



NeuroMentor®
PEAK PERFORMANCE INSTITUTE WEBINARS OUTLINE
The Mind and Brain Science
of Performance Preparation, Practice, and Optimization



NeuroMentor®
PEAK PERFORMANCE INSTITUTE WEBINARS OUTLINE

**The Mind and Brain Science
of Performance Preparation, Practice, and Optimization**

Table of Contents

Webinar 1. Optimizing Communication and Collaboration

Webinar 2. Performance Growth Mindset

Webinar 3. Player Performance Blueprint

Webinar 4. Deliberate Practice: Structure and Applications

Webinar 5. Performance Enhancement Neuroscience

Webinar 6. Peak Performance Strategies

Webinar 7. Peak Performance Under Pressure

David Krueger, M.D. is an Executive Mentor Coach, and CEO of MentorPath®, an executive coaching, training, publishing, and wellness firm. He guides performing professionals to achieve and sustain peak performance.

Author of 24 trade and professional books on success, wellness, money, and self-development, and 75 scientific papers, he is Founder and Director of his own Licensed, Specialty-Certified New Life Story® Wellness Coaching, and New Money Story® Mentor Training. He is Dean of Faculty for Coach Training Alliance, has trained professionals worldwide, worked with executives of Fortune 500 companies, and develops internal mentor programs for organizations. He is on the Advisory Board and Contributing Faculty at Bauer College of Business at the University of Houston. He was named Top Executive Mentor Coach of the Year for 2021 by the International Association of Top Professionals (IAOTP). Dr. Krueger formerly practiced and taught Psychiatry and Psychoanalysis and was Clinical Professor of Psychiatry at Baylor College of Medicine.

He was a founding member of the International Society of Sports Psychiatry, Consultant to the Women's International Tennis Association, and has worked with numerous Olympic and professional athletes and coaches. He is Founder of The NeuroMentor® Institute for Peak Performance, and offers training and private Mentor Coaching for athletes and coaches.

Further information is at www.MentorPath.com

Acknowledgment

Shelley Till, ACC collaborated with me in the creation and integration of the material in the PlayBooks and the 7 Webinars. Her extensive experience as an elite athlete, coach, and sports analyst, as well as now working with athletes and coaches provides an invaluable contribution and integration of this material for practical application. To learn more about Shelley's work, please check her website www.ShelleyTill.com

We will be doing follow-up interactions and continuing education with you after you have completed this basic training.

Introduction

The Peak Performance PlayBooks and Webinars offer practical guidance for both coaches and players to systematically apply mind, brain, and performance sciences to achieve optimum success.

Webinars 1-3 parallel PlayBook I. *Peak Performance Preparation for Coaches*

Webinars 4-6 parallel PlayBook II. *Peak Performance Practice for Coaches and Players*

Webinar 7 parallels PlayBook III. *Peak Performance Optimization for Players*

You'll see the pairings of the Webinars with the 3 PlayBooks in the Outline. The Webinars address these two fundamental questions:

- How can preparation, practice, and performance be developed and applied to consistently generate optimum performance?
- How can coaches and players individually and collectively achieve and sustain performance success?

The mind and brain sciences applied to preparation, practice, and performance provide a proven success system to train resilience, enhance cognitive and physical fitness, develop collaboration, inform deliberate practice, and optimize successful success.

The 7 Webinars apply the three PlayBooks to combine for a blueprint of performance science and its applications to develop and sustain peak performance.

Breakthroughs in neuroscience, cognitive psychology, and behavioral sciences have created radically new ways to guide both practice and performance. Mind- and brain-based strategies integrated with performance science can have dramatic effects on the way we interact, lead, and perform. Performance enhancement principles and systems form the template of deliberate practice for peak performance.

The brain has a unique way of writing into code and creating complex algorithms that may be consciously inaccessible but can generate intricately

developed patterns of behavior and performance. Understanding and rewriting these patterns lead to significant enhancement.

