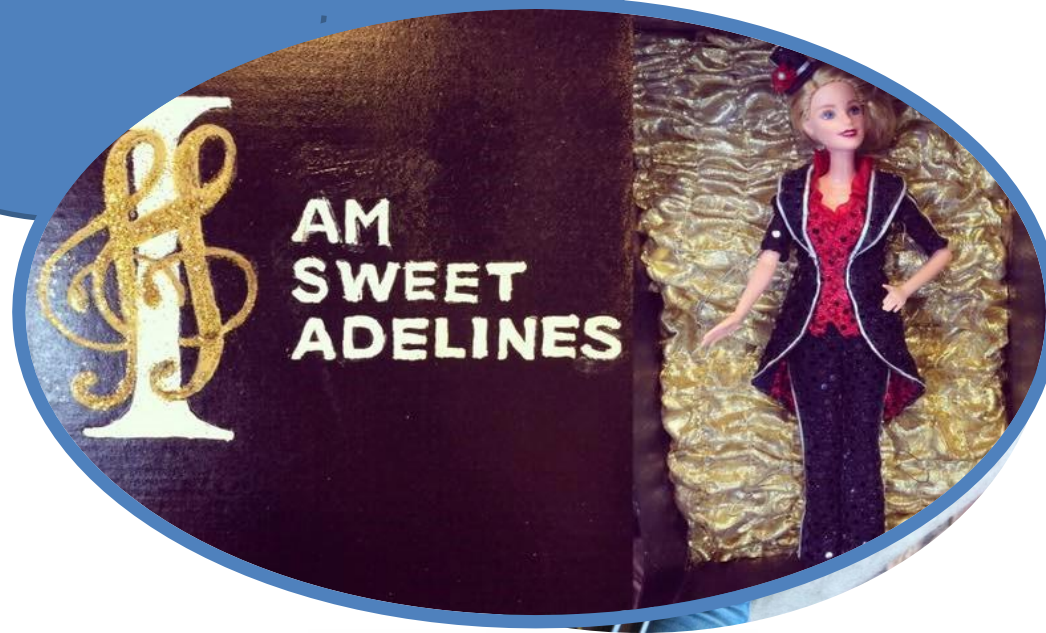
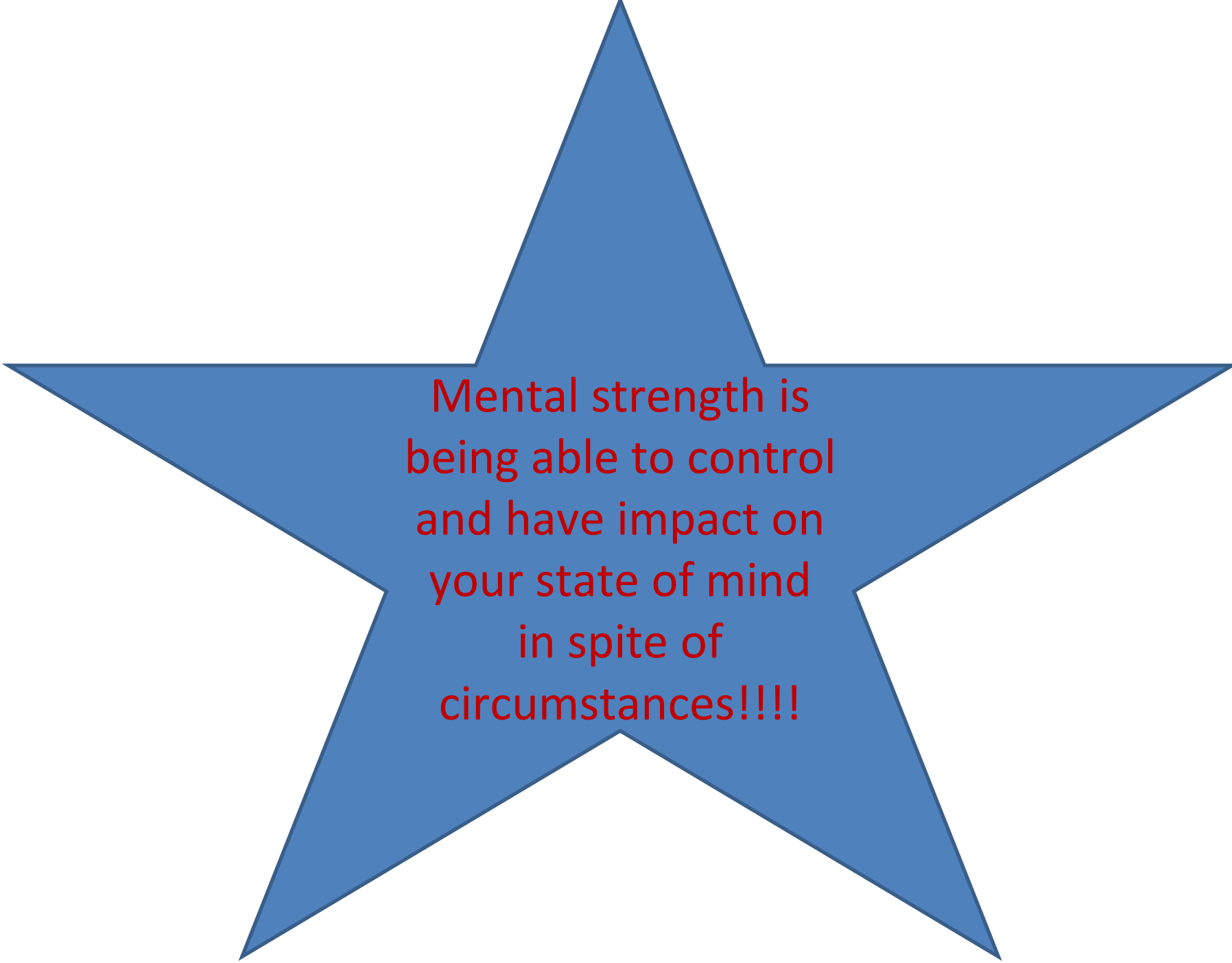


