

13 Psychological Secrets of Champions

- 1.** Focus only on those things that you can control and disregard the rest.
 - 2.** Winning is not the number-one goal when you are competing.
 - 3.** Emphasize performance goals to achieve outcome goals.
 - 4.** Cultivate intrinsic motivation and de-emphasize extrinsic motivation.
 - 5.** Stay in the present.
 - 6.** Project a powerful, positive presence.
 - 7.** Engage in positive self-talk.
 - 8.** Breathe.
 - 9.** If you can't visualize it, chances are it will not become a reality.
 - 10.** Maintain your routines.
 - 11.** Don't make it personal.
 - 12.** It's okay to be nervous; just don't be afraid.
 - 13.** Practice under pressure.
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