

## **STAYING POSITIVE**

Why is it important to stay positive? It's a fair question, and there are a number of good reasons. First, positive players are more pleasant, willing and productive. Second, the greatest athletes tend to be positive, see themselves as masters of their own success and handle setbacks more effectively. Third, a positive outlook is less draining, because it takes more energy to be negative. By being positive, the player can influence other players in positive ways and motivate the team to greater heights.

Here's what Robert Singer, a top U.S. Sport Psychologist, says about being positive!

***"EVERY SPORT EXPERIENCE CAN BE A LEARNING EXPERIENCE, WHETHER YOU WIN OR LOSE, OR PERFORM BETTER OR WORSE THAN EXPECTED. A POSITIVE ATTITUDE AIDS LEARNING AND IS CONTAGIOUS. IT HELPS YOU DETERMINE WHAT NEEDS TO BE DONE AND DOING IT! POSITIVENESS IS ONE OF THE GREATEST ASSETS ANY ATHLETE CAN HAVE".***

### **TECHNIQUES FOR STAYING POSITIVE**

#### **1. DISPUTATION**

This involves understanding the beliefs that make us feel or negative, and then challenging those beliefs against real evidence. Quite often the belief is irrational, unfounded and often based on experiences that no longer apply.

#### **2. DECATASTROPHIZING**

This is the art of rationalizing a setback to lessen its importance. It helps you see things in proper perspective and realize that adversity is temporary, never fatal and can be overcome.

#### **3. AFFIRMATIONS**

Affirmations are positive statements you make to yourself, about what you expect to achieve. Through repetition, they become an integral part of your thinking. (SEE NEXT PAGE)

#### **4. MENTAL IMAGERY**

This very powerful skill refers to seeing yourself performing successfully, using perfect technique with every repetition. Top athletes are able to see crystal clear images of themselves and can even sense their performance environment. Repeatedly visualizing success builds confidence

#### **5. SELF TALK**

All athletes use this technique, which is simply a series of verbal reminders of what to focus on to perform your best. Self talk helps to neutralize negative events or feelings and keep you focused on the task at hand.

Players should experiment with these techniques, then learn and apply those they find most effective for them.

**POSITIVE MENTAL NOTES - SUMMARY**

Here is a list of some important "POSITIVE" messages every player should learn and apply. These are in the form of positive affirmations. Memorize these and use them often.

**BE POSITIVE**

**"I OWE MY TEAM MY BEST EFFORT AT ALL TIMES".**

**"THE TEAM IS COUNTING ON ME TO PROVIDE LEADERSHIP".**

**"THE ONLY WAY TO PERFECT THE FULL RANGE OF SKILLS I NEED, IS THROUGH CONSTANT PRACTICE".**

**"I HAVE A RESPONSIBILITY TO KEEP MYSELF IN GOOD PHYSICAL CONDITION".**

**"I HAVE THE SELF-DISCIPLINE TO DO WHAT IS NECESSARY".**

**"I MUST DEVELOP MY MENTAL COMPETITIVENESS THROUGH STUDY AND APPLICATION OF MENTAL SKILLS".**

**"I MUST MAINTAIN SELF-CONTROL EVEN WHEN THE PRESSURE BECOMES EXTREME".**

**"IN ORDER TO HELP THE TEAM MOST, I HAVE TO KEEP THE COMMUNICATION CHANNELS OPEN".**

**"I CAN HELP THE TEAM MOST, ONLY IF I PLAY AS PART OF THE TEAM".**

**"I MUST PLACE THE TEAM WELFARE AHEAD OF MY OWN INTEREST AND GOALS".**

The value of developing and maintaining a positive mental attitude can not be over stated. It is one of the keys to success in sport.

**POSITIVE PEOPLE**

***PEOPLE WHO ARE POSITIVE ARE  
NICER TO BE AROUND,  
HAVE MORE FRIENDS, ARE MORE PRODUCTIVE  
AND SUCCESSFUL, TEND TO ENJOY BETTER  
HEALTH AND MAY EVEN LIVE LONGER. AT  
LEAST THEY LIVE MORE SATISFYING,  
FULFILLING LIVES THAN THEIR NEGATIVE  
COUNTERPARTS.***

**Each and every one of us  
has the ability to reach out,  
to grow, to change for the better  
to set our goals and to begin  
travelling in the direction  
of our dreams.**

**If there is any secret at all  
to being happier in life,**

**It is this:**

**to realize what a marvelous  
person you are to begin with:  
to treat that person  
with love and care; and  
to understand that  
if you truly desire for your dreams  
to take you places you've never  
been...all you have to do is  
believe in yourself  
... and begin.**

Collin McCarty

**WHAT IT TAKES TO SUCCEED**

This material is condensed from the book, "Peak Performance...and More" by Robert Singer. The qualities defined are required for success in any endeavour.

***COMMITMENT***

Dedication to be the best you can be means all out effort in training, practice and preparation for competition. Commitment means doing the *RIGHT* thing *EVERY* time *ALL* the time. This includes personal sacrifice, possible self denial, and giving up short-term pleasures for long-term goals

***PRIDE***

Performing well on *ALL* occasions. Being your best even when no one is watching. Looking good because *YOU* want to.

***SELF  
ORIENTATION***

Successful people provide their own motivation. It comes from inside, and has greater meaning and satisfaction than external motivation.

***SELF  
CONTROL***

Being in control of yourself and your destiny, knowing you can *MAKE* things happen. This means accepting credit for good performance and responsibility for poor. Successful people are in charge of situations. They are not pawns or victims of it, and do not blame others.

***MASTERY  
ORIENTATION***

Successful people look forward to challenges and to overcoming them. For them, challenge as an opportunity. It is better to try and fail, than not to have tried at all. Not trying is the only real failure.

***CONFIDENCE***

Believing in yourself is mandatory. Successful people think realistically and positively. They strive for optimal confidence at all times.

***GOAL  
DIRECTION***

This is the ability to evaluate your current skills objectively and set meaningful short and long term goals. Having appropriate goals and assessing them regularly will keep you on course.

***SELF  
DISCIPLINE***

To be successful you must have self discipline. This means doing the right thing without being told, even when you may not want to at the time. Likewise it means not doing things that could be detrimental or harmful to your goals, even though you may want to.

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***COPING  
ABILITY***

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The ability to manage your life and handle adversity without losing composure. This is largely dependent on your degree of satisfaction with your life, both in and out of the performance arena.

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***POSITIVE  
ATTITUDE***

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Competing can be can be a LEARNING experience, whether you win or lose, or perform better or worse than expected. A positive attitude aids learning and is contagious. It helps one determine what needs to be done and doing it.

***POSITIVENESS IS ONE OF THE GREATEST ASSETS***

***ANY PERFORMER CAN HAVE.***

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***HARMONY***

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When all the above personal factors are present and working, the mind and body are in harmony, and energy is mobilized almost effortlessly. Everything seems to happen as if subconsciously.