

Your Thoughts have Consequences.

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Thoughts = what you think about

Actions = what you do or act upon

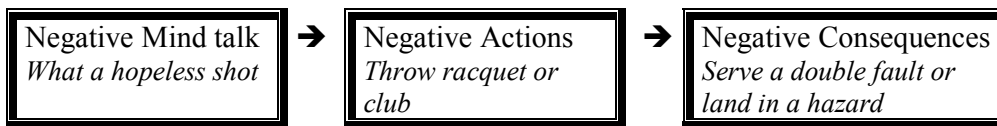
Consequences = the result of something you do based on your thoughts and actions

Mind talk = the thoughts you have or the words you say to yourself in your head, usually not said aloud.



“What you think is what you become”.

What you think about causes you to act in certain ways. These actions can be positive, negative or neutral. Given what you do there are certain consequences. The results of your thoughts, which precede your actions, are called the consequences. For example, its clear, if you commit a crime you must face the penalty. Penalties are consequences. Another example is if you are angry with someone you will generally get an angry reply. Anger inspires anger- it’s just like putting fuel on a fire.



In your sport when you ‘lose it’ or ‘spit it’ or ‘throw it’, (examples of negative mind talk which has led to negative behaviour); the consequences are more negativity, frustration, annoyance, anger and most importantly poor results. Why do something that will hurt you or lessen your chances of victory? That’s dumb!

The consequences or result of getting down on yourself only leads you to feeling worse about yourself because that is the energy you are putting out.

Negative thoughts and actions guarantee you of failure.

Alternatively, positive or ‘good’ thoughts lead to positive consequences eg. If you smile at someone you are more likely to receive a smile back. Happiness generates happiness.

What you put out is what you get back.

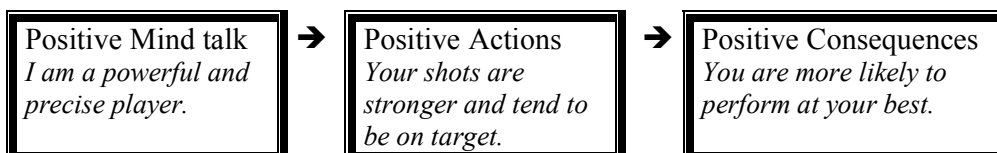
It flows on that the more positive your mind talk the more positively you act.

“I am a powerful player”

“Nothing will get in my way”

“I’ve got what it takes”

are examples of thoughts and mind talk that inspire powerful actions and thus positive results in your sport. Therefore the aim is to be always using positive mind talk because great thoughts give you the best opportunity for success.



Always aim to talk to yourself in a **positive** way. No exceptions!

Practical Exercise

Say to yourself 10 times:

“I am hopeless/terrible/crap at (add in your sport or a technique/skill used in your sport)”

Eg: I am hopeless at serve and volleying. I have a crap swing. I am terrible at putting.

How does it make you feel?

How would this affect your performance?

Instead try this:

Say to yourself 10 times

“I am great/talented/awesome/hot/competent/gifted/amazing at..... (add in your sport or a technique/skill used in your sport)”. Pick words that you most like to describe yourself and your performance.

Eg: I have an awesome backhand. I am competent at my full swing. I am gifted at shooting a goal. I am a great team player.

How does it make you feel?

How would this affect your performance?

How often do you say something positive or encouraging to yourself?

Try to be more encouraging every time you practice, play and compete!

NB: see how your results will slowly improve if you consistently say positive things to yourself.

Remember to always pick positive descriptive words. You will always give yourself the best opportunity of success by **choosing uplifting and motivating words, thoughts and actions.**

Now be positive - not only in competition but during training sessions, at school, work, with your partner, parents and family members, in fact, **everyday in every way.** Practice being at your best in every situation or all day long.

Hopefully you are not only reading this stuff but also putting this information into practice.

Happy practicing and playing!

Smile always – it helps.

John Novak

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