

COACH LESLIE's JANUARY TIPS for HEALTH and FITNESS

Lessons of the Month: Mental Toughness

ATHLETE MOTIVATION:

“Every battle is won before it’s ever fought. It starts in the mind.”-Sun Tzu

ATHLETE MENTAL TOUGHNESS:

Sometimes life gets hard. Sometimes our goals look impossible. In order to move forward with our health and fitness goals, we have to be mentally tough. How do we become mentally tough?

A Great book: **TRAINING CAMP, A Fable about Excellence**, Written by Jon Gordon, is about “What the best do better than everyone else” and how to implement those simple strategies on a consistent basis to make GREATNESS YOUR LIFE’S MISSION. Following are the “Twenty Ways to Get Mentally Tough” highlighted in the book:



1. When you face a setback, think of it as a defining moment that will lead to a future accomplishment.
2. When you encounter adversity, remember, the best don't just face adversity; they embrace it, knowing it's not a dead end but a detour to something greater and better.
3. 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.
4. When you face the naysayers, remember the people who believed in you and spoke positive words to you.
5. When you face critics, remember to tune them out and focus only on being the best you can be.
6. When you wake up in the morning, take a morning walk of gratitude and prayer. It will create a fertile mind ready for success.
7. When you fear, trust. Let your faith be greater than your doubt.
8. When you fail, find the lesson in it, and then recall a time when you have succeeded.
9. When you head into battle, visualize success.
10. 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.
11. When you want to complain, instead identify a solution.
12. When your own self-doubt crowds your mind, weed it and replace it with positive thoughts and positive self-talk.
13. 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.
14. When you feel all is impossible, know that with God all things are possible.

15. When you feel alone, think of all the people who have helped you along the way and who love and support you now.
16. When you feel lost, pray for guidance.
17. When you are tired and drained, remember to never, never, never give up. Finish strong in everything you do.
18. When you feel you can't do it, know that you can do all things through Him who gives you strength.
19. When you feel like your situation is beyond your control, pray and surrender. Focus on what you can control and let go of what you can't.
20. 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.

Print these out and read them everyday for 30 days. Practice the tools in your daily life and your mind muscles will get stronger everyday! Again, I highly suggest you get this book. It's a quick read. I finished it in a day because it was so good! Stay Strong!

LIVE MENTALLY TOUGH!