

7 Ways Your Mental Game Ups Your Performance

Lonny Elson
My Mind My Game

1. **Thought Control:**

You may not be able to control what pops into your head, but once its there you are in control of what you do with it. Learning how to block out harmful, distracting thoughts and refocus will improve your performance.

2. **Emotional Control:**

Competition, training, school, and work are all like riding a wave with a series of highs and lows. Managing the rollercoaster of emotions will aid in consistent successful performance.

3. **Visualization:**

The power of visualizing your success makes it more likely to happen. It doesn't matter if its months, days, or seconds before your performance - visualize your excellent performance.

4. **Find Solutions:**

Every pursuit encounters obstacles. Focusing on the problems stifles performance. Recognize that problems are solution opportunities. This not only leads to problem resolution, but also increases you confidence and performance.

5. **Own Your Performance:**

There are only so many factors you can actually control. Choose to focus on those and letting the others go will focus your mind where it should be - on your performance.

6. **Harness Pressure:**

Pressure means you care! Those butterflies mean you are excited and this performance has value to you. Harnessing that excitement to bring out your best when it means the most to you will bring make you successful on the biggest stage.

7. **Embrace Failures:**

No one reaches the top the first time out. Strong performers learn from their failures as well as their successes. The lessons may be even more profound. Embracing those lessons leads to better performance.

My Mind My Game© is the mantra of Professional Mental Game Coach Lonny Elson. Lonny has helped clients maximize their performance to achieve professional, sports and academic performance goals using the same techniques he used to become one of the most consistent agility competitors including two national titles.

For more information on mental performance coaching email lonny@lefhc.com