



Mental Training for *Peak* Life and Work Performance

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Introduction

There's a psychology that can help people learn how to focus mentally to gain better performance. When getting what you want out of life is important to you, you can use your mental ability to achieve your goals.

With mental training, you can accomplish great things. You can learn how to structure your time so that you focus on what needs to be done. You'll gain the ability to discern which tasks need to be done and which ones are just wasting your time.

You'll also be able to shed the mental roadblocks that can keep you from going where you want to be in life. Using mental training increases your focus. When you begin a task, you'll be able to complete it with fewer distractions.

You'll gain a greater sense of achievement and completion ratio than you had in the past. What does it mean to engage in mental training? It's similar to working out your muscles – you're training your mind to be tough and perform for you.

Know What You Really Want

There are far too many people working hard to go after achievements in life that they really don't even want. For some of these people, they're following the advice of a family member or friend.

They're allowing what someone else thinks is best to govern their lives. While everyone can benefit from guidance, it's not beneficial if deep down, it's not really what moves you.

Your core beliefs will propel you to carve out the life that you want. If, deep down, you're telling yourself you're never going to succeed, then you'll make sure that comes true.

What would your life be like if there were no obstacles and you could have the life you dreamed of having – in the niche that made you extremely happy? This isn't about winning the lottery and never working again – it's about knowing what provides satisfaction in your world.

You can't be excited about performance in any area of your life if it's not something that you're passionate about. Passion creates motivation. Motivation gets you going.

When you're motivated about something, you can't wait to approach it. The two work in tandem to make things happen. This is true for both your personal and professional life.

Motivation fuels the drive within you and causes you give everything you've got to a project. Knowing what you really want allows you to look for opportunities to do things that you enjoy.

It helps you learn to say no to even potentially good things if they're not something that you're passionate about. When you really want something, it's easier to keep your motivation and your energy level up.

It's easier to keep on going in the face of difficulties or setbacks. When you have a passion for something that stems from going after what you really want, you won't stop until you find a way to achieve it.

When you care about something, it causes you to give your all - to do the best possible job that you can. It's the opposite when you don't care about something. You just want to get that task over with using as little energy and effort as possible.

Knowing what you really want makes it easier for your mind to come up with creative solutions and ideas to make your passions succeed. It unleashes a deeper problem-solving mentality.

Before you wake up going through the motions in your personal or professional life, decide what it is that you truly want and then you can focus your mental energy on making it happen.

Become very aware of every benefit regarding what it is you're aiming for in life. Seeing those benefits mapped out can give you strength to plow through difficult times and reach the finish line.

Don't just say what goals you have. List why you have those goals – how achieving them would better your life – what it would personally mean to you when it comes true.

Mental Training Gives You Confidence

There is no one in the world that is 100% confident all of the time. We all have areas in life where self-doubt creeps in and tries to tear down ideas or destroy dreams.

It's important that you have the mental training that gives you the confidence to put your goals into action. There are negative statements in each of us. These are phrases designed to keep you from succeeding - or in some cases, from even trying.

You might be living with a negative mental teleprompter that feeds you lines that erode your confidence. This can cause you to have a battle that you can't afford to engage in.

This negative mental attitude can damage your peak performance by causing you anxiety, depression - and even convincing you to give up. You need confidence on your side.

If your inner voice is feeding you lines such as, "You can't do that" or, "You don't have the skills, talent, money, or goals to accomplish this," then it's time that you shut it down.

What this negative self-talk is doing is poisoning the soil of your mind so that you don't aim for peak performance because mentally, you've already lost the battle – *and* the war.

This kind of self-talk gets you to picture what can never be (anything good) or what you want (success) because you don't deserve it. It's time to silence that inner voice by correcting these false mental statements.

When you hear, "You can't do that" in your mind, you need to give that statement the boot. Picture opening a door labeled, "I can" and kicking the negative "You can't" right out of your mind.

This requires some mental training to do this. Don't give your negativity an audience. Have some fortitude where you visualize giving the negative statement their walking papers for good.

Retrain your mind with positive thoughts about yourself and about what you can do. Replace every negative statement with a positive one, immediately. It takes practice to recognize when you're being a downer to yourself.

If you have a setback, it's not that you blew it. You just have to find another way. How you work in life and what you can accomplish will be settled within you long before you even make the first attempt.

Don't allow yourself to dwell on any thought that stands in the way of your dreams because you deserve for them to come true. The mind is a tool that you can use to accomplish any task - whether it's mental, emotional or physical.

Over time, as you implement the practice of positive self talk, you'll notice that this becomes your new way of automatically viewing things – in a positive light. You won't even have to try hard anymore – it just happens.

Train yourself to see the opportunities in every failure. This is a chance to learn and grow stronger. It's almost like how we tear down muscles in order for them to grow back – bigger and stronger with every workout.

There's a lot of discomfort in failure. But mental training means you sit there and learn how to tolerate that feeling without quitting. Feel uncomfortable – it won't kill you. Calmly practice working through those moments with calm clarity instead of frustration and panic.

Develop Mental Clarity

Sometimes new ideas or opportunities can come at you in warp speed. That's because we live life in the fast lane and that's not likely to change. But it does mean that you have to be ready to grab the chances that come your way.

Life is not a yes or no experience. It's more multiple choice. You won't be presented with simply one choice or one route to take in life. Instead, you'll get hundreds of choices that come your way every day of your life.

These choices that you make will decide whether you experience success or suffer through a setback. Sometimes we make choices based on what we're focusing all of our mental energy on.

We can become so focused on accomplishing something a certain way or before a certain time that we close our mind off to any other options. This means a different opportunity - a better one - can get overlooked.

