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**Assert your Game**

# The 9 Skills of Mental Performance

## I impose my game

### #AFFIRMATION

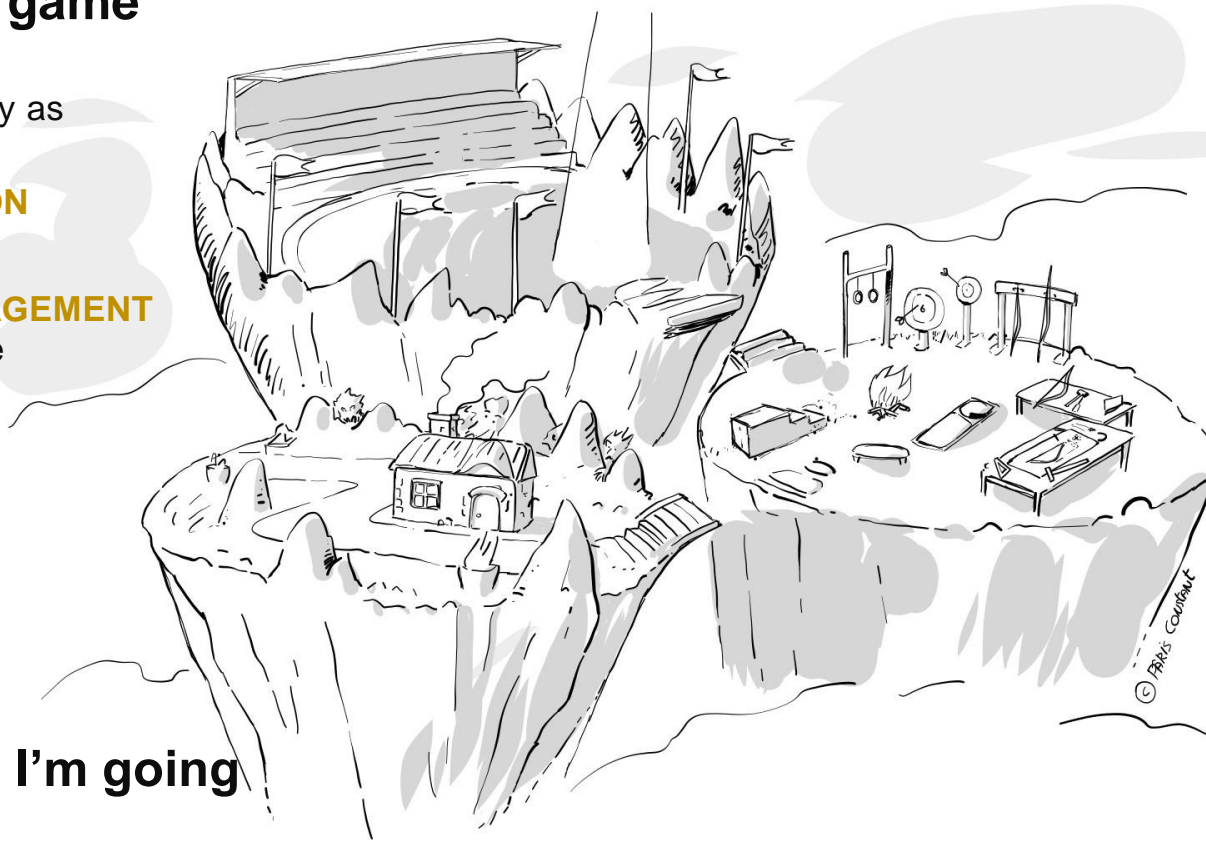
- I affirm my identity as a competitor

### #CONCENTRATION

- I'm staying with it

### #EMOTION MANAGEMENT

- I cope and reduce my crisis times



## I have the talent to exploit my talent

### #WORK

- I train with purpose and intensity

### #EXCEEDING TARGETS

- I push my limits

### #PROGRESS

- No excuses, I learn from my experiences

## I know where I'm going

### #COMMITMENT

- I know why I'm here

### #ENTOURAGE

- I know how to pick my support bubble

### #PLAN

- I mark my path

Expressing your talent under pressure and staying the course



Assert Your Game



# I KNOW WHERE I'M GOING

## #COMMITMENT

"I know why I'm here"

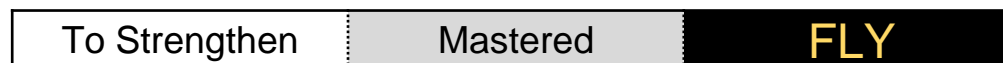
### I get it right when

- My motivation is clear, I know and I maintain my "What for?" I know why I do this sport, what drives me deep inside, what I stand for, what I want to prove.
- I refuse to be mistaken for someone else: to be labelled as "not talented", "too small", and so on.
- The pleasure of the game, of competing, my passion and my enthusiasm are present.
- My motivation drops, I know what to do to boost myself.

