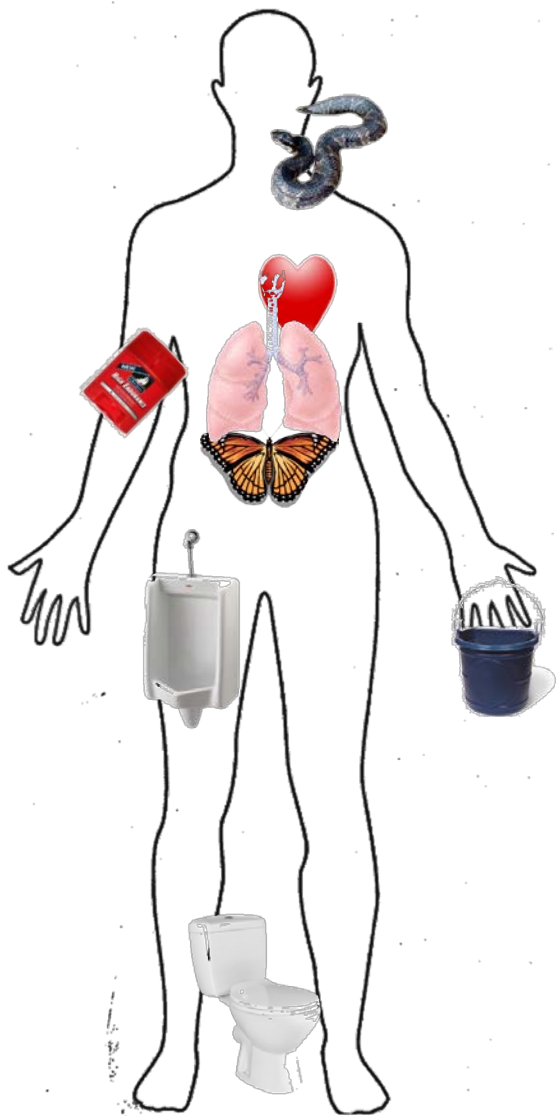
Hanin YOUR Zone

vs.

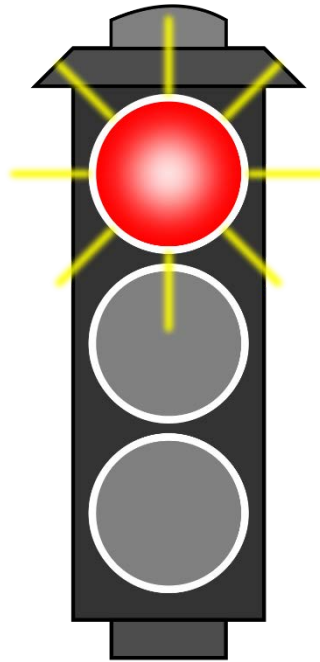
Csikszentmihalyi THE Zone or Flow

Awareness

Physical Activation

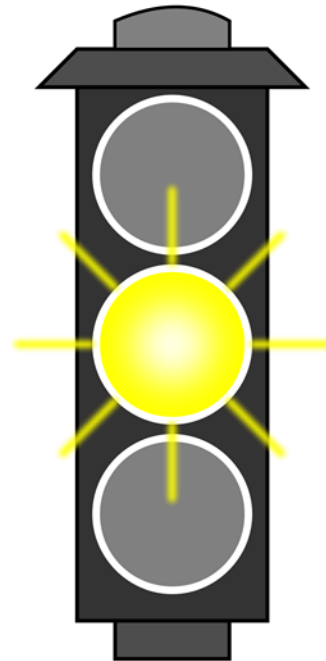


Circle what happened to your body when you had a poor performance.

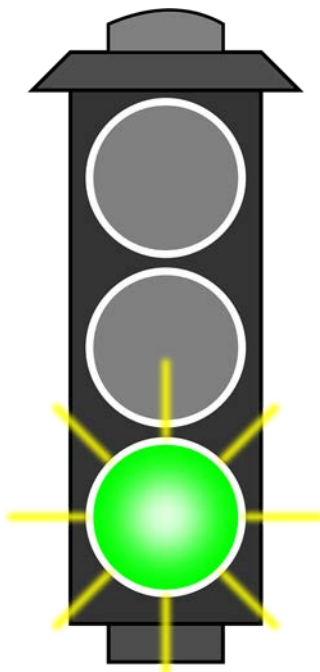


Stop - either increase or decrease activation levels

Caution - observe. Helping or hurting?



