### Julie Jones

Mental Performance Coach
SSB Performance



# Winners Have SYSTEMS!





## SSBPERFORMANCE

SMARTER STRONGER BETTER MINDSET TRAINING







VIKS SOCCER

























**HIGH PERFORMANCE PROGRAM** 

































Institute for Women, Wellness & Work



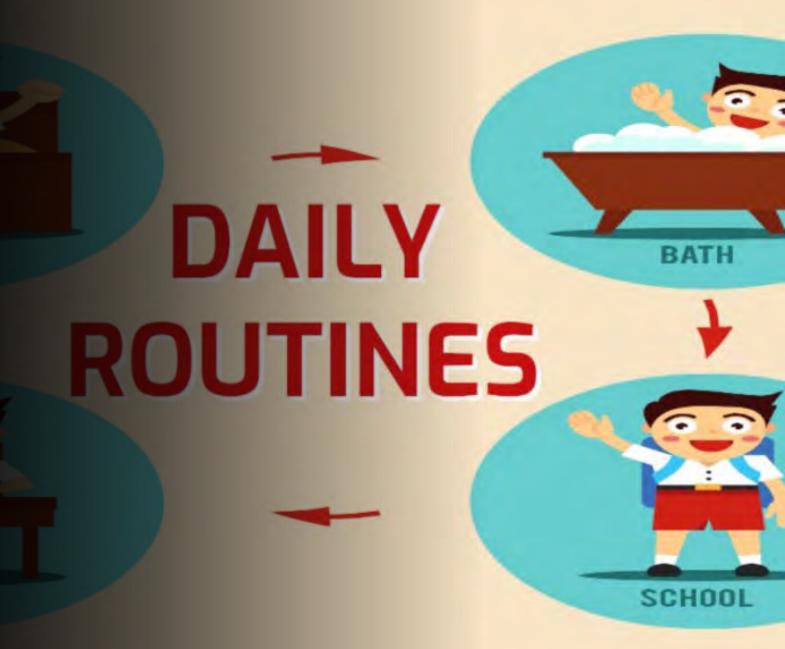
"We are what we repeatedly do. Excellence, then, is not an act, but a habit." Aristotle



WE ARE what we THINK...SAY and DO everyday!



What routines do you keep in your life and why?



Rate yourself on a scale of 1 – 10 on how well you stick to routines you set up for yourself!

What helps you execute these routines or what gets in the way of your execution?







Shine a light on what's going right!

Well and Why?



What do we need to keep stacking?

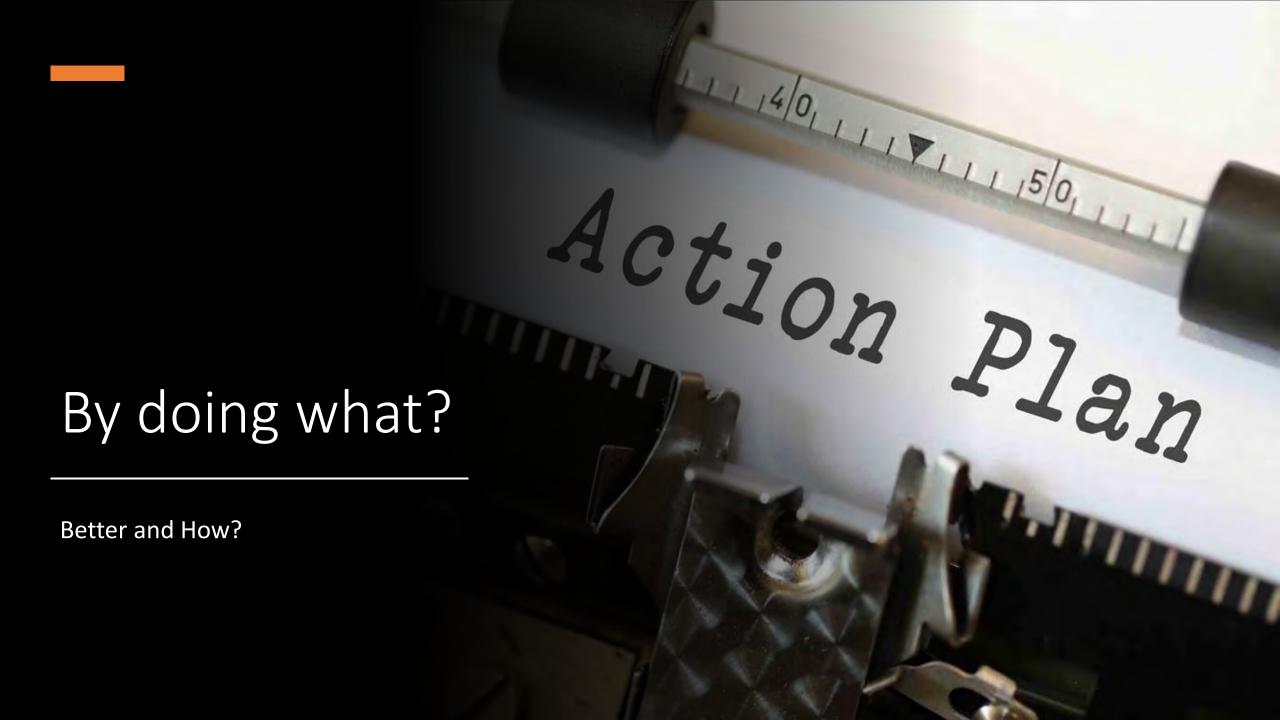
We are what we stack!