Information has never been sufficient to generate change. The process must be addressed in a stepwise systematic manner to result in transformation of each player's operating system, performance, and core identity to make the change permanent. This material, designed for both coach and player, will apply evidence-based learning and deliberate practice strategies for developing peak performance systems. Coaches and players can integrate these proven performance systems and tools into existing practices.

Notice the suggested questions for you to answer in writing after each of these 7 Webinars:

1. What are your top three takeaways from this Webinar that you believe could benefit your engagement and performance?
2. How will you apply this material to your skills and drills of practice and performance?
3. What questions do you still have from hearing this material?

Webinar 1. Optimizing Communication and Collaboration

How can the coach best engage participation by the player and minimize opposition to instruction?

- Learn the stories of each of your players.
- Recognize the work and performance style of each player.
- Become aware of each player's optimum performance flow.
- Develop an awareness of each player's best learning and information processing styles.
- Celebrate small wins and personalize recognition.
- Ask questions and involve other coaches and players in making decisions.
- Share credit for improvement.

What are the most important considerations in having productive conversations with a player?

1. Focus on the specific conversation.
2. Listen fully.
3. Summarize the player's perspective.
4. Use open-ended questions.
5. Stay in the flow of the conversation.
6. Keep it simple and brief.
7. Do not equate your experience with the other person's.
8. Remain calm and focused throughout.
9. Remember that the last impression is the lasting impression.

How do you ask the best questions?

1. A focus on what works enhances what works.
2. Focus becomes reality.
3. A focus on what works awakens possibility.

Why not focus on problems initially in order to resolve and move beyond them?

Asking for problems creates a mindset of problems in the recipient, while asking about possibilities creates a positive mindset of exploration.

What performance-specific feedback conversations are most effective with a player?

1. Immediacy
2. Start positive
3. Solicit feedback from the player
4. Simplicity and honesty
5. No assumptions
6. One focus
7. Expectations
8. Support
9. Preparation
10. Improvement plan
11. Mutual accountability
12. Recognition

How can the coach-player relationship be a change agent?

1. State your understanding of the player's experience as best you can. Listen for responses.
2. State your understanding of the player's intention as best you can. Listen for responses.
3. Find out from your challenging player what he or she has managed to do in a small way that he or she would want to do more of.
4. Find out what the player has not done yet that he or she would like to do in a future similar situation.
5. Highlight solutions that do not work, and consider, if applicable, expressing an understanding of the player's frustration.
6. Find out whether the player is willing to try something different.
7. Ask how the player may want to redirect efforts toward the goal.
8. Find out whether the player is willing to redirect efforts and pursue a particular goal.
9. Invite the player to try something different, something simple and specific in the beginning that would actually be the easiest thing to do.
10. Co-create a specific strategy or system to address the task. SMART goals: Specific, Measurable, Attainable, Relevant, Time-specific.

What approaches are there for an oppositional player?

1. Co-create a collaborative framework
2. Avoid pushing harder
3. Identify the barriers
4. Guide options
5. Focus on the next step

How can the coach foster a foundation of trust, and sense of belonging with the player?

John Wooden: “Remember you’re there to teach, to get a player to learn.”

What can we learn from the social contagion of motivation and achievement within a team?

Future performance is directly impacted by post-workout and post-game connection and debriefing with coaches and teammates.

What are some ways to promote a collaborative team environment?

1. Start by asking questions. Get to know your athletes as individuals first.
2. Focus on possibilities.
3. Be mindful of the first words you speak as a coach.

People will commit to what they help create.

Webinar 2. Performance Growth Mindset

What is the role of mindset mastery?

A gap in performance has more to do with mindset than with motivation, intelligence, or skill.

Mindset subtly determines perceptions, processing, and decisions, often without conscious awareness.

How are beliefs incorporated into a growth mindset?

Beliefs are often unconscious, yet we can pay attention to the best indicators of beliefs: our behavior. We can nudge ourselves toward a growth mindset:

- Am I taking ownership of my mistakes?
- What can I learn from this?
- How can I improve?

How do you develop a performance growth mindset in players?

Every defeat, every heartbreak, every loss, contains its own seed, its own lesson on how to improve your performance the next time.