### I don't get it right when

- I have not yet taken the "lead of my project".
- I don't know how to explain what motivates me besides performing.
- I have the impression that I do my sport because my parents/entourage want me to be a champion. Deep down, it's not so clear.
- I don't find much motivation to train hard every day.

### Progress in mastering this skill



Assert Your Game



### I get it right when

- I choose the people who help me on the basis of their skills (and not just on an emotional basis).
- I am or have an efficient performance project manager who helps me to coordinate my staff and steer my career.
- I know how to generate information, express what is happening to me and provide my staff with data that is essential for my progress.
- My entourage energizes me most of the time.
- I have someone I can confide in, express my feelings and moods to unburden myself.

## I KNOW WHERE I'M GOING

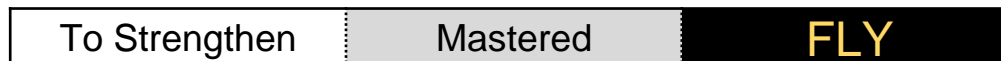
### #ENTOURAGE

"I know how to pick my support bubble"

### I don't get it right when

- I remain the good student who expects everything to come from others.
- There are too many people around me and I listen to the last person who spoke.
- Several people think they are the project leader, which creates confusion.
- My point of view is not taken into account in the decision making.
- I don't dare to tell those around me when I need to be alone.
- I often feel alone with my project.
- I don't have anyone to put me back on the right track, to play the role of "guardian angel" when I have doubts or when I lose focus

### Progress in mastering this skill



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## I get it right when

- I give priority to my project without spreading myself too thinly.
- I know what I want and I know how to get it; I have a plan to get there in stages and I have defined the means to make it happen.
- I have self-discipline and rules for living. I build on what happens, I adapt.
- I have the firm conviction that my project has solid foundations. I don't lose sight of the long term whilst setting intermediate milestones.
- I know how to say "no" or oppose people who take me off course.

# I KNOW WHERE I'M GOING

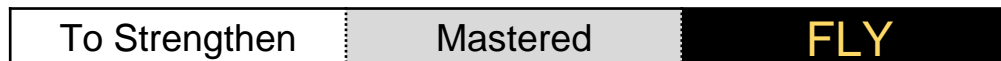
## #PLAN

"I mark my path"

## I don't get it right when

- I change course as soon as things don't go as expected.
- I move forward with the handbrake on because I can't give it my all.
- I am "in between" (two choices, two people, two stages of my career, etc.) and I can't take a stand. I am torn and zigzagging, I am not moving forward, I lose precious energy and my body becomes tense.
- My choices are primarily guided by emotions and not by competence or thinking.

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# I HAVE THE TALENT TO EXPLOIT MY TALENT

## #WORK

"I train with purpose and intensity »

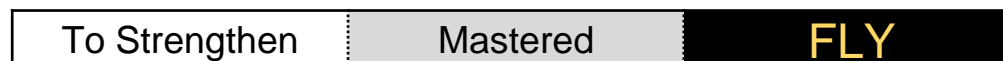
### I get it right when

- I condition myself before training to start with maximum intensity.
- I know what I am working on and I personalise my training: I have my own exercises.
- I apply my training protocol rigorously, regardless of my form on the day.
- I suggest a theme or exercises to my coach based on my performance in competition and goals.
- I coach my coach, I "squeeze the lemon": I try to get as much advice as possible.

### I don't get it right when

- I go to training with my hands in my pockets instead of going to training knowing why I am training.
- I lack endurance in intensity, I let go quickly.
- I do what I am told to do without relating it to the situation in competition.
- I am not interested in the details that make a difference.
- I don't say when I don't agree with what is being proposed or when it's not going well.

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# I HAVE THE TALENT TO EXPLOIT MY TALENT

## #EXCEEDING TARGETS

"I push my limits"

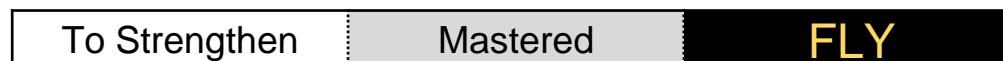
### I get it right when

- I always have a clear goal in training.
- I never give up until it's over when competing, even if I feel exhausted, frustrated or depressed.
- I set ambitious and realistic goals and measure my progress with regular reviews with my staff.
- I am aware of my feelings and I know how to express my personal state (body and emotions); I take time to recover and recharge when I feel physically or emotionally tired.
- I know when I need to stop because I might risk serious injury.

### I don't get it right when

- I train without a challenge, or even a goal of making limited progress.
- I can't tell if I can physically go further; as soon as it gets hard, I stop.
- I don't take time to recover, to "juice". I find it a waste of time, I don't tie it to my hunt for performance.
- I don't pay attention to my emotional state and I can keep my morale low for a long time.
- I don't dare to go and see what's going on elsewhere. I stick to my habits.