Optimal - continue what you're doing.



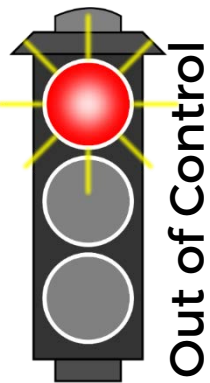
Awareness

Expanding on the first step in staying consistent in a pressure situation you need to fully understanding what happens to your body under perceived pressure.

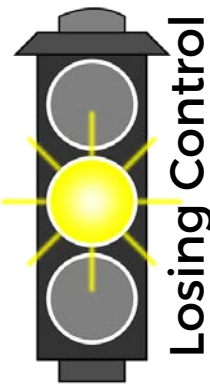
Write what happens to your body during your:

Worst Performance

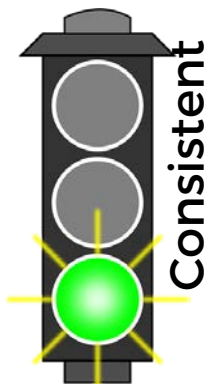
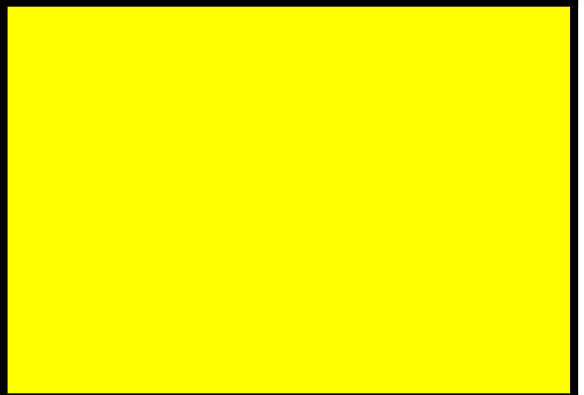
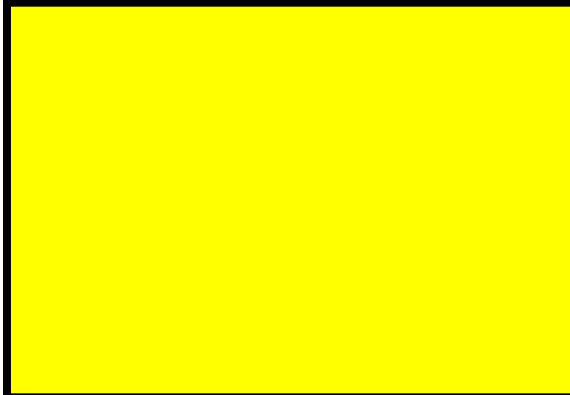
Best Performance



Out of Control



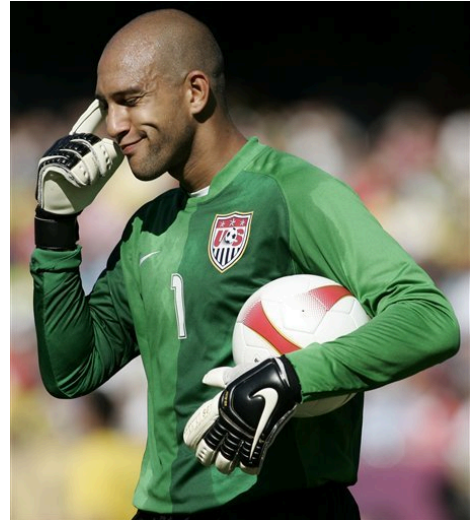
Losing Control



Consistent



Thoughts Affect Performance



**Training your brain to think
with purpose will increase:**

- #1 •Confidence**
- #2 •Consistency**
- Control**

R³ Thinking



"I suck"

"I'm emotionally not strong"

"I'm letting everyone down"

"Why did I do that again that was so stupid?"