Og Mandino

1. Think of a challenging, stressful experience or setback in which a player demonstrated resilience and persevered to learn something important.
2. Create a story of that experience with the three components: challenge, development, and resolution.
3. Think about what the experience taught you and the player, and the model it provides:
 - What creative approaches and strengths were employed?
 - What information, input, advice, or support helped?
 - What did this challenge teach about how to deal with adversity?
 - How did this instance and scenario make the player stronger?

A growth mindset can create resilience through a coping style described as shifting.

- Acknowledge stress
- Learn about the source of stress
- Recognize what can be changed
- Determine what good can come from it

How can you recognize a fixed mindset?

- Will I succeed or fail?
- Will I look smart or dumb?
- Will I be rejected or accepted?
- Will I be a loser or a winner?
- Will I attempt it without knowing I'll be great at it?

How can optimism be enhanced and pessimism diminished?

- Truly believe that your efforts can improve.
- Informed practice will improve the results.
- Failure does not define but informs.
- A setback is an opportunity to learn.
- A setback is temporary and solvable.
- Look for information that shows the setback or any accompanying negative beliefs are factually incorrect.

What steps can best engineer player improvement?

1. Specify the next step.
2. Focus specifically on the next step.
3. Make changes simple, tangible and concrete.
4. Make progress measurable.
5. Make progress visible.

Are practicing and performing states of mind the same?

While the learning zone and the performance zone are distinct, the practicing and performing state of mind are the same.

How can you distinguish the learning zone and performance zone in order to optimize both?

Learning zone characteristics include:

- The goal to improve
- Focusing on what you want to master

Performance zone goals include:

- Entering a performance zone mindset to access the skills of deliberate practice
- Maximizing immediate performance
- Executing in the best way possible while sustaining the mindset

How can you enhance your experience in the learning zone?

1. Believe and understand that you can improve—a growth mindset.
2. Want to improve a particular skill, with a specific purpose of each practice session.
3. Have an idea/plan about how to improve, what to do to improve, and how to use deliberate practice.
4. Frame the learning zone as a low-stakes situation, and expect mistakes, with a purpose of improving.
5. Ask questions that are solution-based rather than problem-based:
 - What can I do to make this happen?
 - What can I create that will be exciting and engaging?
 - What can I do to successfully navigate this impasse?

What is the effect on performance to “play to win” vs. “play not to lose”?

- Playing to win is based in confidence; playing not to lose is based in fear.
- Playing to win optimizes performance; playing not to lose is defensive.
- Playing to win is thriving and superiority; playing not to lose is surviving and mediocre.
- Playing to win creates special experiences and memories; playing not to lose creates stressful experience and moments.
- Playing to win optimizes abilities; playing not to lose compromises expression of abilities.

Webinar 3. Player Performance Blueprint

How can you prime your mind and brain to prepare for an anticipated situation and establish a mindset of confidence?

Reframing mistakes as information to learn may help both skillful coping and resilience.

Keeping calm, carrying on, and experiencing effectiveness often initially precede confidence.

Is there a systematic way to establish a confident mindset?

Seven strategies for successful priming for confidence:

- Get grounded and centered.
- Ask yourself positive, powerful questions to induce the calming neurochemical serotonin.
- Recall a time of similar accomplishment.
- Identify moments of significant confidence, a feeling of “I can do it” or “Whatever it takes.”
- Focus on connections with important others to activate oxytocin response—the neurochemical of connection and bonding.
- Create mental imagery of success to live into.
- Cultivate a circle of support people and mentors.

Is there a way to sustain and enhance confidence as a mindset?

For a state of total confidence for competition, three steps can facilitate the engagement:

1. Cue
2. Focus phrase
3. Physiology

This pre-performance routine for competition:

- What is the movement of a champion?
- What is the focus phrase or self-talk to initiate optimum performance?
- What is the breathing of a champion?

How can you develop resilience in performance?

