

Our Philosophy

Athletes in every sport face it: adversity. The quality of your life as an athlete is directly related to how well you handle adversity. The quality of your life is NOT just your talent, your connections, or even your work ethic. All of these things can make your life in sports better, but the only one thing that can truly make you miserable: failing to handle your own adversity and keep moving forward.

What will help you overcome your challenges? It is your ability to create success for yourself and others, to enjoy your everyday experience, and to have an attitude that makes you feel like you are living well. That is how we help you find meaning in your life.

The Problem (& hint for the solution)

You might think, like many people, that success and hard work is the answer to all personal problems. That isn't true. There are lots of miserable hard-working people who have millions of dollars and hall of fame careers. There are lots of miserable lazy people too, WAY more. The key is not just avoiding laziness.

It is being willing to do hard things, like deciding amongst all the possible options: what is most rewarding to you? Who do you want to be? And then pursuing it. The ultimate achievement in sports today is to be an athlete who plays & trains with purpose. It is up to you to discover what those reasons are for you. If you do, you will earn more than just wins, personal stats, and money from all of your efforts...

Learn your reasons. Here is how...

Pillars of Greatness

The three pillars of greatness are principles which, when lived by, create a healthy mindset for achieving success. The opposite of each reflects a path to difficult experiences. Life is already difficult. These pillars help you take control of what you can control and make life the best, no matter the situation.

Aim (Creating Success)

Having a vision or a goal is the first step towards living well in sports. Every athlete has had an idea for what they wanted at some point. Too many lose that idea. Failing once only means you should reset the vision. If you don't have something to work towards today, you will only expend effort to avoid bad situations & feelings. Often, athletes are motivated almost exclusively by fear. An aim means you are in 4-wheel drive (fear & vision), not just 2 wheel drive (fear alone).

Think of a time you were happy pursuing a meaningful goal. Do you have one right now?

Action (Experience Being a Winner)

Whether you plan every step or figure it out along the way, vision does not become reality without action. Action means you do the things that you think will get you to your aim. Athletes who don't act, don't win in the long run.

Even if you are talented for your level, without consistent action, you won't be talented at the next level. Even better, you can experience growing your talent WITH other athletes, rather than always pitting yourself against them.

The experience of creating success for yourself is magical. It will change your life. To help you make this experience possible, we teach: minimizing procrastination, maximizing motivation, becoming a leader, and stabilizing emotions.

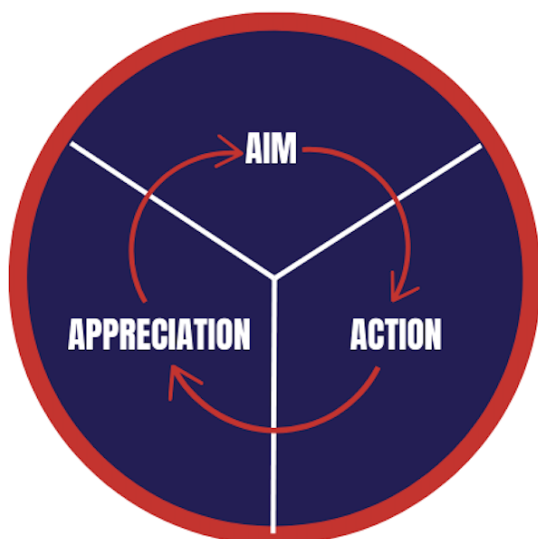
Think about a time you had this experience. How did it feel to be growing your game?

Appreciate (Have a Great Attitude)

The only thing you always take with you is your attitude. Your experience comes to you from the outside in, you perceive it as you act. Your aim is somewhere off in the future, you imagine it.

But your attitude is something that comes from the inside. As you accumulate experience, you learn that a certain way of being makes life so much better. You know there are times you have had a bad attitude.

Has a bad attitude ever worked out well for you (or anyone else)? No. Great attitudes win the game of life. Our goal is to help you discover your greatest attitude through aim and action.



Here is how the three are related:

- 1) Your aim determines your action.
- 2) Your action determines how you feel about your life (your appreciation).
- 3) Then your appreciation for what you have (and don't have) continues to clarify your aim.

The process repeats itself, leaving you better off than you began even in the face of the worst obstacles that athletes face. You can always set an aim, act, & appreciate what you have.

Conclusion: Your path

You can fill your life with great success, experiences, and attitude. It will save you from many painful days.

We help you dial in your aim, action, and appreciation. This is different for every athlete. That is why our mental fitness program is completely personalized. Take 15 minutes to discover where you are today.

Find your game: mymentalgame.com/product