

MENTAL MANAGEMENT

The process of maximizing the probability of having a consistent mental performance, under pressure and on demand.

Components

The Conscious Mind

The Subconscious Mind

The Self-Image

THE GOAL: To understand these components and keep them in balance, so they will all work together.

THE MENTAL PROGRAM

With Winning in Mind by Lanny Bassham

Our Two Minds

Conscious Mind

1. Source of your thoughts and mental pictures.
2. Controls all the senses.
3. It is what you picture or think about.
4. Can only do one thing at a time.
5. ****Can override the Subconscious Mind****

Subconscious Mind

1. Can do many things at once.
2. Moves you to do what the Conscious Mind is picturing.
3. It is the source of your skills and power to perform.
4. Why muscle memory works- subconsciously automated
5. We must trust it to perform - trust in your ability.

Positive pictures in the Conscious Mind demand positive results from the Subconscious Mind...and vice versa

If you are picturing something positive in your mind, it is impossible, at the same time, to picture something negative, and vice versa.

EXAMPLES

1. Don't strike out Hit the ball.
2. Don't hit the ball in the water ... Hit the green.
3. Go to sleep right now...sleep is a subconscious activity.
4. Be careful & don't spill the water...you can do it.
5. Don't MISS Shoot it in the middle.

The Self-Image

“It is how you see yourself”

Your Habits & Attitudes

EXAMPLES

I am afraid of snakes.

I am good at math

I am not lucky

I don't perform well under pressure

Our **Comfort Zone**, is the upper and lower limits defined by our **Self-Image**...how you see yourself.

EXAMPLES

I can't afford a new car.
The Good Shooting Monster

Our **SELF-IMAGE** resists change

&

Our **COMFORT ZONES** limit
ourselves.

The Submarine

The Conscious Mind is the **Periscope** that sees the picture in your mind

The Subconscious Mind is the **Engine** that moves you toward the picture

The Self-Image is the **Throttle** the controls the speed of your movement

THE GOAL: To understand these components and keep them in balance, so they will all work together.

What gets us into trouble

The Conscious Mind can override the
Subconscious Mind

We don't trust the Subconscious Mind to
perform

We resist change and our negative
thoughts limit ourselves

What is “The Fix”

Running a Mental
Program

The Mental Program

The process used to execute EVERY shot

1. Point of Initiation ... Nock the arrow
2. Point of Attitude ... Picture the feeling of a 10
3. Point of Direction ... Visualize shot sequence
4. Point of Control.... Draw & set back tension
5. Point of Focus Aim, Aim, Aim

The Mental Program Will

Control the thought process occupying
the Conscious Mind.

&

Triggers the Subconscious Mind to
perform the shot

REMEMBER

An occupied Conscious Mind CANNOT
override the Subconscious.