

4 Pillar Formula

“Get OUT of your Head and INTO THE ZONE”

Part 1 CONFIDENTLY “In The ZONE”

Watch the video —> <https://vimeo.com/294126149>

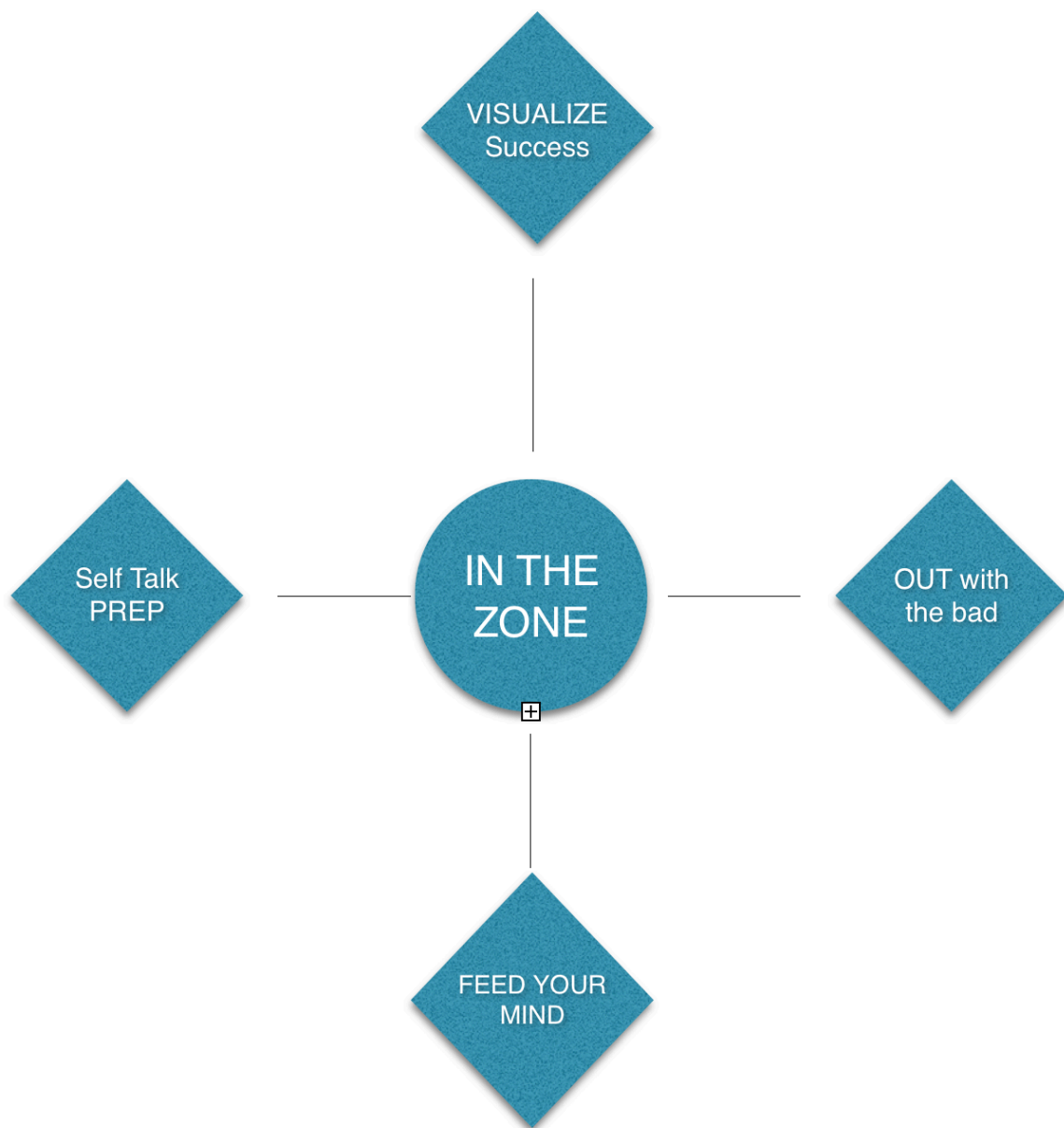
DID YOU KNOW? It is impossible to be IN your head and IN the zone at the same time.

