Together

We

Will

Successful athletes:

1. Choose and maintain a **positive** attitude
2. Maintain a **high level** of self-motivation
3. Set high, realistic goals
4. Deal **effectively** with people
5. Use **positive** self-talk
6. Use **positive** mental imagery
7. Manage anxiety **effectively**
8. Manage their emotions **effectively**
9. Maintain **concentration**

***1. Attitude***

Successful athletes:

* Realize that attitude is a choice.
* Choose an attitude that is predominately positive.
* View their sport as an opportunity to compete against themselves and learn from their success.
* Pursue excellence, not perfection, and realize that they, as well as their coaches, teammates, officials, and others are not perfect.
* Maintain balance and perspective between their sport and the rest of their lives.
* Respect their sport, other participants, coaches, officials, and themselves.

***2. Motivation***

Successful athletes:

* Are aware of the rewards and benefits that they expect to experience through their sports participation.
* Are able to persist through difficult tasks and difficult times, even when these rewards and benefits are not immediately forthcoming.
* Realize that many of the benefits come from their participation, not the outcome.

***3. Goals and Commitment***

Successful athletes:

* Set long-term and short-term goals that are realistic, measurable, and time oriented.
* Are aware of their current performance levels and are able to develop specific, detailed plans for attaining their goals.
* Are highly committed to their goals and to carrying out the daily demands of their training programs.

***4. People skills***

Successful athletes:

* Realize that they are part of a larger system that includes their families, friends, teammates, coaches, and others.
* When appropriate, communicate their thoughts, feelings, and needs to these people and listen to them as well.
* Have learned effective skills for dealing with conflict, difficult opponents, and other people when they are negative or oppositional.

***5. Self-Talk***

Successful athletes:

* Maintain their self-confidence during difficult times with realistic, positive self-talk.
* Talk to themselves the way they would talk to their own best friend.
* Use self-talk to regulate thoughts, feelings and behaviors during competition.

***6. Mental Imagery***

Successful athletes:

* Prepare themselves for competition by imagining themselves performing well in competition.
* Create and use mental images that are detailed, specific, and realistic.
* Use imagery during competition to prepare for action and recover from errors and poor performances.

***7. Dealing Effectively with Anxiety***

Successful athletes:

* Accept anxiety as part of sport.
* Realize that some degree of anxiety can help them perform well.
* Know how to reduce anxiety when it becomes too strong, without losing their intensity.

***8. Dealing Effectively with Emotions***

Successful athletes:

* Accept strong emotions such as excitement, anger, and disappointment as part of the sport experience.
* Are able to use these emotions to improve, rather than interfere with high level performance

***9. Concentration***

Successful athletes:

* Know what they must pay attention to during each game or sport situation.
* Have learned how to maintain focus and resist distractions, whether they come from the environment or from within themselves.
* Are able to regain their focus when concentration is lost during competition.
* Have learned how to play in the "here-and-now", without regard to either past or anticipated future events.