

BEST EFFORT DIAGRAM

Goal: To perform up to your potential one step at a time
 How? Relentlessly, which comes from Motivation and Courage

APPROACH

Thinking

You're the most important coach you'll ever have!

PERFORM

Doing

Not Thinking!

RESPOND

Thinking

Talk to yourself with dignity and respect!

CREATE IDEAL STATE

Attitude and Physiology

Attitude: **Get your mind right** by having effective thoughts
 Physiology: **Get your body right** by taking care of yourself,
 breathing deeply, and having exceptional body language.

THE POWER OF POSITIVE THINKING
 As I think, so shall I play:
 Emphasize the good and De-emphasize the bad.

Make your signals green for GO!
 EXAMPLE:
 Excited, Aggressive, Having Fun, Confident, and Relaxed

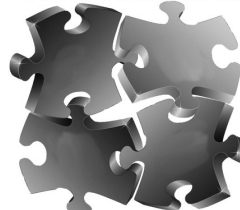
COMMIT to a PLAN OF ATTACK

What are you trying to do on this play?
 Make your answer specific, simple, and totally controllable.

FOCUS

with Tunnel Vision on the Task At Hand

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Connecting Potential to Performance

“Trust Your Stuff”
 “See It Big”
 “Just Do It”
 “Let It Happen”

ACCEPT WHATEVER HAPPENS
 and make
LEARNING MOST IMPORTANT!
Adversity is good!
*If you want rewards that others won't get,
 you'd better think things that others aren't thinking.*
 Look for patterns.

ASK:

What was I trying to do?
 What happened and why?
 What do I want to do next time
 (that I'm in a similar situation)?
 How might I get that done?

Repeat what worked
 Change what didn't work

ALWAYS STRIVE FOR PERFECTION
 BUT NEVER EXPECT IT

RELEASE THE PAST

to play the game one play at a time

Forget it, and if that doesn't
 work:

**FORGIVE
 to
 FORGET**

**All Humans
 Make Mistakes**

and your job now is to
CREATE IDEAL STATE
 on the most important
 play in the game:
THE NEXT ONE!

WINNING BEGINS NOW! Enjoy your job. Know your job. Do your job!

Three Steps for a Best Effort Performance (Trying Hard is a Pre-Requisite):

- 1) Create an Ideal State (get the mind and body ready to go)
- 2) Commit to a Plan-of-Attack
- 3) Focus/Do It/Trust it!