### Progress in mastering this skill



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# I HAVE THE TALENT TO EXPLOIT MY TALENT

## #PROGRESS

"No excuses, I learn from my experiences"

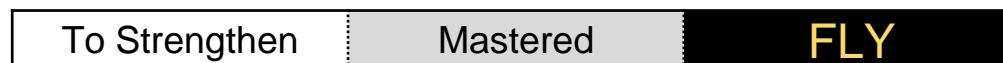
### I get it right when

- I question myself and factually identify my strengths and areas for improvement.
- I ask for feedback from my staff; I take into account positive or negative feedback by maintaining or changing behaviours.
- I seek continuous improvement, looking for best practices.
- I know my strengths and keep working on them.
- I use all competitions (successful and unsuccessful) to learn and progress. I know that bad performances are part of the game, I know how to get back to work to move forward.

### I don't get it right when

- I only find external reasons (weather, equipment, bad luck, etc.) to justify my performance, behaviour or results.
- I don't question myself and what I could do differently.
- I often make the same mistake again.
- I don't recognize my strengths, what I did well.
- I don't take into account the opinion of my staff. I don't ask to explain in detail and give facts to help me make progress.
- I often complain.

### Progress in mastering this skill



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# I IMPOSE MY GAME

## #AFFIRMATION

"I affirm my identity as a competitor"

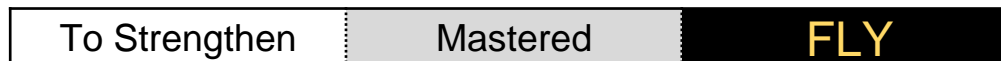
### I get it right when

- I can name my identity as a competitor. I have routines and cues to express who I am in competition.
- I express my identity and fighting spirit with my body language (posture, gestures).
- My look corresponds to who I am in competition.
- I have a precise vocabulary to encourage myself with words that help me focus on my game (or me).
- I capture the energy of those around me and the audience, which makes me stronger.

### I don't get it right when

- My body posture expresses negative emotions (spite, frustration, etc.) which benefits my opponents and/or destabilises my team mates.
- I judge myself too much and talk negatively to myself ; my gestures to encourage myself are hesitant.
- I change my attitude depending on the progress of the competition or the reactions of the public.
- I am not comfortable with the way others look at me.
- Sometimes I feel like I am imitating other athletes in my posture, but it doesn't really look like me.

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# I IMPOSE MY GAME

## #CONCENTRATION

"I am staying with it"

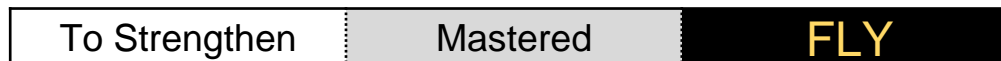
### I get it right when

- I know how to perform without being overconfident and/or having bad feelings. I know how to "play badly well".
- I engage with intensity and stick to my plan. I give it my best at all times and apply my routines consistently.
- I am obsessed with the process, with what I have to do. I am aware when I deviate from it and quickly get back into it.
- I am focused on what I have to do.
- I know what to do and I stay focused in the important moments of the competition. I am clear about my strengths and weaknesses of the day, what I need to keep doing or change.

### I don't get it right when

- I sometimes I make mistakes in competition out of spite.
- I don't have a good feeling on days when I don't feel too confident; I tell myself that I can't express my talent and perform well.
- My thoughts are somewhere else. I often think about what I can lose or win during the competition. I think about what I missed and I feel bad about it for a while.
- I am surprised and have no plan when things don't go as planned.
- If I don't perform in style or don't have a good feeling, I change my plan, even if I am performing well.

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# I IMPOSE MY GAME

## #EMOTION MANAGEMENT

"I cope and reduce my crisis times"

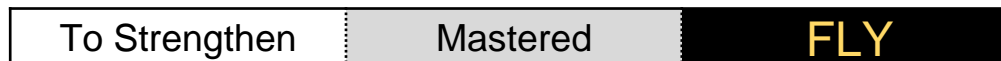
### I get it right when

- I am ready for the "emotional match": I recognise my emotions (fear, frustration, joy, etc.) and I know how to regulate them.
- I activate or relax my body when I need to.
- I change my emotional state by acting on my body posture and my breathing. I know how to listen and talk to my body.
- I know my parasite thoughts and I have my ways to counter them. I know how to live with my "demons".
- I systematically apply my routines before and during the competition.

### I don't get it right when

- I can't tell what emotion is going through me and I don't have a plan to deal with it. I don't dare say I'm afraid.
- I let go of my routines in the heat of the moment or when I feel frustrated.
- I change my pre-competition plan at the last minute because I am panicking.
- I show that I am afraid, that I am not confident (body posture, words, etc.).
- I don't know how to express the thoughts that come to me during the competition.
- I don't know how to return to a calm state.

### Progress in mastering this skill



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