"I wanna quit"

"disappointment in myself"

Appearance

Pre-game nerves

BF / GF Spouse

"I can't make another mistake"

Failure

Self-Doubt

Refs

Parents

Coaches

Hopelessness

Money

Weather

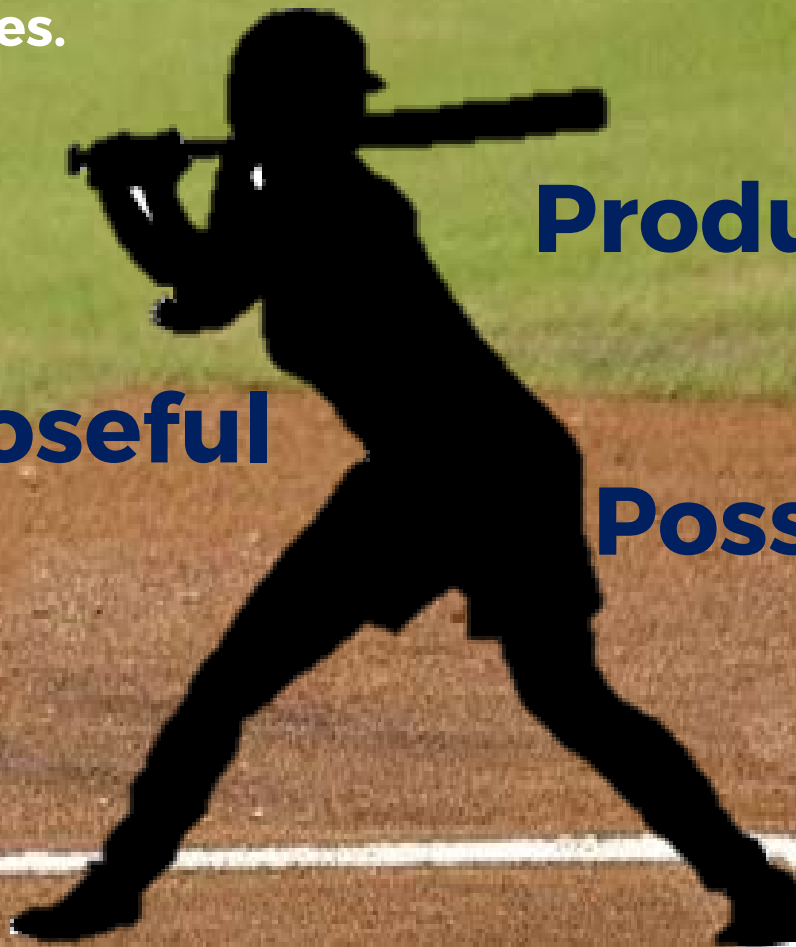
Random

Reactive

Restrictive

P3 Thinking is a mental training tool that focuses on the uniqueness of our self-talk, internal dialogue or cognitive awareness.

- **Successful athletes think differently.**
- **They have belief systems that support their success.**
- **They actively work to manage their thought patterns.**
- **Every athlete who has conditioned themselves mentally will have readily practiced methods or strategies.**



Productive

Purposeful

Possibility

CONFIDENCE

"Don't strike out again"

"I'm letting everyone down"

"Why did I do that again that was so stupid?"

"I suck"

"I'm emotionally not strong"

"I wanna quit"

"disappointment in myself"

"I suck"

"I'm over it"

Appearance

Pre-game nerves

BF / GF Spouse

Failure

Self-Doubt

Refs

Parents

"I can't make another mistake"