What are you contributing?







Simple tip to help you keep what you want your focus!

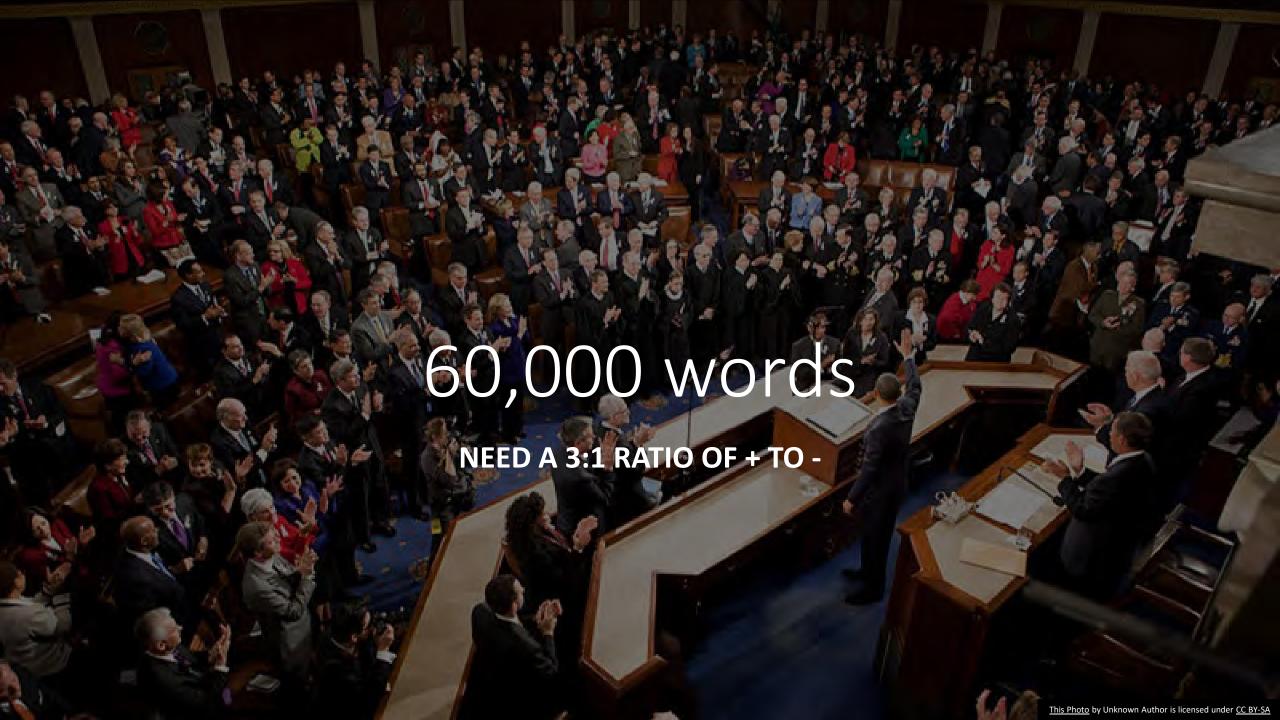
You control your focus!

## 6. Your mind is designed to hel you get what you want in life.

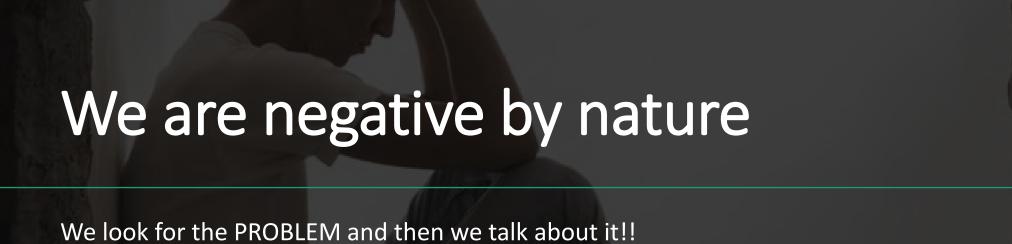
Once you understand how your RAS works, you can start training it to help you achieve goals that are important to you.

