

The Art of Mental Training

A Note From DCGonz

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Welcome to the Art of Mental Training.

Sports Mental Training has been called the Science of Success. But make no mistake. If you imagine that the lessons here apply only to sports and athletes you'd be wrong. For it's the *Everyday Warrior*, from all walks of life, and all types of scenarios, that stands to benefit immensely from the knowledge and techniques that lie ahead. No matter what you do, or whatever challenges you face, *The Art of Mental Training* can help take you to another level of performance, achievement, and personal success.

Any time that you arrive to compete, event-energy gets mixed in with whatever is going on inside your head at the time. It's the emotions and feelings that this mixture produces that ultimately ends up affecting how well we perform.

If, for example, undesired emotions like nervousness, anger, or fear, happen to surface as a result of this mixture, the Warrior/Champion must have the right knowledge, tools, and techniques at his disposal so that he can use them to ensure that his performance does not suffer.

It's what champions know how to do well—and it's something that everyone can learn how to do. But it's only those who set out to learn and practice sports mental training techniques that gain all the benefits and achieve the highest level of results.

The better your self-belief, internal self-talk, attitude, focus, and mental climate are going into an event, the better your situation will be when the adrenalin is mixed in and event-energy is pumping through you.

By understanding what to shoot for in terms of the *Ideal Mental Climate*, and having been given the knowledge, tools, and techniques required to achieve it, the Warrior/Champion is able to empower all aspects of his performance.

So just for starters . . . understand this:

Whatever is going on inside your head has everything to do with how well you end up performing.

