

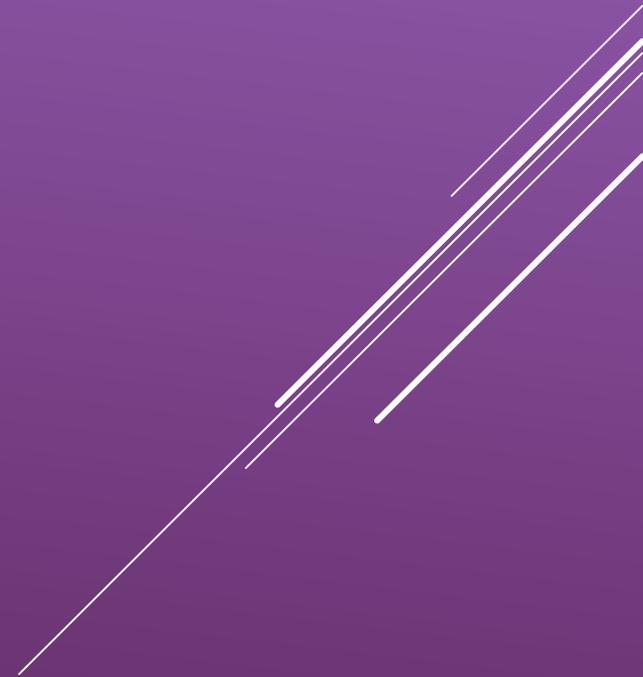
MENTAL TOUGHNESS

Life and sports will have highs and lows

How will you handle the good with the bad?

- ▶ If you are always striving to get better, then you are always growing. And if you are growing, then you are not comfortable. To be the best, you have to be willing to be uncomfortable and embrace it as a part of your growth process.

ARE YOU WILLING TO BE
UNCOMFORTABLE?



- ▶ Five percent of a person's life is made up of our game-day, while 95 percent is made up of the time we are preparing and, practicing, and waiting to perform. ...The fact is how we practice and prepare with 95 percent of our time determines how we perform on game day.

GAME DAY PRINCIPAL

- ▶ When you face a setback, think of it as a defining moment that will lead to a future accomplishment.
- ▶ When you encounter adversity, remember, the best don't just face it, knowing it's not a dead end but a detour to something greater and better.
- ▶ When you face negative people, know that the key to life is to stay positive in the face of negativity, not in the absence of it. After all, everyone will have to overcome negativity to define themselves and create their success.
- ▶ When you face the naysayers, remember the people who believed in you and spoke positive words to you.
- ▶ When you face critics, remember to tune them out and focus only on being the best you can be.

WAYS TO GET MENTALLY TOUGH

- ▶ When you wake up in the morning, what are your first thoughts, they are what is most important to you. Train yourself to focus on what is important and what you are grateful for.
- ▶ When you fear, trust. Let your faith be greater than your doubt.
- ▶ When you fail, find the lesson in it, and then recall a time when you have succeeded.
- ▶ When you head into battle, visualize success.
- ▶ When you are thinking about the past or worrying about the future, instead focus your energy on the present moment. The now is where your power is the greatest.
- ▶ When you want to complain, instead identify a solution.

WAYS TO GET MENTALLY TOUGH

- ▶ When your own self-doubt crowds your mind, weed it and replace it with positive thoughts and positive self-talk.
- ▶ When you feel distracted, focus on your breathing, observe your surroundings, clear your mind, and get into the zone. The zone is not a random event, it can be created.
- ▶ When you feel alone, think of all the people who have helped you along the way and who love and support you now.
- ▶ When you are tired and drained, remember to never, never, never give up. **Finish strong in everything you do.**
- ▶ When you're in a high-pressure situation and the game is on the line, and everyone is watching you, remember to smile, have fun, and enjoy it. Life is short, you only live once. You have nothing to lose. Seize the moment.

WAYS TO GET MENTALLY TOUGH



**NCAA All-American
University of Iowa
Member of 3 NCAA
Championship Teams
2X Big Ten Runner-up**

- ▶ Father died in the stands his jr year of college at national tournament
- ▶ Only year he earned AA status

MIKE MCGIVERN



- ▶ Olympic Gold Medalist
- ▶ 2x world champ, 1 bronze
 - ▶ Won one world title 1 month after breaking ankle (with plates and screws in it)
 - ▶ Bronze with injured knee this year

JORDAN BURROUGHS



RUSSELL BROTHERS

- ▶ No two individuals are exactly the same, with that said
 - ▶ When you put in an incredible amount of time and energy into anything it is hard to give it up easily
 - ▶ Investment = dedication
 - ▶ If you put in 4 years of work in this program it will give you skills that you can use for the rest of your life

WHY WERE THEY MENTALLY TOUGH