



# HOW MENTAL IS OUR PERFORMANCE ?

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Marius Sotberg

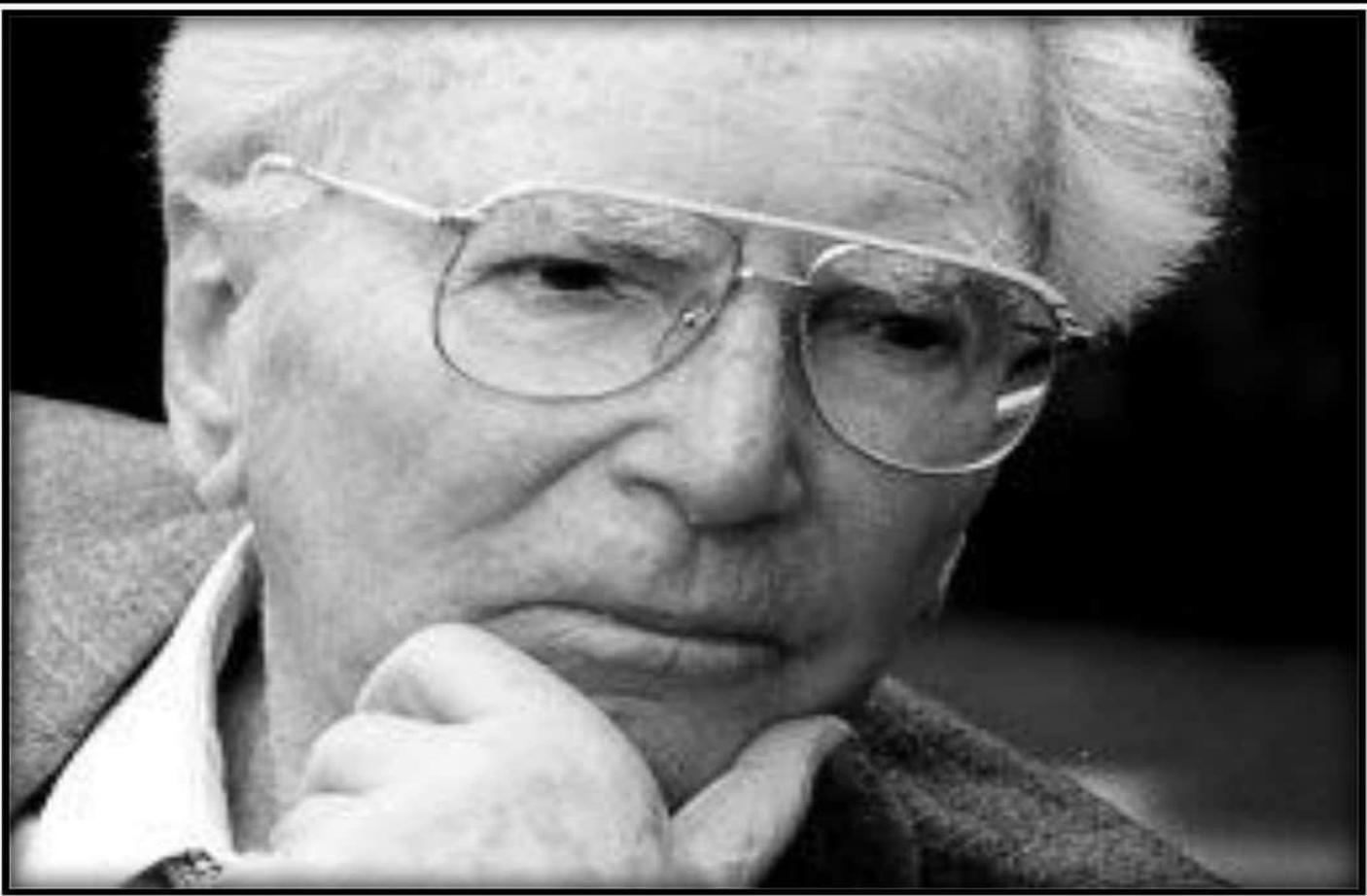




# What is mental performance?

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*Viktor E. Frankl*  
*Psychologist and*  
*Holocaust Survivor*

*Between stimulus and response there is a **space**.*  
*In that space is our **power** to choose our **response**.*  
*In our response lies our **growth** and our **freedom**.*



HOW MUCH CAN YOU HANDLE  
BEFORE YOU HAVE AN  
EMOTIONAL REACTION?





SCIENCE

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# THE MIND BODY CONNECTION

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USE IT OR BE USED BY IT.

