

Mental Preparation



GAA Player
Conference | #PreparePerformRecover
2018 SATURDAY
17TH FEBRUARY



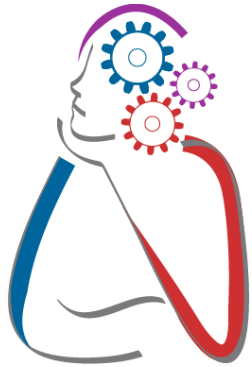
Objectives

- Confidence / Story Telling
- Triggers (Positive & Negative)
- Seeking Perfection
- Micro Goal Setting

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On the day of competition



% Physical ??

% Mental ??

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Having Confidence: Seeing what you want to happen

Lack of Confidence: Seeing what you don't want to happen

Lacking Confidence



❖ **Why do some people have confidence in their ability and others lack confidence??**

- The Stories we tell ourselves!!

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Our Internal Stories

- Based on Assumptions / Other Opinions
- Our brain fills in the gaps
- Conspiracy Theory
- Consequences

Our Internal Stories

- Need to change the ending of our stories
- Reframe – We have full control over the stories we tell ourselves



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Triggers

- Negative Triggers that give the story a beginning??
- Positive Triggers – What will help us change our story?

Seeking Perfection



We **HAVE** to play well today

I **CAN'T** make any mistakes

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Seeking Perfection



Perfectionism leads to
procrastination which leads to
paralysis

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Encourage Mistakes

- No such thing as perfection
- Expect to make mistakes
- We cannot learn without making mistakes

Micro-Goal Setting



Small decisions each day to change habits –
decide on a new small change each day to
improve your performance

Who are you = Your Blueprint

Own your actions / Behaviours

Accountability

Your past does not define you

Number 1 Biggest Fear

We are not good enough

We are conditioned to not be extremely happy – When we do something great we don't celebrate