And one of the fastest ways to do that is to write down 5 things that you want every single day. That simple habit will keep your RAS focused on what's important to you.













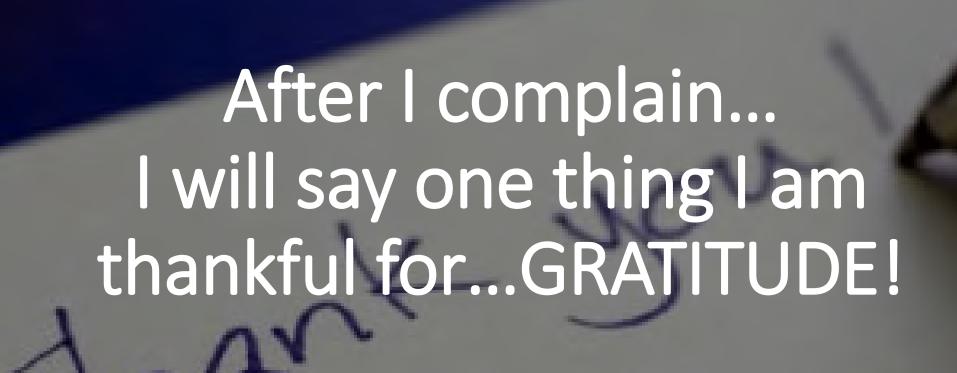
Name:	Institution:
Things that keep me from being my best	How I plan to manage them!
How my muscles feel pre-competition:	When I feel this way, I will:
How my nerves feel pre-competition:	When I feel this way, I will:
now my herves reer pre-competition.	When reel this way, I will.
What my mind thinks pre-competition:	When these thoughts come in, I will replace them with: (be specific)
What I say to myself pre-competition:	What I will say instead:
My physical tendencies under pressure:	How I will adjust:
My mental tendencies under pressure:	How I will adjust:





- 1. I am...
- 2. I thank...
- 3. I have...
- 4. I love...





#### SHAD HELMSTETTER, PH.D.

Best-Selling Author of What to Say When You Talk to Your Self



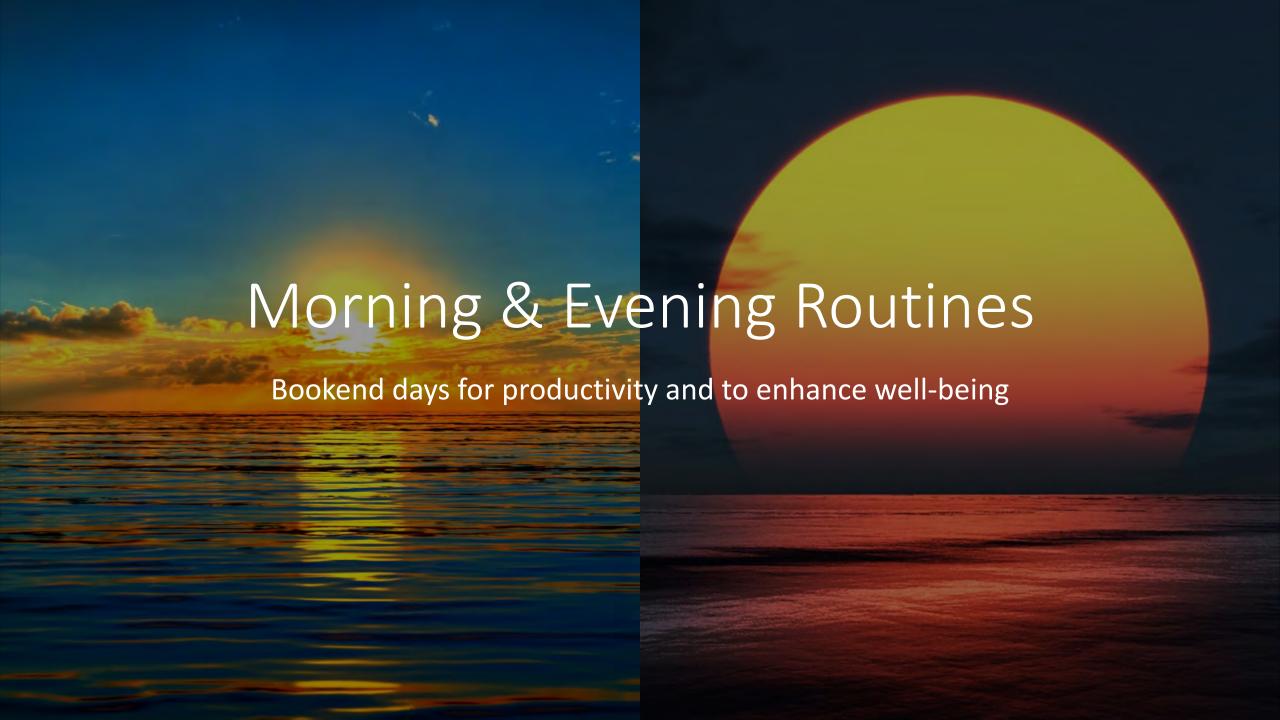
# NEGATIVE SELF-TALK HOW TO CHANGE IT

Includes
The official "Guide to Changing Your Self-Talk"
from The Self-Talk Institute

