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### Episode 5: Mental Toughness!

**1:50 -:** **Mental Toughness:** It's all about perseverance through difficult circumstances. You're either winning or learning, (there's no losing under mental toughness).

**4:20 -:** **Operating Frequency:** What's the operating frequency you review and broadcast from on a daily basis.

**8:05 -:** All the best results come from the sustained **efforts** average people don't want to make! Are you "*obsessed with the process of getting better*" like Jason Day? Current Reality, Past reality and Potential Opportunities are the three areas of focus. You cannot drive fast on the freeway to success constantly looking in the rear vision mirror.

**10:20 -:** **Attitude Frequency** - get perspective! All the ingredients are in place right now to give your best! Coming from your centre of thinking (not below centre).

**10:24 -:** **Emotional Response** – Deciding and acting out of a better reality not a poor mindset and negative emotions. Take personal responsibility and remove yourself from the "*blame game*"

**14:30-:** **Energy** – What's your source of motivation? **Morning routine and rituals** trigger your energy. If you want improved energy, improve your routines.

**16:25 -:** **Effect on performance.** What is your "**back on track**" strategy? Think 'bumper lanes' on a ten pin bowling alley! How do you get back in to the state of momentum? Remind yourself of a time when you were "on fire" and think about how you were set up at the time both mentally and physically. Self-analysis is critical and keeping a journal allows you to document both your challenges and your improvements.

**20:20 -:** **Energy sappers.** Guard yourself against spending **major time** with **minor people**. Given that this is the time of the year when average players "run out of juice", those with superior mental toughness will create better results and market share. This is also the time of the year when the efforts that average people refuse to do, will give the greatest results for those above 'average people' who display mental toughness.