

Mindful aphorisms & thoughts

Many of us read or hear of little quotes, sayings, notes, aphorisms from sports heroes, celebrities, successful operators in industry, newspapers, politics, TV and all such words, phrases and sentences are about doing it better, being aware of the road to success, effort and endurance.

Just recently a New Zealand coach shared with me and our pBus squad a collection of quotes his players shared with him as an exercise using the time they have because of lockdown. Real good use of time restricted to home base.

In a similar vein, I scribble out mine, some / many of which are borrowed, a few of which I reckon I constructed as part of my journey being a coach striving to be better.

Read and take what you can and want from the sayings:

- Where your mind goes, everything else follows.
 - TCUP _ thinking correctly / clearly under pressure.
 - HICCUP _ hell. I can't cope under pressure.
 - A role model is a player who at every training session, every fitness session, every discussion session, at every event, gives nothing, but nothing, other than a quality contribution / effort.
 - Experimenting is what champions are prepared to do (results don't count in training).
 - Know yourself, so as to accept behaviour to ensure better preparation.
 - The LUCK factor balances evenly, leave it alone.
 - No coach ever won a game.
 - Learning and coaching is largely trial and error, like competition.
 - Your last bowl is NEVER your last bowl, it is always your first bowl.
 - Scout's honour... always be prepared to alter a (losing) game plan.
 - Kids play games – proper preparation to me is that level of training for excellence that makes it automatic / familiar when you get into the heat of competition.
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- Frustrations

Website menu- mental skills
Mental skill – mindful aphorisms

Laughter is a way to ease frustration and disallow tension building up. Distance yourself mentally / emotionally for a time (go off with the fairies).

- Goals no goals, no score, no surety of commitment, no need for you to be selected.
- If you work hard you are only equal to every other bowler, go the extra 1.00%.

Mental edge

Knowing every battle is won before the war (Bowls) is fought is having an agreed team game plan.

‘Mental toughness’

Is knowing you have done the hard work, believing in it, succeeding.
Is giving the impression you are enjoying the thrill of the contest.
Is being positive, it has no connection to phrases that say...don't be / don't try.

Applies to those competitors persistent enough to deliver 10,000 deliveries with intense application.

Is a degree of self belief (in the work we / you have done to be here)
= Tiger Woods being able to choose the right delivery at the right time.

Positive people are amazing (be one of these people for your teammates).

Pressure...is something you place on yourself.

Winning Edge

Because we have the right people in the right positions.

Knowing we trained to prepare for this event.

Maybe you can use your own or use what others you train with can add to your repertoire.

Lachlan Tighe, 2021