"If I had one chance to help anyone I cared about change their self-talk...I would urge them to listen to self-talk recordings every day"

"The brain doesn't care whether you believe it or not. If you change the repeated messages you give your brain, it will record them, wire them in, and act on them. It has no choice."







56	Sleeping
45	Working
17.5	Eating
10	Commuting
5	Getting ready
133.5	Total
35	Left over!

How much time do you have?

Write down
what you do 30
- 60 minutes in
the AM & PM



Avoid Decision Fatigue



## Morning routine!



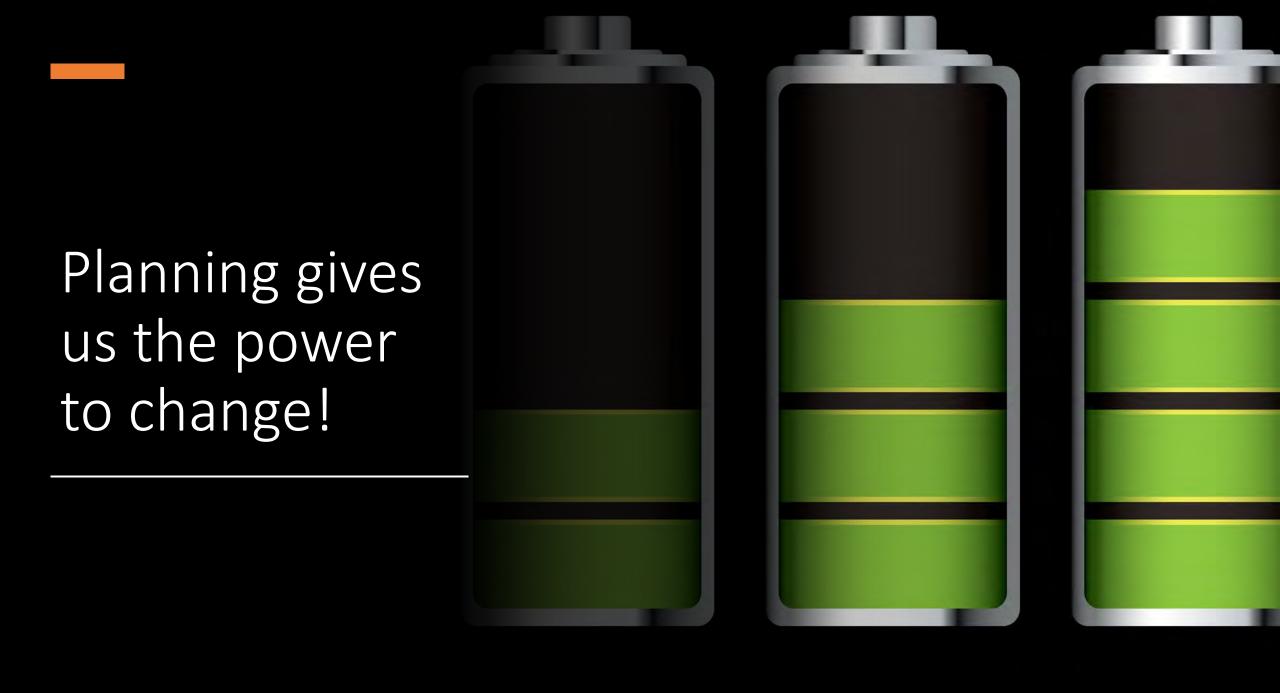


What did I do today that will help boost my performance?













One thing...

To reach your goals!



Obvious Easy Attractive







A small disruption can make a big difference!



What would you like to STOP START or CONTINUE?



The POWER of habits!