Studies show someone can boost resilience by these four strategies:

- Reinterpreting negative events by reframing for possibility
- Enhancing positive emotions
- Becoming physically fit
- Maintaining a supportive social network for resilience role models

Two approaches to regulate states of mind and enhance resilience:

- Cognitive reappraisal
- Mindfulness meditation

Guiding Mindfulness Meditation for Peak Practice

- Get in a comfortable, seated, upright position.
- Close your eyes and focus only on your breathing – the flow of air in and out of your nose.
- As you focus just on your breath, relax your body.
- Attend only to your breathing, following its movement in and out of your body.
- When your mind wanders, refocus on your breath.
- Feel your whole body move and relax with your breath.
- If you have a thought, watch it come and go without engaging it.
- Continue breathing as your center.
- Anchor this state with a cue of a simple gesture or phrase.
- Finally, release your focus on breathing and simply sit being aware of your relaxed state, of your body, and the experience of unfocus.
- Pause for a moment to gradually re-enter usual awareness.

How can mental framing determine outcome?

Words activate a particular brain mindset.

Our brains link circuits associated with a particular word, concept, or emotion.

Specific language then triggers these cascades to boot up a mindset to then process the information.

Frames are the mental structures in our brains that shape the way we perceive and process information.

Are there proven positive framework-based initiatives for players?

- Notice what the player has done right.
- Use a positive, progressive, performance-based framework
- Do not simply negate the player's point of view or claim, but reframe to fit an adaptive framework.
- Words have the most powerful effect on our minds when they are simple and easy to process.
- To convey basic and specific values, share a story about how you learned and used them.
- Information and data alone will not generate peak performance or wins.
- Collaborate proactively rather than reactively.
- Collaboration initiates a process of mutual engagement.
- Align progress with the already existing identity of the player.

How can you create a winning performance story with your players?

- Stories are how we make sense of things, understand, and remember.
- Stories organize information.
- Stories reveal process.
- Stories enhance memory.
- Stories initiate action.
- A story can define possibility.
- A story can define reality.
- A story defines everything from fatigue to performance outcome.

Consider ending a group meeting with two questions:

- What's the most important thing that you are personally taking away from this meeting?
- What do you commit to do based on our discussion?

How can behavioral economics principles be applied to performance coaching?

1. We hate losses and pain twice as much as we enjoy wins and gains (Loss Aversion).
2. We naturally discount benefits that come in the future to focus instead on current payoff (Future Discounting).
3. We respond more to a story than to facts and information (Balanced Learning).
4. Social networks – team – become enormously important (Affinity + Conformity).
5. How choices are framed and presented have significant impact of adoption and decision-making by players (Choice Architecture).
6. We admire someone after learning something special about them (Halo Effect).
7. We engage and sustain effort when we experience effectiveness (Reward and Punishment).
8. Our most powerful motivation, more than money or fame, is a sense of purpose (Internal Ideal).
9. Engagement and endorsement need to align with identity (Endowment Effect).
10. Giving players facts and data will not change their minds, and strong persuasion efforts will likely backfire (Boomerang Effect).
11. The perception of the probability and importance of an event becomes enhanced with greater emotional attachment, as well as being more recent and frequent (Availability).
12. Communication is most effective when it is clear, brief, and simple (Cognitive Ease).
13. Positive, encouraging focus on possibility and achievement heightens outcomes (Growth Mindset).

14. The ending of any practice or discussion needs to be satisfying and successful, because we tend to remember the ending more than any other aspect (Peak End Effect).
15. When time, energy, and money are invested in a project, there is a tendency to stick with even when it is not working because of the resources already invested, and to avoid loss and regret (Sunk Cost Fallacy).

Webinar 4. Deliberate Practice: Structure and Applications

Are you getting better at the things you most care about? Or are you not improving enough at things that matter to you despite spending a lot of time working hard at them?

1. Do you have a specific goal for your training?
2. Before you go for a run, do you have a target in terms of the pace you would like to keep?
3. Do you have a distance goal for each run?
4. Is there a specific aspect of your running you try to improve each time?
5. Do you have a coach?

Are there basic components of deliberate practice, regardless of the type of performance?

There are 5 common elements:

1. Full present focus
2. 100% immersion of mind and body to completely engage each moment of practice and performance
3. Single tasking with full concentration
4. Compartmentalization of practice to define a purpose and specific objectives for each practice session. “
5. The use of feedback from an experienced coach or mentor.