# BRAIN

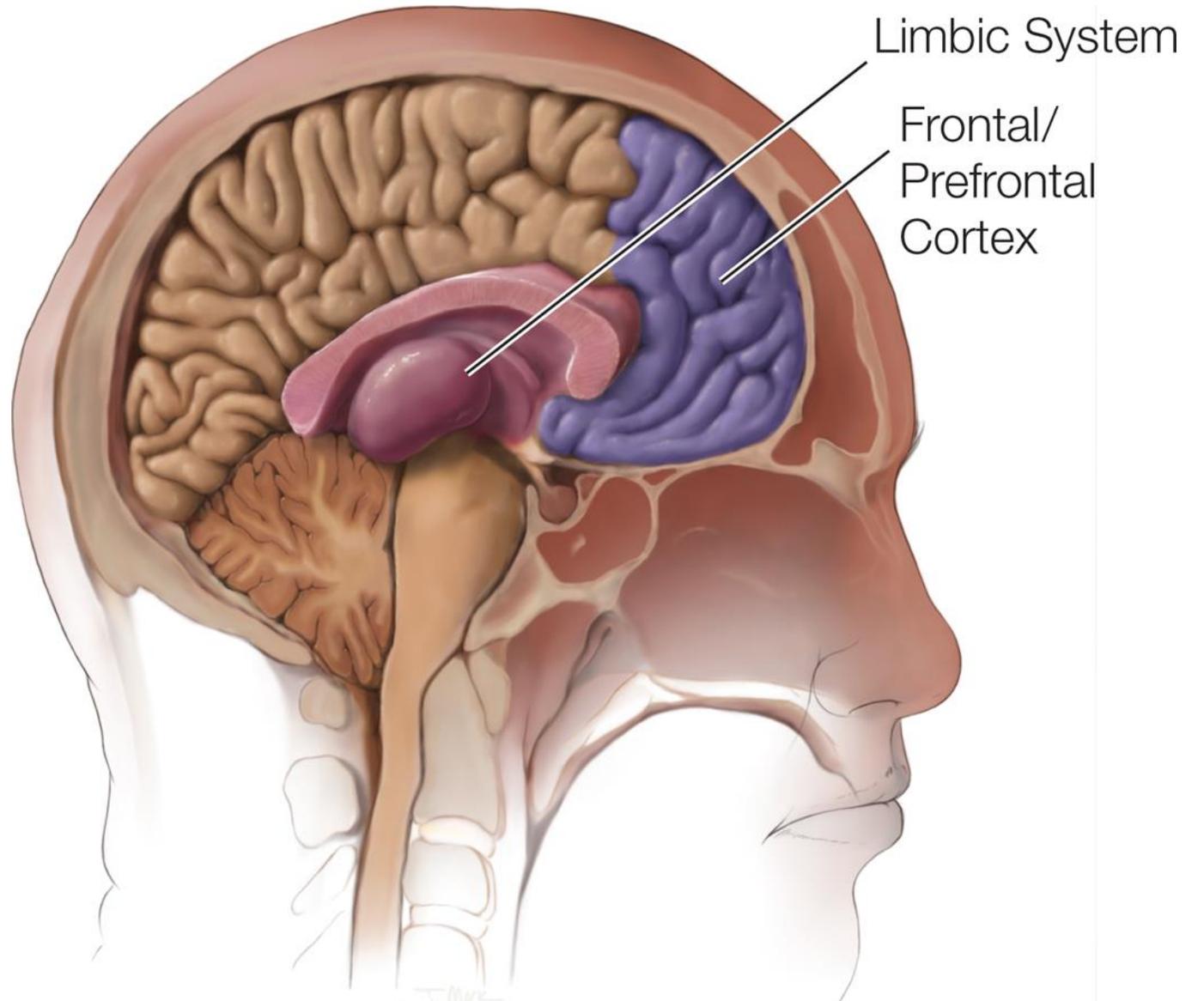
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## ➤ Prefrontal cortex

- **planning** complex cognitive behavior & decision making,
- abilities to differentiate among conflicting thoughts

## ➤ Limbic system

- Emotion & behaviour



# PERFORMANCE CYCLE

- CONSCIOUS THOUGHT – UNCONSCIOUS EMOTION- PHYSICAL STATE – EXECUTION

- Dr NATE ZINSSER
- From the book The Confident Mind



pixers

THE SEWER CYCLE

&

THE SUCCESS CYCLE



# THE SEWER CYCLE

CONSIUOS  
THOUGHTS



UNCONSIIOUS  
EMOTION



PHYSICAL STATE



EXECUTION

Oh shit, im I  
trouble.  
This sucks.  
Don't f\*\*\*  
up!  
Everybodys  
watching

Disappointment  
Frustration  
Impatiennce  
Worry  
Angsiety

High mucle tention  
Constricted  
blod flow  
Tunnel vision  
Stress chemicals

Average  
or  
Poor

# THE SUCCESS CYCLE

## CONSIUOS THOUGHTS

Lets see how well I can do?

This is my chance.

I can be great at this.



## UNCONSIIOUS EMOTION

Confidence  
Eagerness  
Peace of mind  
TRUST



## PHYSICAL STATE

Low mucle tention  
Open blod flow  
Wide angle vision  
"Joy" chemicals



## EXECUTION

Best possible

AWARENESS  
INTENTION  
ACTION



Ben Bergerone

AWARENESS  
INTENTION  
ACTION

- **Awareness** is always the first step. Awareness is key. Without it we are unconscious, and progress will not happen.