ATIONAL



Mental training





Mental strength is
being able to control
and have impact on
your state of mind
in spite of
circumstances!!!!



HOW?

"We are what we repeatedly
do. Excellence then is not an
act but a HABIT."



Chorus culture!

- Positive posture
- Positive attitude
- Positive thoughts and communication

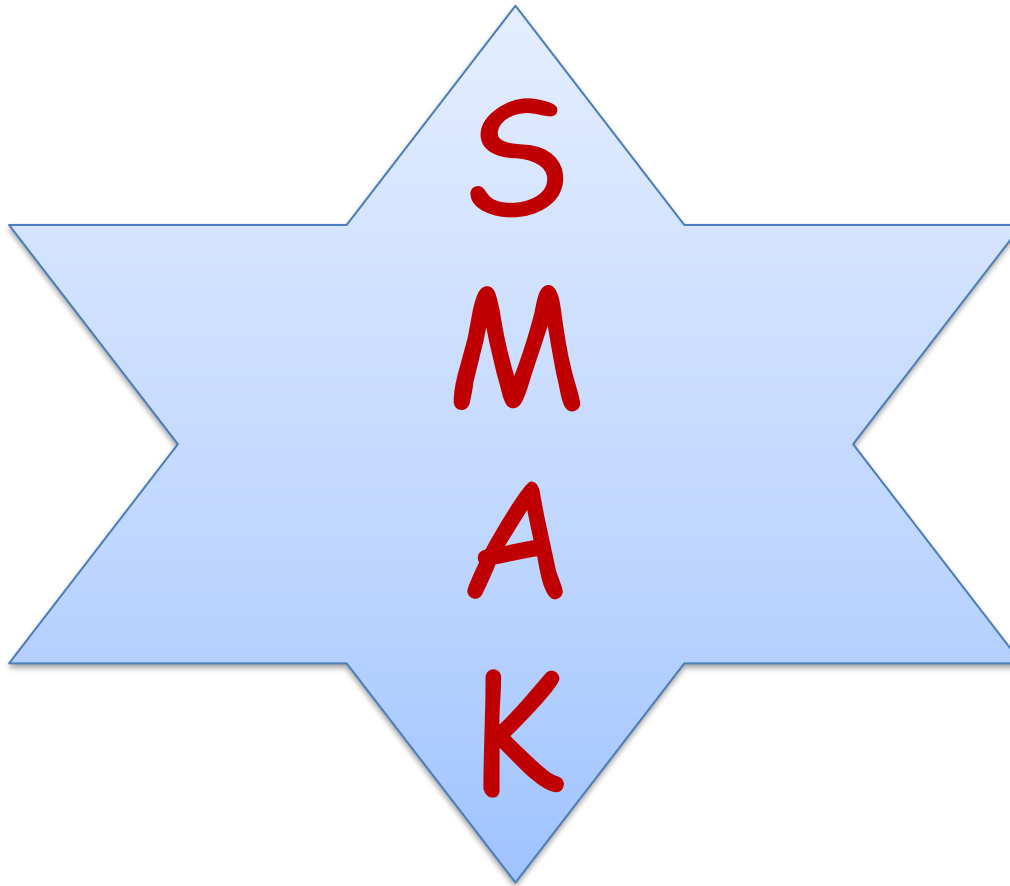
- Words of value
- Where is your FOCUS?