What is the Deliberate Practice System?

1. Engage the optimum state of mind for a specific practice segment
2. Establish a well-defined, specific goal to improve on—not just “getting better.”
 - Is your goal specific?
 - Is your goal measurable?
 - Is your goal positive?
 - Is your goal inspiring to you?
 - Is your goal displayed?
3. Determine your purpose: “What is your why?”
4. Designate a challenge beyond your comfort zone.

5. Establish a time structure.
6. Visualize successful completion of specific goals.
7. Review what works and what does not, with a central goal of consistent improvement.
8. Use feedback from a coach to gauge when you are doing something right and how to specifically improve.
9. Develop self-correcting mental representations of the evolving skill in deliberate practice to permanently etch its operation and to incorporate it as identity.

Is there a strategic way to develop a performance cue?

A cue initiates a mantra of focus + physiology to get grounded and centered to enter a state of mind.

This coupling of a defined cue with a specific performance-related mindset can instantly activate the ideal state for engaging in that activity.

The cue can be a word, a phrase, a gesture, or an object to evoke a state of mind.

What is a blueprint for forming an optimum performance habit?

Habits are automatic behaviors triggered by specific cues.

A behavior begins with a cue—a trigger that activates a sequence of behavior.

- The cue to initiate an optimum state of mind.
- The action, the preprogrammed behavior that is automatic response without deliberation and is synonymous with the ideal state of mind containing deliberate practice.
- The state of flow of the practiced behavior for optimum performance.

What can we learn from the most successful performers about a structure for each practice?

1. Chunk the specific task.
2. Determine the smallest next step possible and proceed one step at a time.
3. Apply slow, focused development.

How can you best sustain performance flow?

The process of sustaining flow may be enhanced by:

- Not slowing down and not thinking about or attempting to control performance
- Practicing under pressure to simulate the entire experience, including mindset of the actual performance
- Focusing on the goal, not the mechanics
- Using a key word, gesture, or internal snapshot to create and sustain focus throughout the process of performance
- Framing a positive focus for both the performance and the outcome

Review the 12 Peak Performance Practice Summary components in PlayBook II.

Webinar 5. Performance Enhancement Neuroscience

Is there a strategy to self-regulate when confronted with emotional triggers?

Mantra: Cue, Focus, Physiology

- Cue: a personal gesture or word
- Focus phrase: such as “Relaxed and powerful.”
- Physiology: breathe in relaxation, breathe out tension

What is the role of unlearning in developing new performance learning strategies?

What is the best practice strategy to combine unlearning and learning?

- Begin with a question or a story.
- Don't start with a review or summary of what has happened before.
- Frame the new learning as possibility rather than problem.
- Engage collaborative discussion and involvement.
- Sustain the focus on new behavior.

What is the actual experience of peak performance?

1. Mental relaxed
2. Physically relaxed
3. Confident and optimistic
4. Present focus
5. Highly energized
6. Exquisite awareness
7. In control
8. In a cocoon

How can you best assess your preparation?

- What do you need to change?
- What do you need to let go?
- What do you need to avoid?
- What do you want to keep and enhance?

How can you best assess your performance?

- How well did you stick to your game plan?
- What, if anything, caused you to deviate?
- How well were you able to make necessary adjustments?
- Was your preparation sufficient?
- Evaluate your progress and every aspect of your performance
- What are you doing to improve your performance next time?

What is the most successful way to do visualizations and affirmations?

The Art of Visualization

- You must construct your own vision.
- The criteria to measure success must be clearly defined.

The Neuroscience of a Vision

- Visualization brings about actual physical changes in the brain.
- The brain assimilates a mental picture whether the stimulus is actual from the optic nerve or imagined; the brain activates in the same way with a mental image as with an actual image.
- When you repeat a vision of successfully attaining a goal, the act programs neural networks and neuronal pathways to etch the experience more strongly.
- Mental visualization of a complex movement can actually improve performance.

