

# MENTAL TIPS FOR SUCCESS



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# CHOOSE TO BE A CHAMPION

- CONTROLLABLES
- ATTITUDE
- PEAK PERFORMANCE
- FOCUS
- IMAGERY
- TALK POSITIVELY
- SMART GOALS



# CONTROL WHAT YOU CAN

## Uncontrollables

Water Temperature ~ Lane Lines ~ Starting Blocks

## Controllables

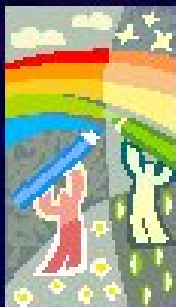
Images ~ Thoughts  
Nutrition ~ Meal Prep  
~ Bedtime ~

Other Competitors ~ Goggles Coming Off



Write one thing you can control & one uncontrollable you sometimes focus on, but will now will work on letting go.

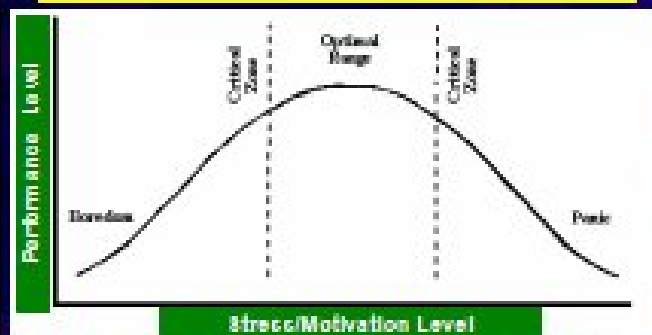
# ATTITUDE



- Positive thoughts about yourself holistically ~ Identify outside swim
- What can you do today that will lead to your success/goals?
- Give 100% in all you do
- Start everything positively & learn
- Work-in-progress...even elite

\* Think of one thing outside of swimming you enjoy doing.

# PEAK PERFORMANCE



\* What do you feel like when you're "In the zone" or doing your best? Mentally freeze it!

## FOCUS



BROOM BALANCE

- Focus on controllables, present, & future ~ learn from past
- Block out outside noise, negativity, & uncontrollables
- Persevere! You owe it to yourself to give it 100%!

## IMAGERY

- Imagine yourself performing well
- Several times daily, relax & mentally practice performance
- Use vivid images ~ as many senses as you can: vision, hearing, smell, feel, muscle sensations, etc.
- See yourself being successful and you'll live up to your expectations!



## THE POWER OF YOUR MIND

### STRING & WASHER



*Whether you think you can or think you can't, you're right. - Henry Ford*

## TALK POSITIVELY

### "MENTAL SANDWICH"



- Control what goes on in your head
- Think of & write down 1 positive thought/day
- Be true to yourself – look in mirror and know you did your best
- Make thoughts, words, & images "success-oriented"

*Think helpful thoughts... Say helpful things to self & others...*

*If it is to be, it's up to me.*

## SET "SMART" GOALS

### \* Pointing Drill \*

**S**pecific  
**M**easurable  
**A**ttainable  
**R**ealistic  
**T**ime-bound