# AWARENESS INTENTION ACTION

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- **Intention.** Once we are aware we have the possibility to make a conscious choice if this is what we want or not. Be intentional and decide what it is you want.

# AWARENESS INTENTION ACTION

- **Awareness** is always the first step. Awareness is key. Without it we are unconscious, and progress will not happen.
- **Intention.** Once we are aware we have the possibility to make a conscious choice if this is what we want or not. Be intentional and decide what it is you want.
- **Action:** what are the actions needed to achieve what you want.

# THE VOICE IN OUR HEAD

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# THE HIERARCHY OF MINDSET

Ben Bergeron



# THE HIERARCHY OF MINDSET

## **Level 1: The victim (Lowest)**

Everything happens to you. You have no control and can't change the situation. Will not accept responsibility for choices.

# THE HIERARCHY OF MINDSET

## **Level 2: The pessimist**

The outlook is always dire. Everything sucks. Can't find the good in anything even if it's staring them in the face.

## **Level 1: The victim (Lowest)**

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# THE HIERARCHY OF MINDSET

## **Level 3: The optimist**

To quote Bob Marley. "Everything is going to be alright"  
Lives on hope and beliefs but does not have a plan other than things will just work out.

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# THE HIERARCHY OF MINDSET

## **Level 5: The curious competitor**

Seeks out challenges. Knows that failure is necessary to succeed. Constantly challenging themselves in order to grow. Competes with themselves knowing that doing so will produce the best results. Does not compare self to others.

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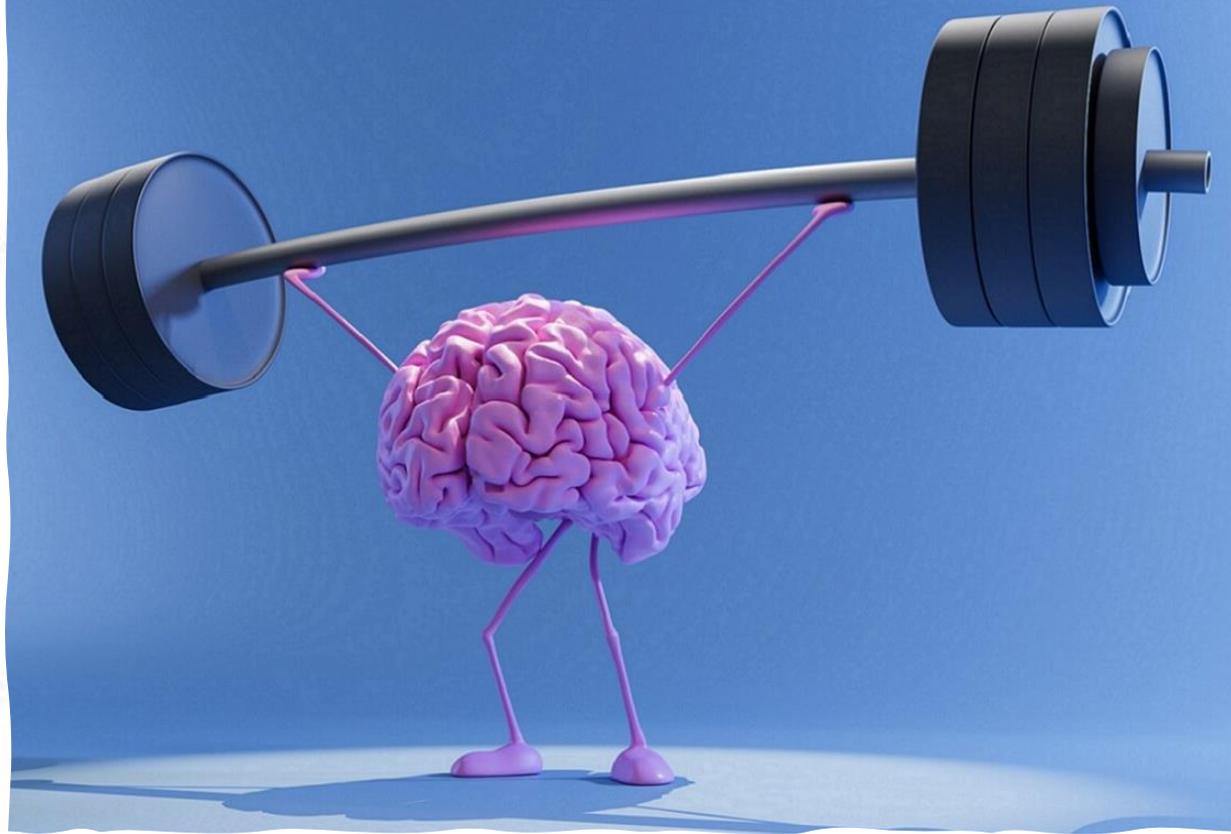
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# TOOLS TO STRENGTHEN OUR MIND

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