Coaches

Hopelessness

Money

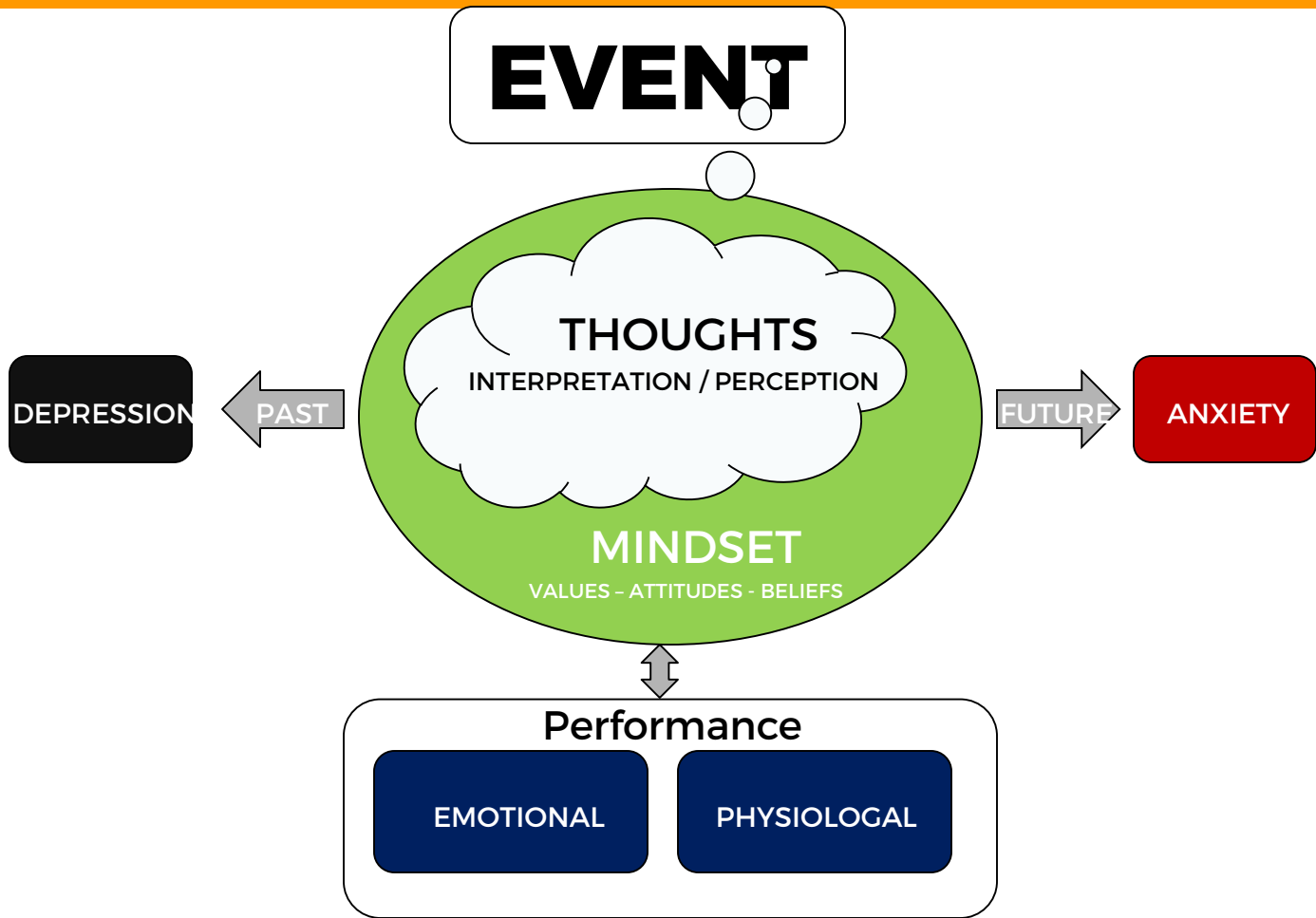
Weather

"not living up to my own expectation"

Clear Mind This Pitch

Quotes above in parenthesis are from actual players:
-2013 NCAA National Champion
-2008 Olympic Gold Medalist
-2014 Player of the Year

