



Jeffrey Hodges and Olympic Gold Medalist Lydia Lassila

Success to S.I.G.N.I.F.I.C.A.N.C.E.

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If you're reading this, you've probably already tasted some success, and are probably among the top 10% or 20% in your chosen sport. However, how can you build upon the successes you've had to really make a significant mark in your sport – to truly stand out from the crowd and leave a legacy as a **champion**. There have been many talented sportspeople with huge potential – and yet they have not lived up to that potential over time.

Your **psychology** and your thinking strategies make the difference between someone who just has 'potential', and the person who actually grabs that potential with both hands and makes full use of it in their lives.

So – are **you** going to become more than just a gifted athlete with lots of potential? I challenge you to actually **become outstanding** – to become someone who makes a significant contribution to their sport, and to our society.

So, before reading any further, take a few moments to think, now, about what significant achievement you'd like to attain.... then I will take you through a process for how you can actually make it happen.

I've been fortunate to assist with two Olympic Gold medalists, hundreds of national champions and thousands of outstanding athletes and coaches over the past 25 years, and what has absolutely fascinated me is – how does someone take an idea, a wish to say win an Olympic gold medal or a national championship.... and actually make it happen? What are the keys which allow someone to take a dream and turn it into reality?

I suggest there are **12 important principles**, or keys, – and I use the word SIGNIFICANCE as an acronym to explain these.

Let's go through them – and as we do, I encourage you to apply each principle to your own dream of significance. Each of the steps is explained in more detail on the Sportsmind website – see....

www.sportsmind.com.au

S State Positively and Precisely What You Want

It's important to *know exactly what you want* and to focus on what you want, rather than what you DON'T want. Our attention is like a missile guidance system – whatever you focus on, you will move towards. Making your desire precise helps use your **unconscious** resources to help with the goal, rather than just your conscious will power.

I Important Reasons

Reasons generally come before actions – rarely does anyone do anything without a 'reason'. So find powerful reasons to achieve what you

want.... rather than excuses NOT to do it! Too often we get caught up in the inevitable challenges and difficulties in our way. However the way to overcome these is to have **compelling enough reasons**. Write down now half a dozen powerful reasons WHY you want to achieve your goal, and what will it cost you if you DIDN'T achieve it?

G Turn into Goals

Goals are dreams with a deadline.... and an action plan. WHEN do you want to achieve this by? It's been shown that most people OVER-estimate what they can do in 6 months or a year, but UNDER-estimate what they can do in 5 or 10 or 20 years. What is the FIRST STEP? Identify some small thing you can do **tonight** that will immediately start you on the journey.... And do it!

N Non-Comparative with Others

Compare how you are today with how you were yesterday, and how you want to be tomorrow. Your competitors are simply yardsticks by which you chart your OWN progress from the past.... to the present.... to the future.

I Intrinsic Motivation

Do it FOR YOURSELF. Because this is what is in your heart – your heart driven, passion driven desire.... because you LOVE it.

F Future Self Reference Point

We have a fascination with, and an attachment to, our **personal** history that is totally unwarranted, and in my opinion, mostly detrimental and limiting to achieving our highest potential. You are NOT just a consequence of the past, but a pre-sequence of a future self who wants to come into being.

Use this Future You as a new 'reference point' for decisions/beliefs about yourself, and allow this future self to become your own 'inner coach' and mentor. Most people think they are locked into being a consequence of their past – and it is a seductive belief and can seem very real.... but this is just a default setting on your personal computer. You CAN engage your INTENTION by establishing a relationship with your desired future self – then the past becomes irrelevant, and the future draws you towards itself.

I Imagine it Happening

Engage the most powerful force in the Universe – your imagination – to ENVISAGE it happening. Just think, if you took just 30 seconds first

thing in the morning and 30 seconds last thing at night, and used this time to picture what you wanted.... to kindle the flame of your creative power to INTEND the result you want. If you did that every day for the next six months, do you think that would have an impact? You better believe it will!!

C Congruent with Your Core Values

There is power in connecting the surface goal you are wanting with the driving **core value** underneath. We rarely identify the real goal we are actually chasing. People don't want money, or relationships, or possessions.... they want to experience the CORE VALUES those things represent: e.g. security; love; intimacy; freedom; independence; happiness; etc. You can identify your underlying values by using an "outcome chain": Ask yourself "*What will this give me that is even MORE important?*"

A Achievable

What you want needs to be achievable – but how do you know? Only YOU can know. As a general rule, if you can't SEE yourself doing it / achieving it, you probably won't. If you can't 'see' it happening, break the goal down to smaller chunks until you can.

N Never Give Up Mindset

Develop a mindset of PERSISTENCE. Persistence is more powerful than skill or intelligence or good looks. Persistence can get you just about anything you want. How do you develop persistence? Persistence is a mental process which focuses on solutions.

