

Practical Leading Edge Research and Process
Players (Athletes) Use To Win, Grow, Evolve
By: Raj Gavurla

“Consistently Play At The Top of Your Game”



Players use the following player mindset tool (thinking tool) to win, grow, and evolve for peak performance. It is my practical research and process, Winning Mental Pyramid, showing the relationship between motivation, inspiration, attitude, mindset, mood, and subconscious.

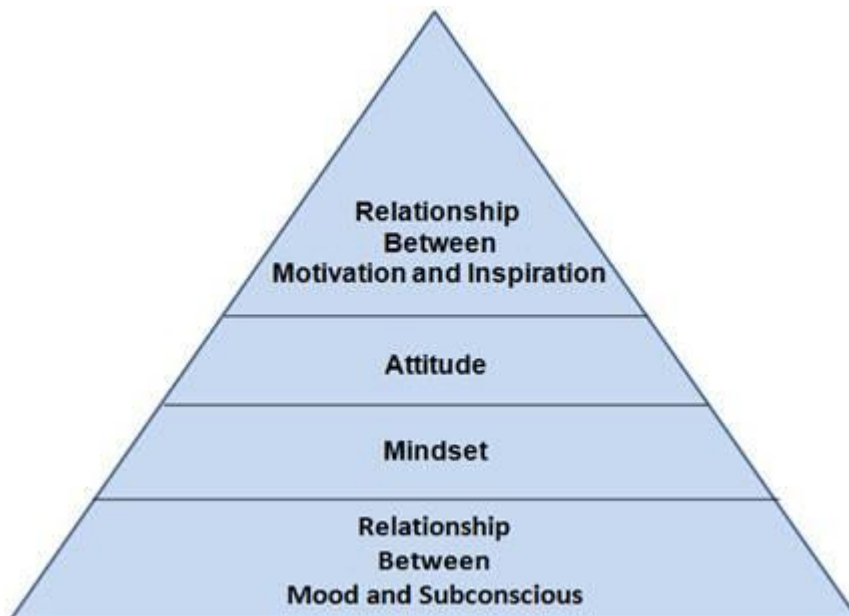


Fig. 1 Winning Mental Pyramid

Here's how it works:

Relationship Between Motivation and Inspiration

Motivation has a relationship with inspiration and your motivation controls your attitude.
This is the top line in your game or what is your motivation?

Attitude

Your attitude controls your mindset. It's important to have a positive attitude.

Mindset

Your mindset controls your mood. Mindset is what you think or the way you think.

Relationship Between Mood and Subconscious

Your mood has a relationship with subconscious. This is the way you feel, bottom line (make the team, win championships), or action.
It's what causes us to do what we do.

How it works is easy. Applying it takes focused effort, right practice, and patience.

As you become more skilled at using it, your team and leadership teamwork will be less doubtful and the mood will flourish. When the Winning Mental Pyramid is aligned, there is a tremendous amount of synergy for peak performance. In most cases, it's not aligned. Recognize where the misalignment is and focus on this area. Keep in mind the relationship between the four areas.

Deserve to win, grow, and evolve.

Raj works with organizations that want more productivity and profitability by improving their mindset, mood, and motivation. He is the author of Winning At Entrepreneurship. Contact him at 404.918.7366, raj@rajgavurla.com, or visit www.inner-motivation.com for more information.

