

# Tips On Bowls 1: Compete To Play Great

One of the interesting things about pursuit of success is the concern about not doing it, your game performance, well.

As if being good is not good enough.

And it may be, not good enough.

But to be better you need to have it in your mind that you can and will be great. With effort of course.

Did you forget that ingredient? Go to the back of the queue.

Anyway, back to being positive. If you make the right choices most of the time you will get further along your road to greatness.

And when I refer to the right choices I am not talking about the game itself.

I refer to how and what you set as goals.

Your schedule of training for the season or calendar year.

Your commitment to attend to all that training; gee it's raining or cold. I might not go today, no one will notice. You will when time comes and you don't achieve the results you planned for.

Your selected competition you enter in.

Your choice of playing partners in team events, even who you choose not to play with.

Your progress as a player, don't blame selectors as there are numerous events to go in not requiring a selector.

Your use of the mental skill tools - composure, confidence, self-talk, imagery.

Have I questioned your aspiration to be even better, maybe to be great. I did! Good, I have done well in that case.

Now go and redirect your energy to become as good as you can be.

**Lachlan Tighe, 2020**