Being in your own head = having **negative** or **unhelpful** THOUGHTS and/or FEELING

BEING IN THE ZONE	
1) I sometimes have self doubts, negative thoughts, negative emotions in sports, school, or relationships	True False
2) When something goes wrong or does not go the way I wanted it to go, I do NOT have a proven game plan to stay positive and get my mind right	True False
3) I do NOT spend time every single day visualizing success- success for me on the sports field, in the classroom, in my friendships. I don't visualize me being my BEST self	True False
4) I feel I COULD be in the zone more often, and I would REALLY love to be in my head less and in the zone more.	True False

If you answered TRUE to two or more of the statements above, this lesson is going to transform your CONFIDENCE.

*“Being in the ZONE is a **habit**, it is not a lucky feeling you get sometimes. The athletes who are in the zone MORE often are not any different than you or I, they are just DOING different things to get their and stay there.”*



FOUNDATION- PHYSICAL PREPARATION: Working Hard, Working Smart

Part 2

What would a DETAILED STEP-BY-STEP PERFECT PLAY look like in my sport?

***For example:** Basketball players might put- catching a pass at the 3 point line—> turning and facing the basket,—> confidently scanning the court—> making a pass to a teammate open—> immediately cutting towards the basket—> catching a bounce pass from my teammate—> rising up above the defending with STRENGTH AND POWER—> finishing the basket STRONG with my left hand PLUS getting the foul called—> not overreacting and becoming cocky but instead walking to the free throw line, calm, cool, and collected—> thinking about the perfect release and form for my free throw.*

The more detailed and VIVID you get with your description, the better. What your mind can conceive and believe, it can achieve!

Detailed Step-By-Step Perfect Play in my sport

Repeat this for another type of situation or play in your sport:

Detailed Step-By-Step Perfect Play in my sport

Lastly, write down your PERFECT REACTION to the following scenarios:

- When I make a big mistake (write the mistake and your perfect reaction):
- When coach pulls me out, criticizes me, or looks upset with me:
- When a teammate is costing us the game, annoying me, etc.:

- When I am performing below my potential:

TAKING ACTION

- What days and times will I practice visualization?
- WHO will I share this lesson with so that it sticks?
- WHO will hold me accountable?
- HOW will I remember to practice visualization? (hint: reminder in phone!)

Part 3

Earlier we talked about the bad habit of INTERNALIZING. If you want to be in the zone, you MUST get the negative thoughts and feelings OUT OF YOUR HEAD, LITERALLY!

Keeping negative thoughts, feelings, and emotions on the INSIDE is the quickest way to decrease your confidence and performance on the OUTSIDE. If you do not *let* it out, you will *act* it out.

Athletes and people in general who are CONFIDENT, are also confident in sharing what isn't going well with them. In fact, doing so leads to MORE CONFIDENCE.

During sports, the thoughts, feelings, and emotions I typically keep on the INSIDE are:

Example: frustration when I mess up or make a mistake; anger when coach pulls me out; low confidence when I get beat or go against a better player

The results of keeping those thoughts and feelings on the INSIDE are:

Example: I play below my potential when I am in my head; I play angry and out of frustration- sometimes it works to my advantage, but not all the time; I make more mistakes on top of the ones I already made

If I get the negative thoughts, feelings and emotions OUT of my head quicker and more consistently, I will:

Example: play better, feel better, be a better LEADER by example for the team; I won't get down on myself so easily- I will have more confidence

TAKING ACTION

- What will I do to get the negative thoughts OUT?
- WHO will I share this lesson with so that it sticks?
- WHO will hold me accountable?
- HOW will I remember to do this? (hint: reminders in phone!)

Part 4

DIFFERENT TYPES OF INPUT

- **MEDIA**
- **FRIENDS**
- **COACHES/TEACHERS**
- **FAMILY**

- **My Friends:** what your friends talk about, how they act, how motivated and ambitious they are or are not...all of those things will effect your thinking which will effect your confidence and performance. If you want to be in the zone, you need to hang with people who are in the zone.