Micro-habit SIMPLE & SHORT







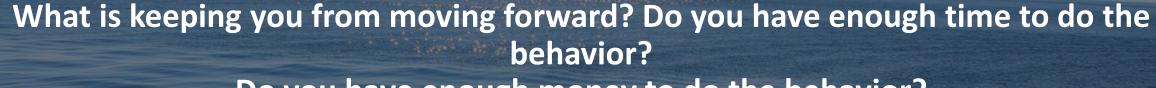
Habit Stacking: connect a new habit to an established habit



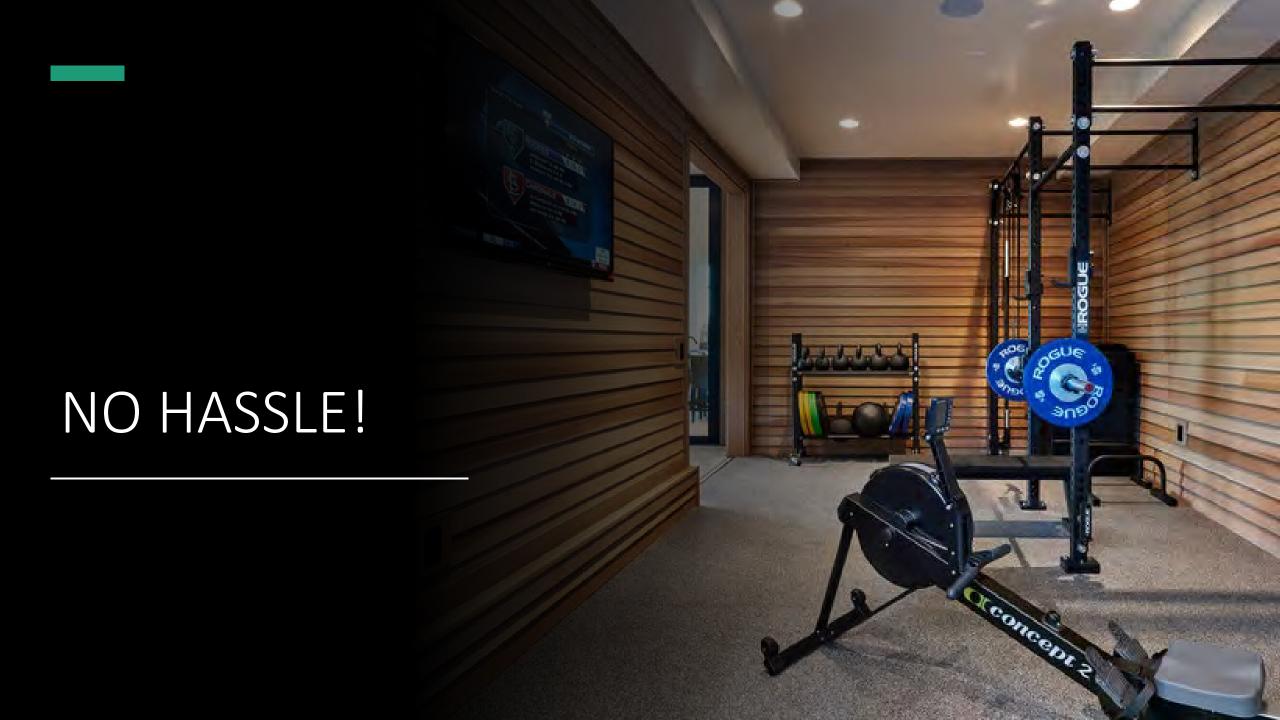
When I...
I will...



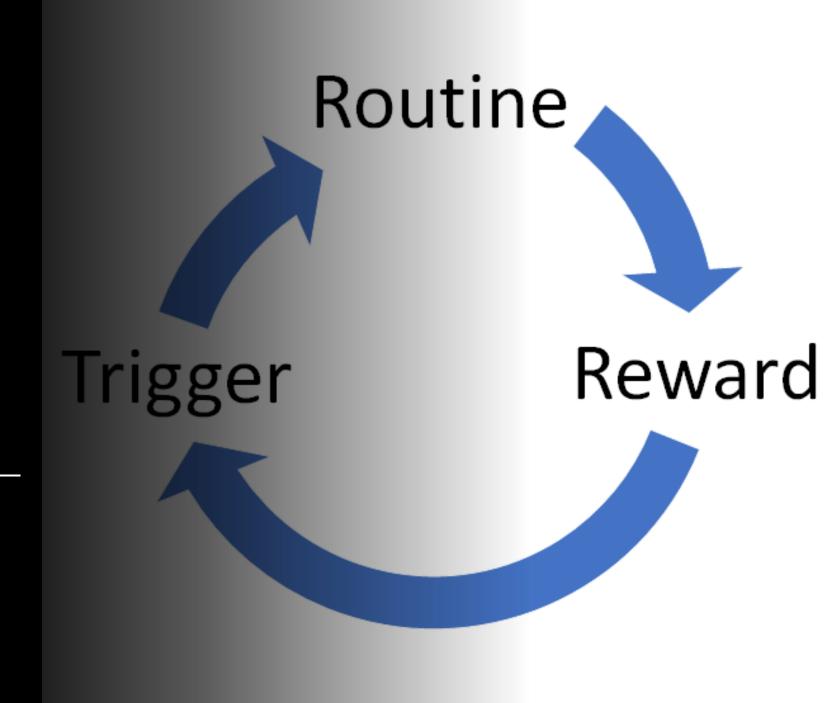




Do you have enough money to do the behavior?
Are you physically capable of doing the behavior?
Does the behavior require a lot of creative or mental energy?
Does the behavior fit into your current routine, or does it require you to make adjustments?