You should always take the time to develop mental clarity about every move that you make in life. Don't allow yourself to be led by your emotions and don't make snap decisions.

If you're presented with an opportunity that requires immediate action, you'll want to be careful that if you take this action, it keeps you on the track you want to be on.

Some opportunities really are a pot of gold at the end of the rainbow and if you travel toward them, you'll get success. But others only have an empty journey that takes us farther away from what we intended on doing.

Check every idea and every opportunity to be sure that it lines up with your plan - that you don't have to lower your morals or change who you are to grasp the chance.

It's better to remain true to who you are and the vision that you have for your life than to be misled by too good to be true opportunities that can affect what you really want.

This is why it's important to have goals. Goals can help give you clarity when things become less clear to you. You can check every opportunity that arises against your goals.

Every opportunity that you take should bring you closer to your overall end result. If it doesn't, then it could be a wasted experience. Having mental clarity can help you get in touch with your inner self and quiet the clamor that comes with a busy life.

It can let you see whether or not you're engaging in peak performance in how you're managing all areas of your life. Clarity comes from being mindful. Practice making thoughtful decisions and get in the habit of living life from a clear perspective.

Make Your Move

It's important to know what you want and to have mental clarity, but without a follow through plan, you won't make progress. You have to take the time to understand each course of action that you proceed with.

You need goals and you need a good strategy in both your personal and professional life. But then you need to push forward and give the action that you undertake everything you've got.

Each step that you take on your journey to personal success leads you to the next one. You can't get where you want to be and meet those goals without making a move.

Plenty of people come with good ideas. They make a list of goals that are designed to bring their ideas, their wants, and their dreams to reality. They have an excellent strategy in place for pulling everything together. But then they wait.

They wait until the "perfect" opportunity or the "right" time before they make their move. The problem with this is that first, there are no perfect opportunities and secondly, procrastination is the killer of action.

When you're procrastinating, you're not moving forward and you run out of steam. When you fall into the trap of "I was going to, but..." you run the risk that you will never see the end result of your dreams or your goals.

What you wanted out of life will pass you by and as you grow older, you'll have plenty of wistful regrets. Make sure that you look over what it is that you want in life and do something to move forward in that direction.

Even if it's a small something that you take action with, it's progress. Make your move mentally before you make your move physically. In all of the actions that you need to take to make what you want possible, you have to realize what you're capable of and what you can't handle.

If you want to run a business and you have no idea about record keeping, payroll, accounting and all of the financial wisdom that

comes along with that area, then take the action of finding someone who does.

You don't gain the mental training overnight that leads to peak performance. You develop it. You work it out. When you take action, you're transferring that mental training from the mental to the physical.

It's much easier to carry out the actual task if you allow yourself the mental run-through of seeing it proceed into fruition. You can optimize your performance by doing whatever it is that gets you ready.

Do whatever it is that gives you the unwavering focus that you need. Some people read back over their life's mission statement. Others engage in a habit, such as reading empowering quotes or words to get themselves mentally charged up to act.

Mental training to take action often relies on putting yourself out there and making a commitment publicly. For others, that would be uncomfortable, so the commitment might be made to themselves only.

Engage yourself in exercises to fortify your focus and become an action-taker. Use a timer on your smart phone to record your progress with each task. Whenever you realize you've gotten distracted and off course, stop the timer.

See how often you're abandoning tasks and avoiding things because you've become your #1 obstacle in your professional life.

Mental Training Leads to Mental Toughness

Being mentally tough is having a no quit attitude. It's a determination or psychological strength to succeed even when life doesn't go the way that you feel it should.

You need this kind of mental toughness in all areas of life. Getting what you want out of life isn't something that happens to those who aren't mentally tough. That's because setbacks and failures are going to happen.

Mental training can create an iron will in you to keep going through tough circumstances, to achieve a goal or reach a dream regardless of what's standing in the way.

You need mental training in many areas - but especially in the area of change. This is because people tend to think of goals or life plans as being all or nothing. They don't plan for any contingencies because they don't foresee it.

Or they don't want something to go wrong so badly that they're afraid planning for it will make a plan fail. So they don't. There's a saying that says, "If you fail to plan, you plan to fail," so adhere to that statement instead of worrying that if you make a plan for failure, it might come true.

Rarely does any goal or plan work out 100% the way that you want it or expect it to. Knowing how to adjust a goal is for your benefit. This way, you can take on a setback and it doesn't knock you out of the competition for good.

You stay in the game - you just utilize a new idea of how to get that goal accomplished. With mental training, you learn to understand that success is not something that you arrive at and then you're done.

Success is always changing. It's the here and now that matters most - not the future. This can help you see the importance in having goals that reflect your current life, not ones that you made in the past that don't take into account who or where you are today.

Mental training helps you see that you must be confident and strive for what you want each day - that you have to be thankful for the

journey instead of being so end of the line focused that you miss out on all of the chances and opportunities and good things all around you right now.

If you keep your focus solely on a goal you didn't make, you can miss opportunities that could translate into even better things for your life. This is where you have to be mentally tough enough to learn what you need to bypass or let go of and what you need to hold on to.

Some opportunities will shift and change. You'll have to recognize when something is no longer serving a purpose or helping to meet an end result. This mental toughness is needed to make changes that can be difficult, such as ending a business relationship when it's not helping you reach personal success.

Or it might be leaving a personal relationship that's holding you back from being your best self. These decisions shouldn't be taken lightly, but they shouldn't be ignored, either just because they make you uncomfortable.

Recommended Resources:

THE LIFE COACH DR. Life Coaching can help you develop – and strengthen – your own unique Mental Training for Peak Life and Work Performance!
<http://thelifecoachdr.com>