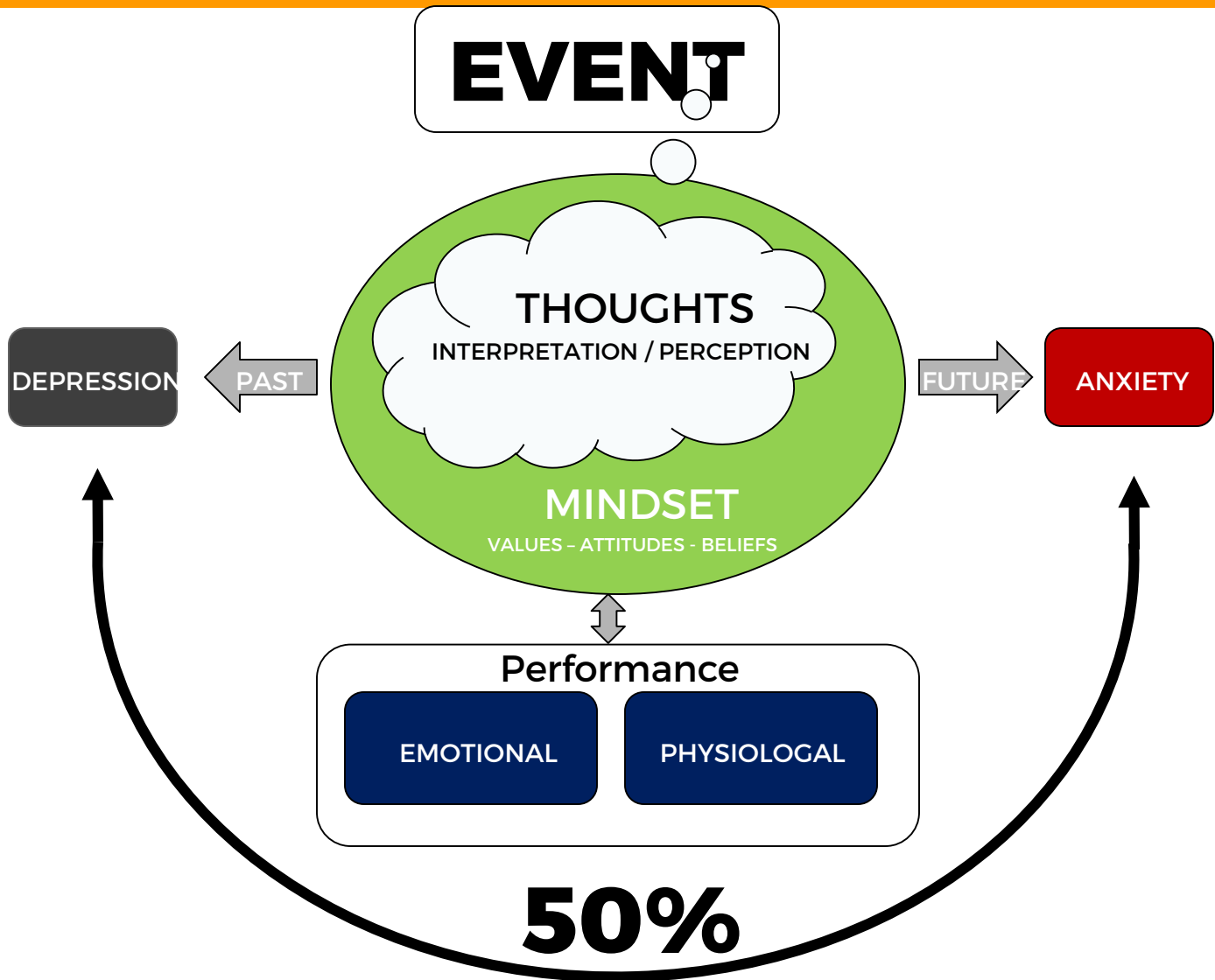
Place your Attention on the present moment, what YOU can control, and on what YOU need to do.



(Lao Tzu ancient Chinese Philosopher; Ellis, 1994)

Events happen. How you choose to think about that event is up to you.

