

“Consistently Play At The Top of Your Game”

Winning Mental Pyramid

As a sports team mindset, mood, and motivation expert, a sports team has coaches and players who come together to form a team. Before the season and during the season the players, coaches, management, and fans find solutions to common challenges, uncommon challenges, and problems to be empowered with a plan of action. It's critical each player feels a part of the process and is allowed to express their thoughts. The goal for the coach is to first understand and relate through introspection their own thoughts and the mindset needed to perform. Then, each player's good dreams, goals, and skill set must be taken into consideration and related to prior to the start of the season and adjustments made as we face competition. This allows me to choose the appropriate structure for the session to grow the players and team.

It is critical after the housekeeping (introduction, tell participants the length of the session, break time) to get everyone's buy in we must work as a team to go to another New Best Level. My research indicates in any organization people want to be on a team. Why? Because they love being involved, the interaction, and seeing each other succeed. Of course, this means the team wins.

Therefore, consider using the practical Winning Mental Pyramid mindset tool. It is practical leading edge research and process I apply when working with sports teams, businesses, and in mental health. The Winning Mental Pyramid is a mindset tool you can file in your mind and retrieve for introspection and introspection of each player prior and during the season. Learn it to grow and evolve your coaching skills.

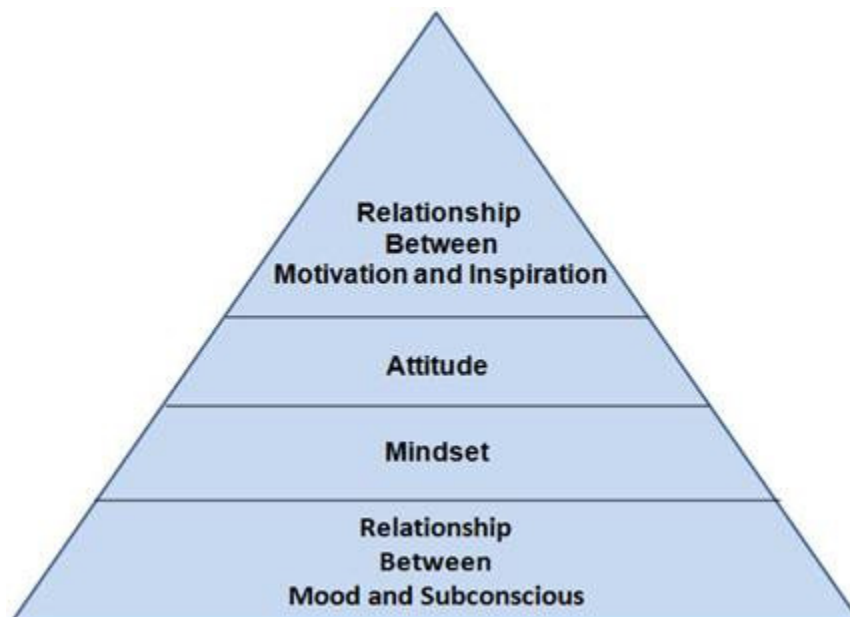


Fig. 1 Winning Mental Pyramid

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 of 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.

Examples

In many organizations, I see a coach or athlete make a comment about a player's attitude problem. They focus on addressing the person's attitude. Instead, since motivation controls attitude, the area that needs to be focused on is the players' motivation.

Teams should want to make a positive difference (motivation), win championships to make money (mood). If they are not winning championships, then it's their mindset that needs to be focused on. If there is resistance to positive change, then it's their attitude that needs to be focused on.

Try it for yourself on any team you succeeded with or failure to know what was or could have been done. Then do it with a new team. Did it work? What are your results? Are you winning? Will you use it again and again to learn from it, grow, and evolve to produce better moods and results? Isn't that really the bottom line (a better life)?

Deserve to win championships.

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 learn more at www.inner-motivation.com.