WHAT KIND OF STUFF DO MY FRIENDS TALK ABOUT?

Does my current group of friends reflect the person I truly desire to be?

Yes_____ No_____

Why?

- **My Media:** the music you listen to, the shows and movies you watch, and videos you watch...it all effects your mindset. Take a survey of your INPUT via media. Is it ALL good? Or can you clean it up and add some more positive input?

What people on social media should I STOP following because they do not provide good “food” for my brain? This includes celebrities.

What people SHOULD I follow?

How much TV/NETFLIX/NEGATIVE television or movies do I watch?

_____ hours per day

Music

Is the music I listen to filled with positive, uplifting, encouraging, loving words? Or if I am honest, is it more garbage than anything?

How can I UPGRADE my INPUT?

- **My Coaches and Teachers:** Your coaches and teachers actions, habits, and emotions COULD effect you if you are not careful. If you have a really caring, positive, and helpful coach, chances are you FEEL better and are in the zone more often. This does NOT mean you are predestined for failure if your coaches and teachers are negative and unhelpful. It just means you'll need to work harder in the other areas that you CAN control.
- **My Fam:** this one is also true. Your parents and siblings positivity or negativity COULD rub off on you if you let it. However, you can also CHOOSE to up your game in the other input areas by hanging around more positive friends, watching positive thinking/positive mindset videos, etc.

This is SIMPLE. Easy to do but also not easy to do.

The way your mind works is that you MUST consciously think about positive things if you want to eventually get your mind to think positive on auto pilot. Ask yourself real quick, "Why do I think the way I think about failure? About messing up? When someone does something that makes me mad or upset, why does it affect me the way it does? Your thoughts control *everything*.

Your current natural reaction is a result of how you have been CONDITIONED to respond.

What is your **NATURAL** reaction when you mess up in a game? What is your NATURAL response when a coach or teammate wrongs you?

We must start CHOOSING more positive thoughts if you want to reverse this natural conditioning. Here is how:

Positive Thought Examples:

1. **SCENARIO:** You mess up. **POSITIVE THOUGHT:** “One bad play, no big deal. Next play will be better.”
2. **SCENARIO:** Coach pulls you out. **POSITIVE THOUGHT:** “This doesn’t mean I am a bad player. I just need some water and to reset my mind.”
3. **SCENARIO:** Team is losing and playing poorly. Team is down and showing frustration. **POSITIVE THOUGHT:** “I need to stay positive, keep playing hard, and be a leader by example.”

Come up with your own!

- | | |
|---------------------|--------------------------|
| 1. SCENARIO: | POSITIVE THOUGHT: |
| | |
| 2. SCENARIO: | POSITIVE THOUGHT: |
| | |
| 3. SCENARIO: | POSITIVE THOUGHT: |
| | |

A level ABOVE “positive thoughts in the moment” is PRE-PROGRAMMING your mind to think positively IN ADVANCE.

Example: every morning I say 3 words out loud and in my head.

**-COURAGEOUS
-ENTHUSIASTIC
-PRESENT**

These are my “3 words”.

We ALL talk to ourselves. The problem is, most of us don’t CHOOSE to talk to ourselves positively. We definitely don’t talk to ourselves on purpose. It is usually just “voices in our heads”.

If you want to be confidently in the zone, you must start SELF TALK.

What are the 3 words that define the kind of person or athlete you want to be:

- 1.
- 2.
- 3.

What will I tell myself BEFORE games that will fire me up?

Example: I am a champion. I stay positive no matter what happens. I never give up. I will overcome any challenge. I will be an encourager to teammates.

GREAT JOB!

You have successfully completed the IN THE ZONE training. What an accomplishment. If you are still committed to helping your athletes mastering the mental game and become the most confident, successful people they can be, I want you to email me directly. Andrew@pfpfit.com. We go deep on this topic as a Mastermind Group of Love-Powered Coaches. It's been great working with you. Let's keep it going.