Strategies

- S
- M
- A
- R
- T

- S
- M
- A
- K

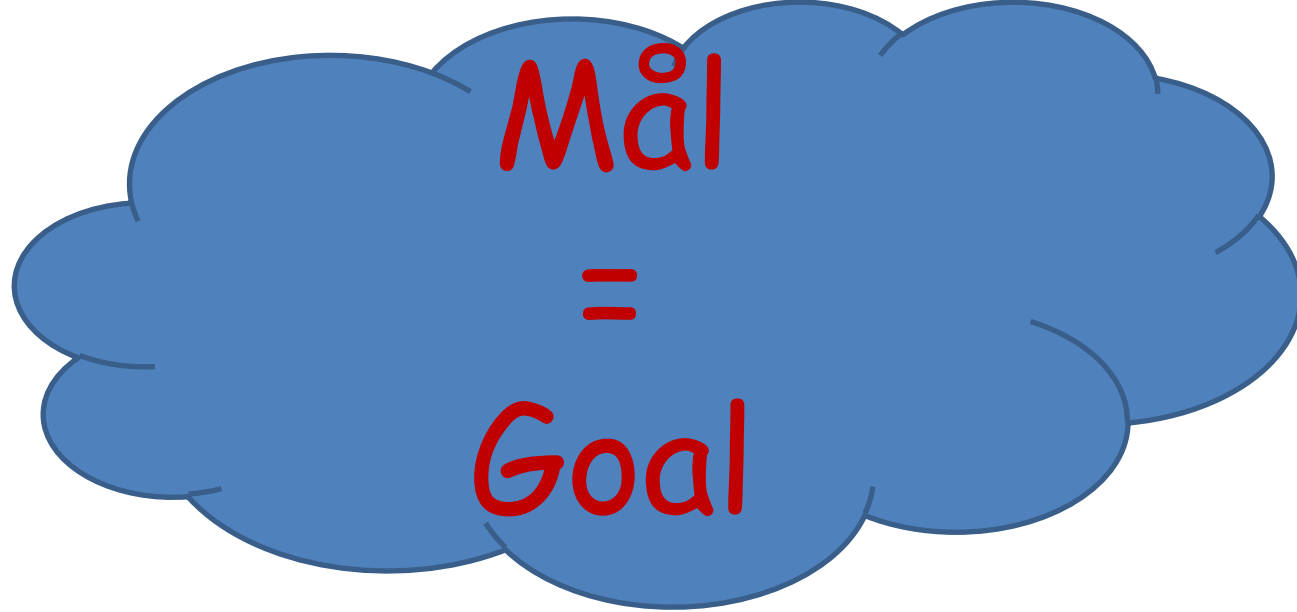


- S = Självkänsla/Self-image
- M = Mål/Goal
- A = Attityd/Attitude
- K = Känsla/Emotion