- 1. Understand there is a direct link between your thoughts, emotions, and physical state which effect your performance**
- 2. You can discipline the mind to be confident and trusting under duress**
- 3. How we think becomes a self-fulfilling prophecy**
- 4. Mindset is A mental attitude that determines how you will interpret and respond to situations.**
- 5. You control you!!**



- **Be proactive with your thoughts.**
- **Don't allow your circumstances to dictate your emotions.**
- **Purposeful thoughts lead you to predictable outcomes with your effort, attitude, and performance.**
- **Purposeful thoughts can help you feel energized, strong, happy, determined, etc. so you can perform at YOUR best.**
- **Purposeful thoughts breed confidence.**

List events below when you were at your worst.

1. _____
2. _____
3. _____
4. _____
5. _____

List events below when you were at your best.

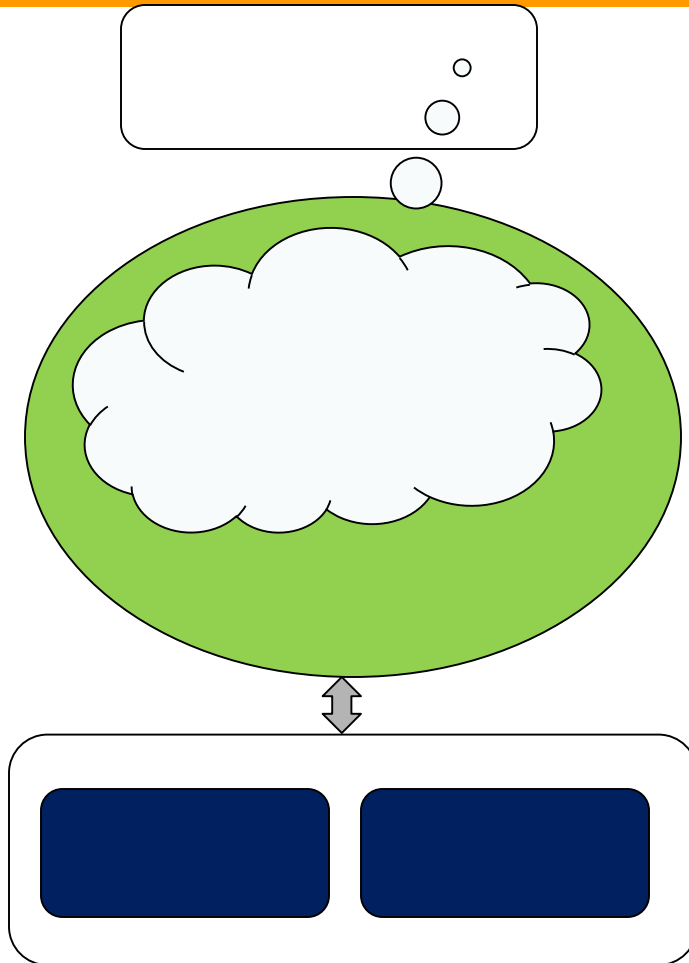
1. _____
2. _____
3. _____
4. _____
5. _____

Using the following worksheets, create a TAP diagram for each event. (Make additional copies of TAP worksheet page if needed.)

Over time does a behavioral pattern emerge?

Can you see a pattern now?

What can you do to change these patterns?



Using one of your events when you were at your best/worst, complete section above to identify if your thoughts were helping or hurting you. Then answer below.

How were your thoughts with that performance?

Where was your attention?