There are three key elements of effective visualization:

- Specificity about the full experience of achieving the goal: thoughts, feelings, behaviors, sensations.
- Repetition of the success imagery so the neural networks dedicated to that vision become hardwired.
- Conscious incorporation of this new vision into an ongoing story to be ultimately metabolized as part of the self. Otherwise, you will “lose” this vision.

How can you identify and remedy these performance challenges: choking, self-handicaps, sandbagging, and burnout?

Choking

Choking refers to not executing a specific skill under pressure that you would under normal situations.

Some common choking scenarios:

- Botching a routine behavior, such as catching a pass in a big game
- Flubbing a well-practiced presentation
- Forgetting lines that an actor has said hundreds of times
- Blanking on the name of someone the person knows quite well

Two particular behaviors increase pressure:

1. Framing a situation as a unique experience
2. Exaggerating a situation

Proven ways to prevent chokes in pressure performance:

- Practice under stress
- Don't slow down
- Don't dwell on past performance
- A performance cue: gesture, word, breathing
- Focus on the outcome, not the mechanics
- Focus on the positive

A remedy for choking: remain in a flow state and don't shift to an observer state.

Self-Handicaps

Self-handicaps are performance barriers or inhibitions created to protect someone's sense of self-esteem and confidence.

A remedy for self-handicaps: self-reflection and awareness of this process so that the deliberate practice system of performance can be reinitiated.

Sandbagging

Sandbagging attempts to demonstrate in some way a limitation or negative aspect to diminish others' expectations of you. Sandbagging is designed to diminish the pressure of performance anxiety.

A remedy for sandbagging: self-reflection + change self-talk.

Burnout

Burnout is a syndrome comprising aspects such as diminished emotional drive, concentration, motivation and enthusiasm for the endeavor. Often the result of a chronically stressful performance, it causes tension, fatigue, and lethargy along with lessened passion and consistency.

A remedy for burnout: mindfulness with reappraisal + reframing + reengagement.

Webinar 6. Peak Performance Strategies

How can you stay focused despite consistent, even epic, challenges?

For any situation, there are three components of experience and response:

- State: The Zone
- Strategy: The Game Plan
- Story: The Performance Story

Is there a systematic way to enter a performance zone?

Actively create the specific framework, conditions, and preparation for your personal best.

An awareness of your most productive style, biorhythms, and unique entry into a performance mindset and how to sustain it.

Is there an optimum level of stress for practice and performance?

The effects of stress depend on two things: the way it is framed, and the dose.

Performance practices for a sustainable success include simple steps:

1. Take brief breaks during the day for recovery and recharge, such as walking in nature or even just walking rather than sitting and remaining intensely focused
2. Brief mindfulness meditation
3. Connect with teammates or colleagues especially after practice or performance

Is there a mindset to frame stress to improve performance?

The mindset of viewing stress as a challenge rather than a threat determines how you proceed.

Reframing stress as a source of energy and motivation redirects the meaning to a performance mindset.

What are the best, proven pressure performance strategies?

Anyone can hold the helm when the sea is calm.

Publius Syrus

This reframing of stress as a challenge seeks possibilities and enhances performance. Trying to prevent stress frames it as an indication that something is wrong. To frame it instead as an indication of channeled energy can be enhancing.

What pressure management tools can be employed to enhance performance?

- Get grounded and centered to access the state of mind that is optimal for the task and stay internally focused in this state
- Recall previous successes.
- Reframe the pressure moment as a challenge for opportunity.
- Create positive images of the outcome.
- Consider each situation as one of many opportunities.
- Reduce the importance of a pressure moment by keeping the larger purpose in mind.
- Confidence is a state of mind, so keep ideals and positive attributes in focus.
- Sustain focus on what you can control.
- Use a mantra to stay grounded and centered as frequently as necessary
- Train or practice under pressure conditions as much as possible.
- Recognize the myth that in order to be successful under pressure, you have to perform better than your best.
- Use the ROADMAP System® for Performing Under Pressure.

How can the ROADMAP System for Performing Under Pressure be applied?

Recognize your state of mind to effectively enter the mindset of optimum performance for each specific task.