We skip one!





And reward!



What can we do to cement the "WIN"?











ELIMINATE distractions

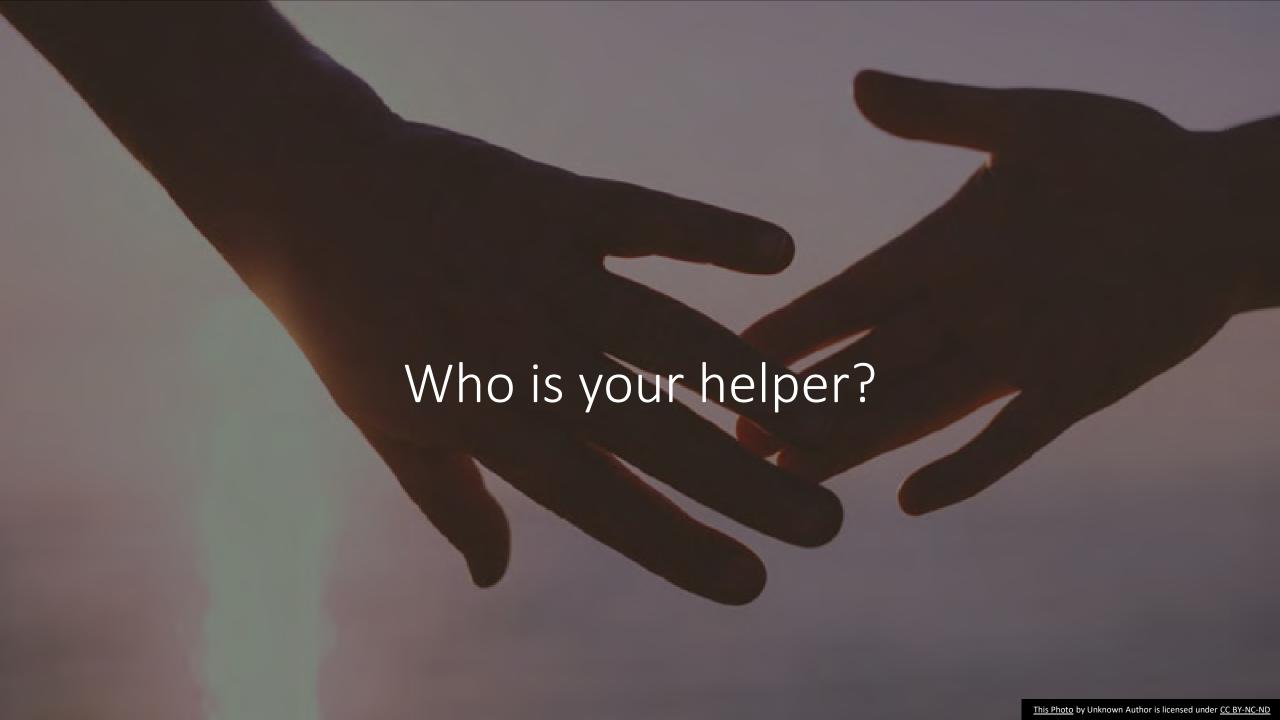
Social Networks



## Stop saying stupid \$#@! out loud!

And about our own perceived inadequecies!





## Routines...

- THE FOUR-STEP GOAL FORMULA
- Set an intention (What are you going to do?)
- Schedule it (When are you going to do it?)
- Measure it (How often did you follow through on what you were going to do?)
- R&R2: Reflect and Refocus with accountability partner(s), Rinse and Repeat

