

ATHLETIC MINDSET DEVELOPMENT

7 Key Strategies for Teachers, Students & Parents

Randy Friedman – Speaker, Golf Mind Coach and Author

What is the athletic mindset? It's the awareness to want the ball, the ability to keep an eye on ball, and the gratitude to have the ball. And just as we are not born with beliefs we are also not born with the athletic mindset. However, we do give birth to beliefs and we can develop the athletic mindset. Teachers, students and parents are partners in the development and growth within the professional learning community.

Teachers instruct how to catch the ball, students learn what to do with the ball, and parents encourage the process. All three are an integral part of developing the athletic mindset.

Randy Friedman, speaker, golf mind coach and author of *Your Inner Swing*, integrates 7 key strategies into the professional learning community for teachers, students and parents.

1) **Beliefs:** A belief is just a thought we keep thinking. They are what we assume to be true about our self and the world in which we live. They may have come about because of our own experiences, or because of the influence of important people like parents, teachers, sports figures and role models. Only by noticing and changing our beliefs will we attract what we need to improve both internal and external performance.

2) **Awareness:** Here is the key to changing anything. More often than we might expect, making an important change is as simple as asking the questions, "What are my beliefs?" and "What do I want?" Listening attentively for the answers will open doors of clarification and help move us in the direction that will benefit us most.

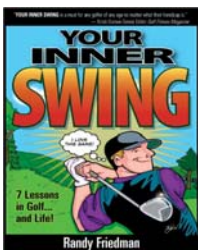
3) **Gratitude:** We cannot be in a grateful state and in a blaming or angry state at the same time. One emotion will always win out. Blame deludes us into thinking that other people are responsible for our situation or our emotional state and keeps us from doing the kind of self-examination we need to move forward in our lives. *Reality check:* When we point the finger of blame at someone else ... three fingers always point back at us.

4) **Goals:** Writing them down activates the powerful “I want” muscle. *Goals help focus attention* and point the mind in a specific direction. *Goals create efficient effort* by giving us a sense of purpose. They inspire to keep reaching, continue longer and make the effort stronger. Goals help us strive instead of strain.

5) **Attitude:** It takes seven seconds or less for someone to form a judgment about someone else. People will make that seven-second decision about others based on tonality, eye contact and body language, all of which add up to an instant intuitive assessment of one’s attitude. Attitude affects everything, because it goes hand in hand with energy. Attitude is the visible manifestation of one’s current beliefs.

6) **Garden:** What we choose to think, speak and visualize, our Garden’s growth will feed us back. The Garden can consist of over-growing ugly weeds or rich soil that blooms with thousands of colorful, fragrant flowers. Our inner gardener plants seeds or thoughts, which in turn produces growth as the reality of life. At any given moment, the Garden is a reflection of who we are and what we are currently manifesting with thoughts, feelings and desires.

7) **Energy:** This form of Energy is the power that enables us to think, move, breathe, and live. When the mind and body are integrated, a tremendous amount of Energy is free flowing. The key is not to force it, but instead simply to slow down, relax and breathe deeply. How would thoughts of gratitude and love feel right now? It brings Energy to whatever we are gratefully or lovingly doing.



B.elieve you deserve the ball. Become
A.ware you want the ball. Be
G.rateful when the ball is in your hands. Score a
G.oal when you have the ball. Project an
A.ttitude so others want to throw you the ball. Feed your
G.arden to keep the ball bouncing with life. Live with an
E.nergy that becomes one with the ball.

BAGGAGE, the acronym used to teach the 7 Strategies is nothing more than our life story. It’s all the “stuff” we hold on to and carry around from toddler to teens and throughout adulthood. Randy’s program, *Athletic Mindset Development* and the *7 Strategies for Teachers, Students & Parents* are powerful concepts to bridge the mind/body connection. Her book, *Your Inner Swing* demonstrates how to apply these into school, sports and everyday life.

Attention Meeting Planners:

To have Randy speak at your venue please contact Tracy Dalton at (865) 809-5989 or booking@golfmindpower.com with a full email request.