Observe and own your performance story.

Access and assess the ideal state of mind for the performance task.

Decide specifically what to keep, let go, change, and enhance.

Map the next best action for performance excellence.

Author the ideal response to execute optimum performance.

Program your peak performance identity.

Is there a time and place for a practice and performance sabbatical?

The benefit from well-timed and systematic rest days allows physical and mental recovery to revitalize for better subsequent engagement.

Webinar 7. Peak Performance Under Pressure

Can a specific ritual enhance and sustain performance?

Athletes who used a pre-performance routine performed better than those who did not.

- A pre-performance routine can boot up the specific mindset for the skill to be performed.
- Warm-up routines enable preparation and access to a state of mind of optimum performance.
- During a performance, default routines need to be automatic, subject to immersion in flow.
- Post-performance routines promote not only recovery but reflection and review.

Effective focus for sustaining optimum performance includes some fundamental elements:

- A decision to focus on only one thing
- Concentration on thinking and doing the same specific thing
- Attending to only those aspects that are under your control
- An outward focus to counter performance anxiety, preoccupation, or distracting thoughts
- Avoidance of internal focus, which can introduce doubt, worry, self-criticism, and hypervigilance

During performance, how can you use “The Quiet Eye” to ensure performance precision?

The Quiet Eye is simply close-up attention to the final step in a performance sequence. Specific focus on this one aspect quietens the entire system for optimal execution of a task. Quiet eye training enhances the default motor system execution of skills for a specific target.

How can you as a player address tangents of what to avoid?

To counter negative thoughts or self-talk:

- Reframe the thought as an error message from your brain (To Don't)
- Delete it
- Refocus on what you do want that is positive and part of your plan.
(To Do)

A "To Do" and a "To Don't" List

1. Discover all the things that you focus on that you don't want.
A "to don't" list.
2. Be very specific about what you do want. A "to do" list.
3. Work on these lists over time because much of your awareness is not conscious.
4. Each time you think about an outcome that you do not want, stop and consciously change your thinking to focus on precisely what you do want.
5. Keep being aware and working on both lists.
6. Ask yourself questions that help you focus on positive outcomes.
7. These changes are a hard work miracle. Practice in persistence is paramount.

How can you use self-talk to enhance performance?

Self-Talk to Engage a Performance Mindset

Self-Talk: First and Third Person

Self-Talk to Enhance Commitment

Framing Self-Talk for Resilience

1. Redirection of negative feedback
Self-reflection questions: What can I learn from this? What are the possibilities here (rather than the problems)?
2. Creation of obstacles
Self-reflection question: What would it be like to not create the obstacle and instead put the energy into what I want?

3. Use of systematic forecasting
Self-reflection question: Is my usual pattern optimum for this current situation?
4. Assessment of the current model
Self-reflection question: Is this plan really working?
5. Direction to an output channel
Self-reflection question: What do I next need to put into action?

Self-Talk Exercise: Empowering and Limiting Words

Create a list of empowering words.

Create a list of limiting words.

How can you understand unforced errors?

The unforced error is one that is both self-generated and completely avoidable.

Because unforced errors are not always conscious or logical, reflection becomes a crucial component of recognition and revision of behavior.

How to develop a ROADMAP System for Unforced Errors

Recognize that you are making an error.

Own the responsibility of committing the error.

Assess the unforced error and the mindset accompanying it.

Decide a next best action for individual responsibility and team member responsibility.

Map changes based on information, results, and feedback.

Author the corrective action incorporating feedback and personal judgment for responsibility.

Program new identity.

How can extreme success be maintained?

The toughest thing about success is that you got to keep on being a success.

Irving Berlin

A specific challenge with extreme success: to stay passionate about the pursuit of excellence rather than simply enjoying the fruits of success.

A constant dialectic can balance celebration with continued striving and accomplishment.

Is there a level beyond peak performance?

The Performance Clutch is something beyond performance flow.

Clutch is a psychological state that extends flow.

In clutch, athletes describe being conscious of the pressure, and feel the pressure, yet are still able to perform at their peak.