Självbild
=
Self-image

- Muscular relaxation
- Limiting beliefs/
reframing
- Affirmations





- Goalpicture
- Anchoring the goalpicture
- Visualization

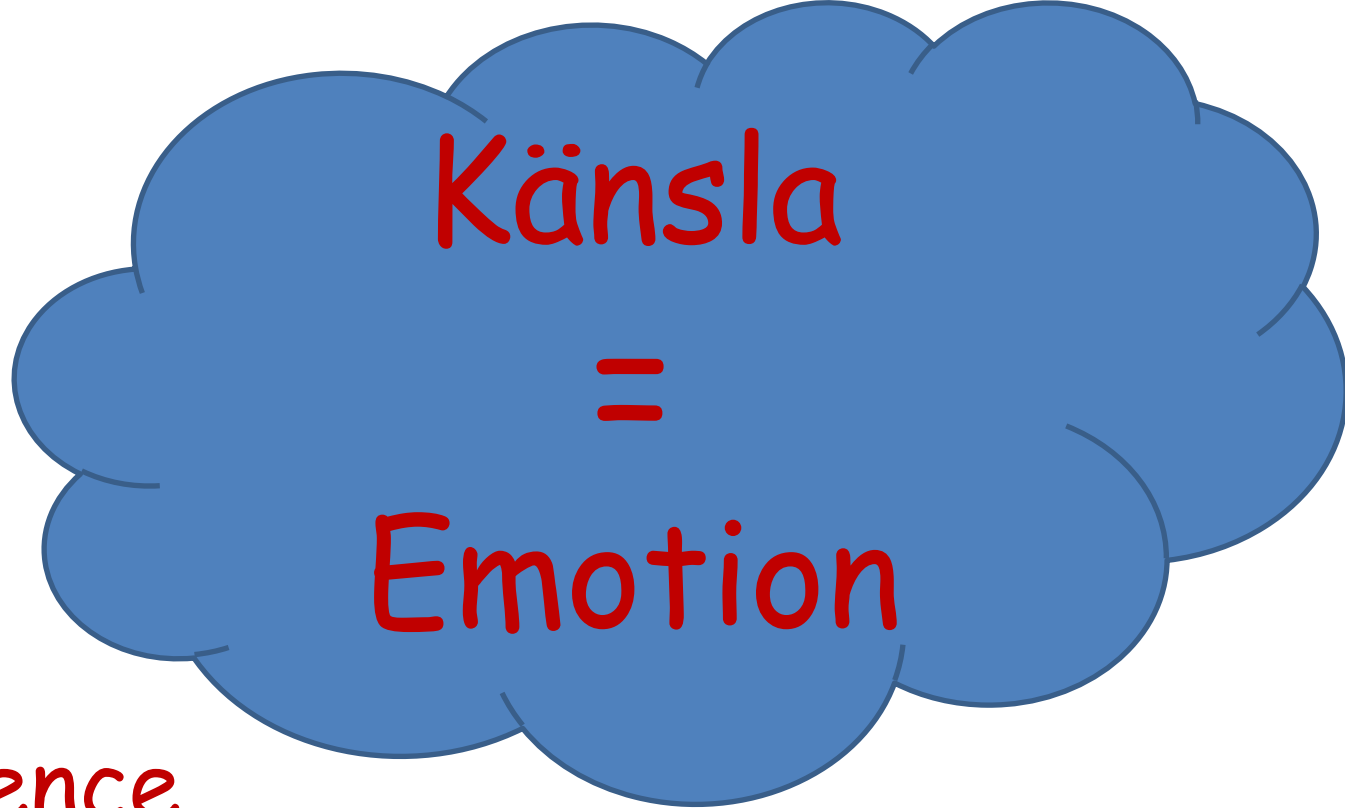
"Whether you say you can or you can't you are RIGHT!"



Attityd
=
Attitude

- Focus
- Check-in-procedure,intention
- Words/thoughts.(NLP)

"Be the **MASTER** of your brain instead of servant"



Känsla

=

Emotion

- Presence
- Admiration for each other
- Syntelligence/the power of shared thoughts

It's all happening
perfectly

"I don't have strong self-confidence because I'm a Champion. I am Champion because I have strong self-confidence." (quote by another champion)

Want to read??!

- Carley, Jan – Harmony from the inside out
- Carley, Jan – Finding your overtone

Both of Jan's books are available at Amazon or your favourite online bookstore

- [More info: www.innercoachofbarbershop.com](http://www.innercoachofbarbershop.com)
- Covey, Stephen R. –The 7 habits of highly effective people
- Jeffers, Susan –Feel the fear and do it anyway
- Sharma, Robin – The Monk who sold his Ferrari

- Röhlander Olof-Det blir alltid som man tänkt sig
- Sundhage, Pia –Att leda med glädje
- Törnblom, Mia –Självkänsla nu!

It's all happening
perfectly