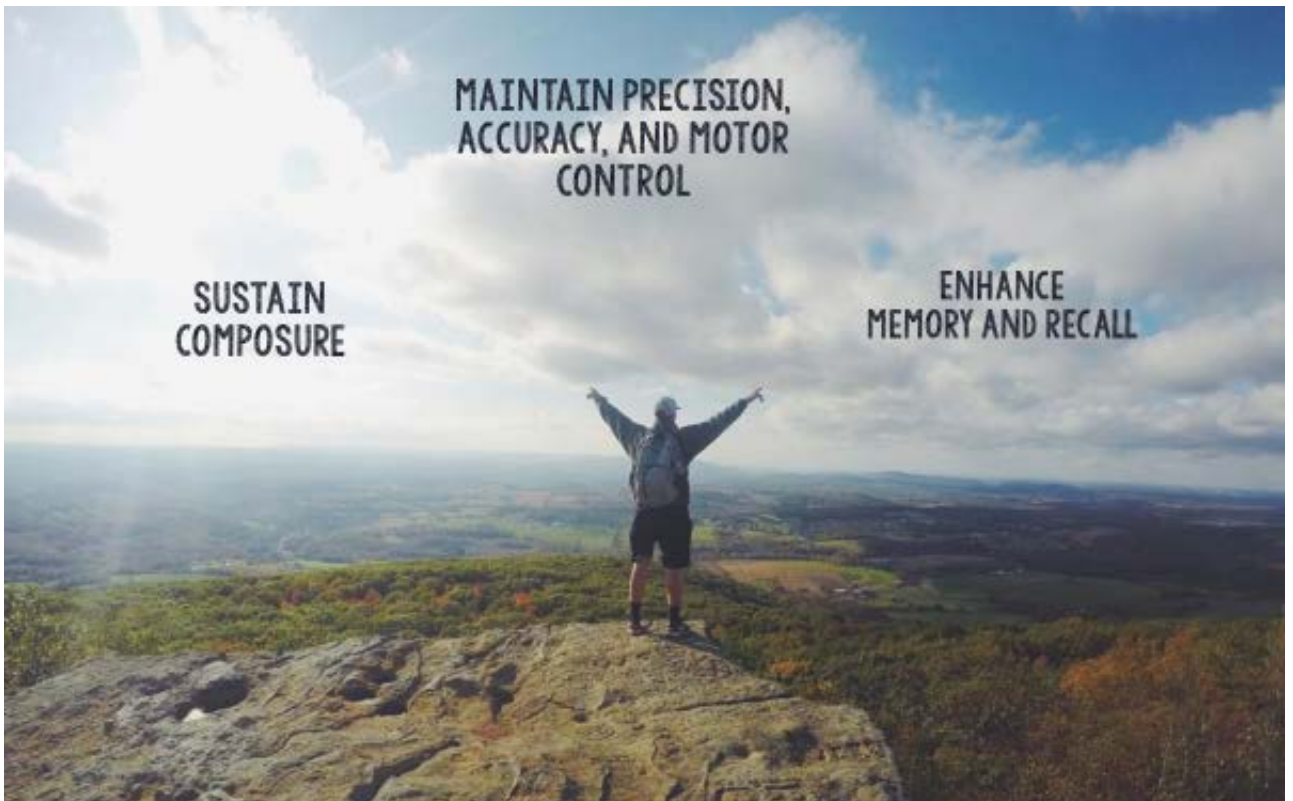
What was your energy & anxiety level?



ENERGY

Breathe, it's the
Magic Elixir.

Benefits



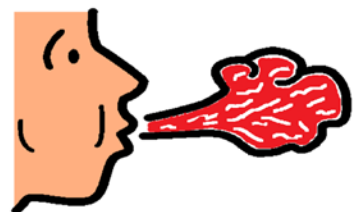
Deliberate breathing will trigger a relaxation response that can reduce stress, instill/sustain composure, prime concentration & mental agility, improve reaction time, accelerate energy production, speed healing, help manage pain, enhance the quality of sleep, and reduce insomnia.

1. Inhale through the nose for a 4-5 second count, some experts claim this can filter the air and is better for oxygen uptake.



2. Breathe deep into your diaphragm. Keep shoulders as relaxed as possible. Force your stomach to expand.

3. Exhale for a 4-5 second count through the mouth. If stressed or injured “see” the worries/pain leave your body with the breath.



3-5 minutes a day

Alternatives

- Breathe in the shower at the end of your shower routine.
- Add a power/attitude statement at the end.
- Inhale strength and power for healing/confidence.
- Use imagery for enhancing performance.
- Before a test, presentation, game, free throw, pk, etc.



IMAGERY

See the Success
you Want.

IMAGERY

Physical Execution



Imagery



Mental blueprint



Sequences
Strategies
Contingencies

Imagery

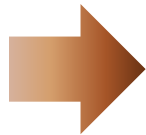
Imagery primes the mind for success!