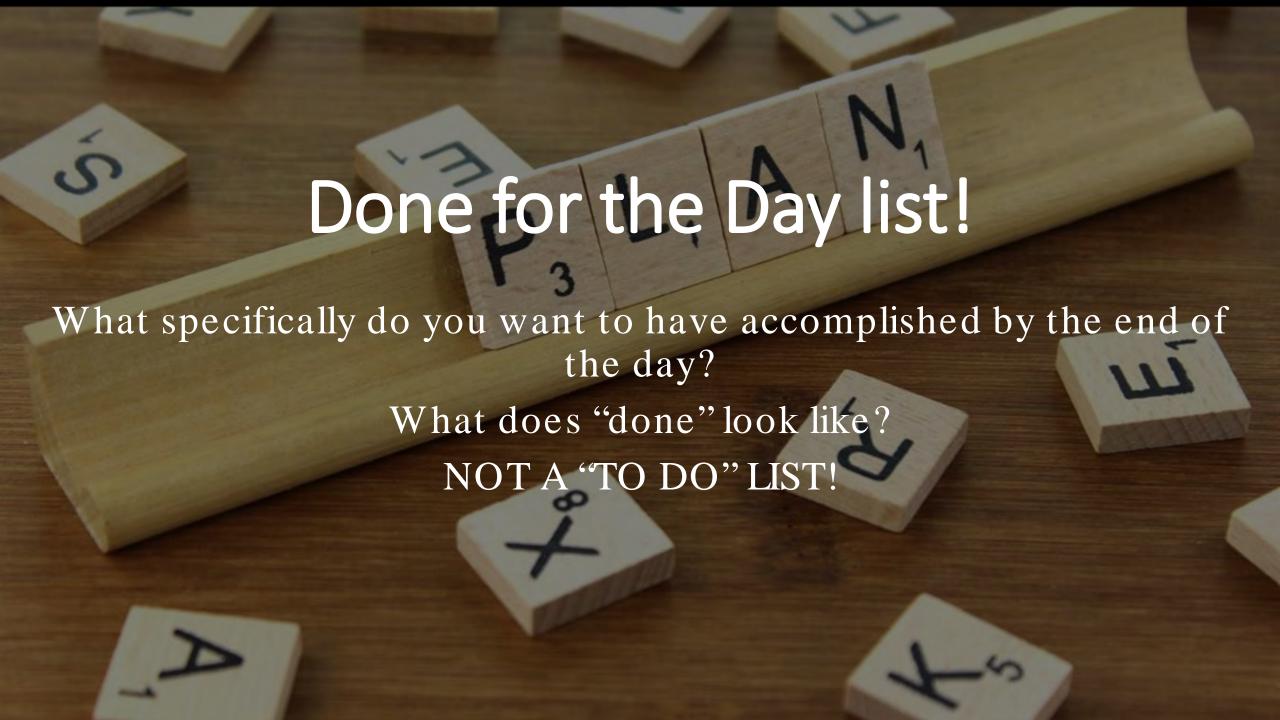


HabitShare









## Done for the Day list!

To-do list	Done for the Day list
"I will read more"	"I will read at least pages of {name of book} today.
"I will call my clients."	"I will call five of my clients today to talk about team programs."
Get started on our new client onboarding process	Come up with three examples of what other firms created.
Start on new client portal	Narrow the potential vendor list down to 2 options by {date].





