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Mindset of Achievers

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Mindset of Achievers



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What Makes Someone A Top Achiever?

- Talent
- Intelligence
- Luck
- Hard work
- Having the 'right connections'
- Specialist skills or knowledge
- Genes
- Mindset/attitude



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The Psychological Component of Winning

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Enterprise
Sponsorship
Thought leadership
Progress
Community
Sessional Meetings
Education
Working parties
Volunteering
Research
Shaping the future
Networking
Professional support
Enterprise and risk
Learned society
Opportunity
International profile
Journals
Support



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How to Perform at Your Best when it Matters!

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The Rules of Achievers

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Use Both Sides of the Brain

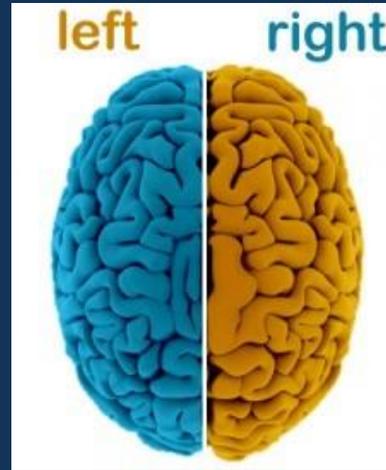
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Left

- Logical
- Verbal skills
- Reasoning
- Rational
- Words
- Numbers



Right

- Creative
- Visual
- Emotions/feelings
- Pictures
- Instincts/intuition

Which side of the brain do we use the most in our roles?



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Learn to Visualise Skills

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Visualisation is the Deliberate Act of Creating and Strengthening a Mental Image

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Rehearse Feelings of Achievement

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Create a Future Memory

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Recall Previous Experiences of Success

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People Who Win Relive Success

People Who Lose Relive What Went Wrong

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Use Positive Self-Talk – Affirmations

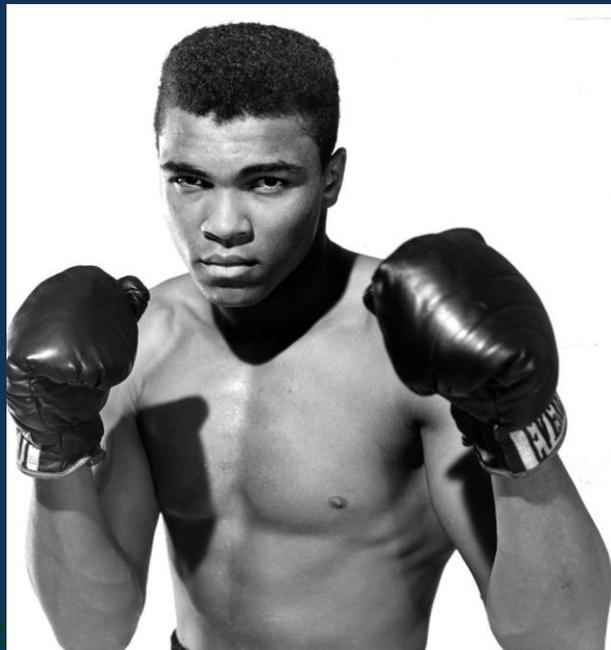
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“I am the greatest!”

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Present Tense

Moving towards what we want

NOT

Moving away from what we do not want

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The Law of Attraction

We become what we think about

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The Attitude Continuum



Where is your default state?

Where do you need to be to
perform at your best?

- Optimistic
- In the zone



- We are magnets
- We attract what we think about most
- Your thoughts cause your feelings. Change how you think and you will change how you feel
- Whatever vibes we project we will get back

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-10



+10

- Flat
- Low energy
- Miserable
- Pessimistic
- Grumpy

- Energised
- Buzzing
- Positive



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The Characteristics of Winners

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- Optimists
- Good vibes – energy radiators
- Focus on the future not the past
- Expect to win
- Focus on goals
- Focus on solutions not problems
- Focus on what they want
- Have an appreciative mindset





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- Surround themselves with other winners
- Energy and passion
- Bounce back quickly from setbacks
- Learn from their mistakes
- Make their own luck
- 'If it's to be, it's up to me'



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The Characteristics of Losers

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- Criticise, complain and condemn
- Pessimistic and negative
- Bad vibes – mood hoovers!
- Expect the worst
- Focus on problems not solutions





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- Miserable
- Surround themselves with other losers
- Always an excuse for lack of success
- Become what they think about – self-fulfilling prophecy



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Delete That Programme

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Look Like an Achiever

Act the part

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The Ideal Performance State

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JOY!

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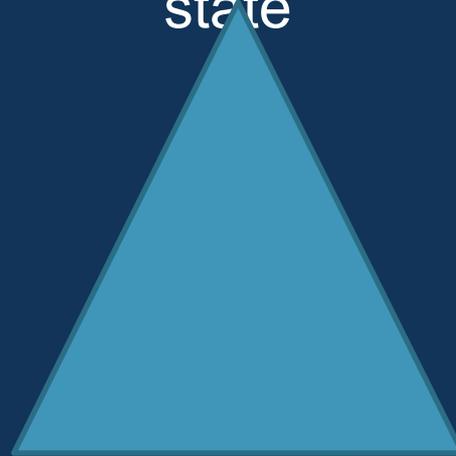


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Three Variables

How we Feel
This is our 'inner
state'



How we Think
How we use our mind

How we Move
How we use our body



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Triggers for Joy!

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- Laughter
- Breathing
- Posture
- Physical determination techniques

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Associate with Winners



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Avoid 'Mood Hoovers'!

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Choose Your Attitude



“The harder I practice,
the luckier I get!”

Practice these skills!