Repetition strengthens the neural connections. 5-10 minutes a day

Practice! Practice! Practice! Practice! Practice! Practice! Practice!

It's your image; use your creativity to maximize your mental blueprint. Create new neuropathways, & strengthen existing pathways, You control the action.

Relax and
Clear Your
Mind

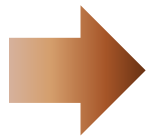


**Image with
purpose**



Make Your
Images
Intentional

Envision
Achievement
success



Meaningful
and
Genuine

Repetition
Builds
Strength!



Imagery

To create a detailed imagery blueprint, the brain requires details from all the senses. It's the details and clearness of the mental blueprint that primes the brain into securing the neural connections.

Imagery works best when
you *use all your senses*



What you Smell



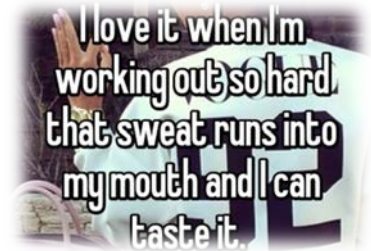
What you Feel



What you Hear



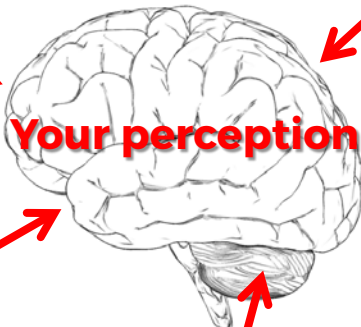
What you See



What you Taste



+Your Emotions









A few of the many ways to use imagery:

- Night before games
- Pre-game
- Rehabilitating an injury
- Learning new skills or tactics
- For embracing mistakes
- Enhance confidence
- Strengthen motivation
- Run through plays
- Strengthen muscle
- set neuropathways

Your Imagery Script

Now that you understand the components of successful imagery. Use as many senses as possible to create a very vivid imagery script of your own. beside each sense, write what you want to "see". Practice regularly.

SEE	
SMELL	
HEAR	
TOUCH	
TASTE	
EMOTIONS	

You can also use imagery in the flow of the game: Free kicks. Penalty kicks. Free throws, golf putt, face off, tennis serve, etc. (If and only if you have practiced it prior!!!!)



CONFIDENCE

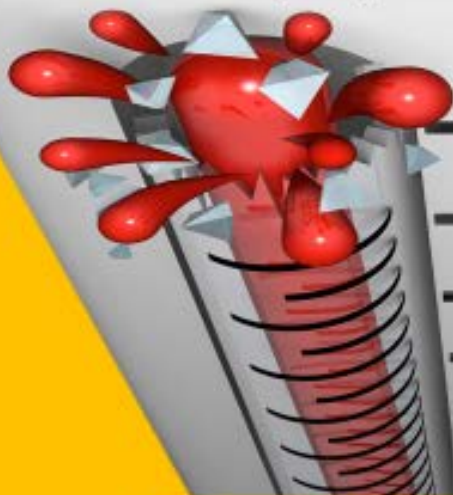
Say your
Affirmation.

P3 PERFORMANCE

Let's get Mental

CONFIDENCE LEVEL

Stop leaving your confidence up to chance



INVINCIBLE

STRONG

STEADY

BUILDING

FAIR

P³SB = C

Past Successes, Preparation, Perception, Self-Talk, Body Language

www.P3Perf.com

Affirmations are statements that reflect positive attitudes or thoughts about oneself. Think of it as a statement about what you may want, but phrased as if you already have it.

The most effective affirmations are both believable and vivid. You want to capture a feeling of a particularly satisfying experience. Each one should express a personal, positive message of something that is happening in the present.

Examples: I am a strong outside hitter. I play well under pressure. I love taking the shot when the game is on the line. I'm faster than lightening. No one works harder than me.



I have everything I need to overcome this challenge

“I’ve wrestled with an alligator, I’ve tussled with a whale, I handcuffed lightning, threw thunder in jail. Last night I murdered a rock, injured a stone, hospitalized a brick. I’m so mean, I make medicine sick. I’m gonna show you how great I am.”

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