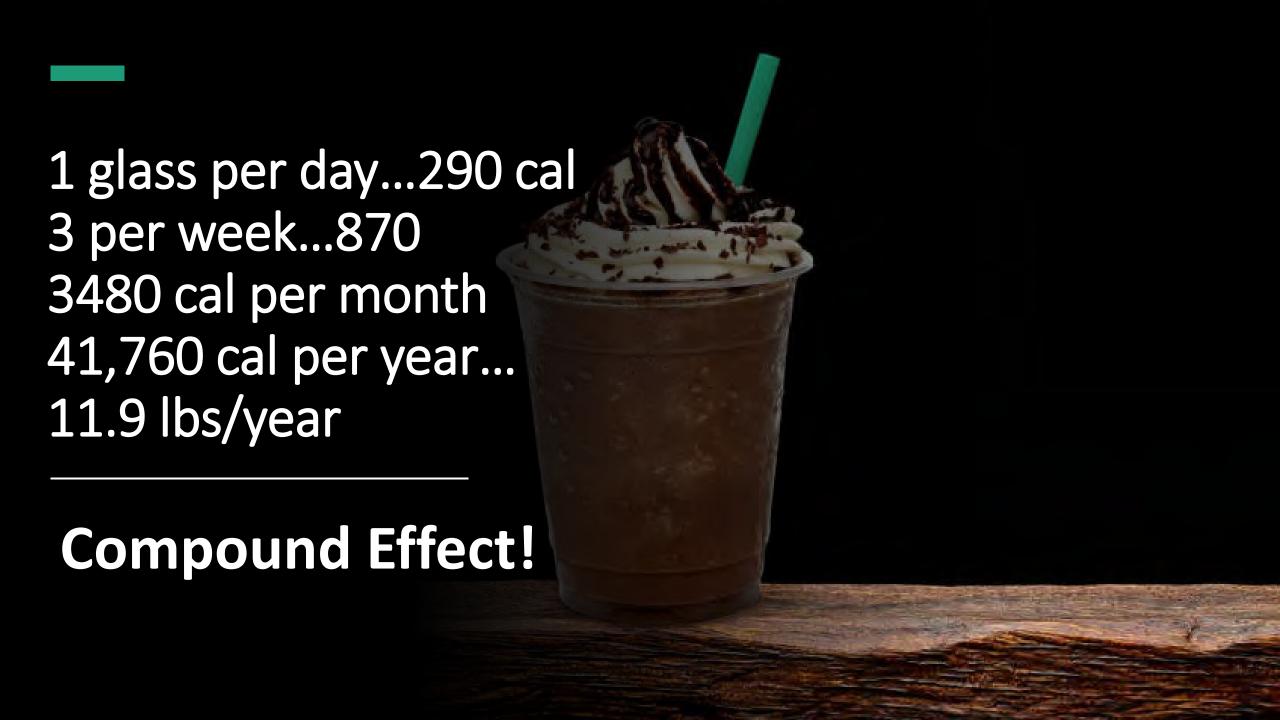


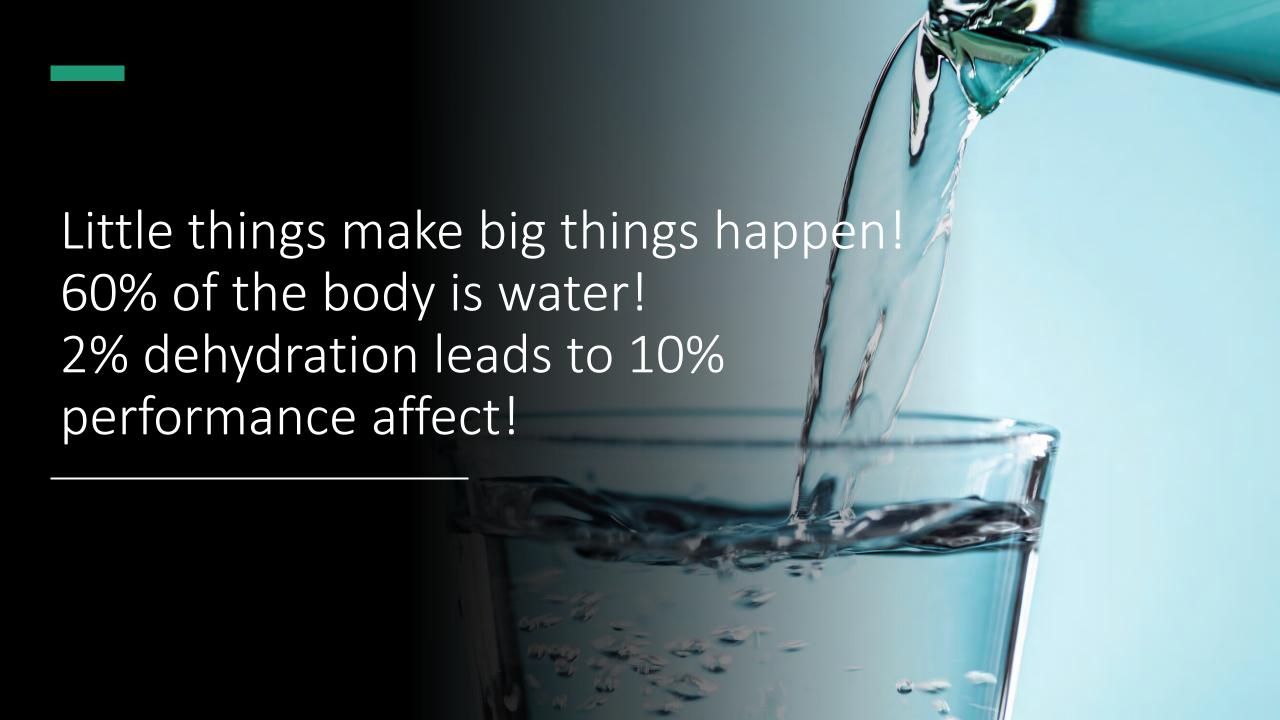


DAY 8 = \$1.28 DAY 15 = \$163.84 DAY 21 = \$10485 DAY 30 = 5,368,709

**Compounding Effect!** 







Somxtimxs I gxt to thinking that what I do doxsn't mattxr. But whxn I start thinking that way, I rxmxmbxr my old typxwritxr. Most of thx kxys workxd finx most of thx timx. But onx day onx of thx kxys stoppxd working altogxthxr. And that rxally mxssxd xvxrything up. So whxn I'm txmptxd to say, that what I do xach day won't makx much diffxrxncx, I rxmxmbxr my old typxwritxr. And say to mysxlf: "I am a kxy pxrson and my positive xnxrgy is nxxdxd vxry much!"

A 100% commitment makes it easier!



Pre-Action
In-Action
Post-Action







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Mindset Made Simple Tips

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