Ask yourself: "*How CAN I do such and such, or achieve this?*", and expect an answer. Your brain is designed as an answer-seeking mechanism, use it wisely. Most people get stuck because they ask the wrong questions.

C Commit

How do you commit? Establish a routine – something small – and do it **every** day.

E Ecology Check

The main reason people don't achieve a specific goal or dream is resistance or sabotage from within themselves. Check for objections WITHIN yourself and WITHOUT from others close and/or important to you or the goal. Are there any 'down' sides? Are you willing to pay the price? Is it worth it? If objections, find a way to either modify the goal, or build a solution to the objection into the process.

Sportsmind Diary 2011 / 2012

See www.sportsmind.com.au for more details. Bookings phone (07) 5445 7994 or email jh@sportsmind.com.au

November 2011

BYRON BAY Koranba Unit 3, 66 Lawson Street
Wed 2nd, Thu 3rd & Fri 4th November
9.30am to 4.30pm daily

Sports Hypnosis

A superb training, combining Ericksonian Hypnosis with sports hypnosis techniques. Learn how to use the resources of your unconscious mind to enhance your sports performance.

Learn how to:

- Control Pain and Fatigue
- Get into the 'Zone'
- Distort Time
- Build Confidence
- Increase Sensory Perception
- Overcome Problems

Full Tuition Fee: \$995.00

Early Bird Price: \$795.00 (paid in full by 10th October)

December 2011

MELBOURNE Amora Hotel, Bridge Road, Richmond
Wed 14th & Thu 15th December
9.30am to 4.30pm daily

Sports Hypnosis

A superb training, combining Ericksonian Hypnosis with sports hypnosis techniques. Learn how to use the resources of your unconscious mind to enhance your sports performance.

Learn how to:

- Control Pain and Fatigue
- Get into the 'Zone'
- Distort Time
- Build Confidence
- Increase Sensory Perception
- Overcome Problems

Full Tuition Fee: \$695.00

Early Bird Price: \$495.00 (paid in full by 21st November)

2012

Gifted & Talented Student Conferences

with Julie Arliss
& Jeffrey Hodges



Christchurch, NZ	7th May	Christchurch Boys High
Wellington, NZ	8th May	Newlands College
Auckland, NZ	9th May	St Cuthberts College
Brisbane, Qld	11th May	St Laurence's College
Sydney, NSW	14th May	Ascham School
Canberra, ACT	15th May	Marist College
Melbourne, Vic	16th May	Camberwell Boys Grammar
Adelaide, SA	17th May	The Wilderness School
Perth, WA	18th May	Presbyterian Ladies College

January 2012

GOLD COAST Sports Super Centre
Morala Avenue, Runaway Bay

Mon 9th, Tue 10th, Wed 11th, Thu 12th & Fri 13th
(5 Days) 9.30am to 4.30pm daily
(except Friday 13th: 8.30am to 3.30pm)

You may attend individual workshops or enrol for the whole mental mastery program.

Sportsmind Mental Mastery Workshops

Mon 9th : Visual Power! Dream It Into Being

Visualisation and mental rehearsal are essential tools for all sportspeople – learn how to utilise and implement basic and advanced visualisation techniques to enhance many aspects of your performance – including specific exercises to improve sports skill levels and competition performances.

Tue 10th & Wed 11th : Do it! Irresistible Momentum for High Achievement

Achieving outstanding goals is a process which involves deciding what you want, establishing a viable action plan, taking consistent action and maintaining personal momentum by holding a compelling positive vision of your success. Learn how to build and access 'positive compulsions' and use your personal 'timeline' to be more successful, achieve significant long term goals, and make your most cherished sports dreams a gold medal reality. Establish your direction for the future and give yourself the best chance to succeed using the Sportsmind proven SUCCESS approach.

Thu 12th : Core of Confidence! Master Your Emotions

The best athletes have an unshakeable confidence and a positive emotional control that enables them to excel under pressure. However, like other attributes, confidence and positive emotional control are learned behaviours and can be improved with the right training. Learn how to develop your confidence and master negative emotions to get into the peak performance 'zone' using simple, practical techniques suitable for both training and competition.

Fri 13th : Iron Mind! Build a Positive Mental Attitude and Powerful Self Image

Negative thinking is detrimental to individual and team performances – yet even elite level players can suffer from lapses into negativity and pessimism. Learn how to stay focused on the positive, build a powerful self image, and develop the mental toughness and optimistic outlook of a consistent champion.

Full Tuition Fee: \$1,995.00

Early Bird Price: \$1,495.00 (paid in full by 25th Dec.)

Individual workshops \$495.00 each



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