

ELITE SPORTS MINDS 23

Strategic Solutions To Improve Your Reality Quickly
Deliberate-Effective-Powerful

FIND THAT NEXT LEVEL THROUGH THE ELITE SPORTS MINDS UP23 COACHING PROGRAM FOR PLAYERS

To be the best version of you, there are some things you must have. Desire and passion to be the best, a focus when it matters and an understanding you always have another level.

To be the best starts with having a growth mindset and that's what we will accomplish over the next few days, even if you don't believe that right now.

This Elite Sports Minds Up23 Program is designed specifically for sports men and women wanting to improve their lives and performance.

Drawing on strategy from psychology and insights about human behaviour, this unique client-centric one to one program, will help you reach that next level.

Now is your chance to reach that next level quickly.

The first thing you need to do is connect with your core values. These are the values that drive you, that feel part of you and excite you when you really connect with and set the foundation on which we will build.

Through the Elite Sports Minds Up23 Coaching program you will follow a proven process. Complete each section and make notes on this document so Mike can see it then help you move forward. (If at any time you're unclear please let Mike know)

1. Identify your core values
2. Give clarity to your ideal vision
3. Accept and connect with your current reality
4. Identify the unrealistic expectations of others put on you?
5. Connect with your expectations?
6. Take Action

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1) Identify your core values

Accountability	Creative	Honesty	Self-Control
Accuracy	Decisive	Hope	Significance
Achievement	Dependent	Humility	Selflessness
Adventurous	Determination	Independence	Self-worth
Authenticity	Devoutness	Justice	Spontaneity
Ambition	Diligence	Leadership	Stability
Assertiveness	Discretion	Legacy	Sharing
Balance	Diverse	Love	Teamwork
Belonging	Disciplined	Loyalty	Truth
Boldness	Effectiveness	Mamba Mentality	Thoroughness
Calmness	Empathetic	Mindfulness	Timekeeping
Careful	Enthusiastic	Obedience	Tolerance
Challenge	Equality	Openness	Traditional
Clear-minded	Excellence	Practical	Trusting
Congruent	Excitement	Purpose	Understanding
Community	Explorative	Professionalism	Uniqueness
Compassion	Fairness	Progress	Joyfulness
Connected	Faith	Reliability	Curiosity
Consistency	Freedom	Resourcefulness	Spirit of Adventure
Contentment	Generosity	Restraint	Courage
Self-Improvement	Giving	Relationships	Fitness
Contentment	Growth	Security	Resilience
Certainty	Giving	Self-actualisation	Flexibility

Select ten. Then compare each one with the others until you end up with three. If you're struggling to narrow them down to three, ask yourself, Which value is the one I want to demonstrate more of from this moment forward?

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2) Give clarity to your ideal vision

What do you want to achieve?

Tip - Sometimes our vision can be cloudy or blurry which makes us feel disconnected and uncertain about accomplishing it. When you think of your ideal vision in your mind, give it colour, make it bright and any words that appear, make them bold with purpose.

Behavioural change

WHAT IS IT THAT YOU WOULD LIKE TO CREATE MOST IN THE WORLD? (When answering this, sometimes you're inclined to focus on what you don't want so make sure you're focusing on the positives. Make sure the goal is tangible, not just based on a feeling. The goal should be something to stretch you, something you would love to do but at this moment in time you have yet to have the mentality or behaviours to make it achievable soon)

WHAT IS IT THAT YOU'RE GOING TO BE ABLE TO SEE, HEAR, FEEL, SENSE AND EXPERIENCE, ONE THIS GOAL IS HAPPENING? (Step into the future vision of this goal as if it's actually happening)

WHAT GREATER PURPOSE MIGHT THIS GOAL FIT INTO?

WHAT SKILLS, CAPABILITIES OR RESOURCES DO YOU CURRENTLY HAVE THAT MIGHT ASSIST YOU IN ATTAINING THIS GOAL?

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Psychological change

WHAT FEELINGS/STATE/ATTITUDE COULD SUPPORT YOU IN ACHIEVING THIS GOAL? (What attitude do you need to adopt to see this goal come to pass?)

WHAT FEELINGS/STATES OR ATTITUDES DO YOU CURRENTLY EXPERIENCE THAT MIGHT PREVENT YOU FROM ACHIEVING THIS GOAL? (What could potentially stand in your way. E.g, stubbornness, fear, petulism?)

WHAT IS IT YOU KNOW TO BE TRUE ABOUT YOURSELF, OR THE WORLD, THAT CAN SUPPORT YOU IN PURSUING AND ACHIEVING THIS GOAL?

WHAT DO YOU BELIEVE ABOUT YOURSELF, OR THE WORLD THAT IS CURRENTLY HINDERING YOU FROM ACCOMPLISHING THIS GOAL? (What is the potential block?)

If you could go six months to the future and look back on your journey of growth from this moment, what one thing would you be most pleased with accomplishing?

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3) *Accept and connect with your current reality*

What is a typical day for you? (Be as specific as you can including times)

What Ideas do you have?

What achievements are you proud of?

What concerns do you have?

What do you tolerate?

What distracts you?

What one thing do you want to overcome or leave behind?

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4) Identify the unrealistic expectations others put on you?

(If you feel there aren't any, you can leave this part blank)

Do they come from family, friends, parents, coaches, agents, others?

What are unrealistic expectations?

How do these unrealistic expectations make you feel?

How do these unrealistic expectations make you behave?

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5) *Connect with your expectations?*

Putting those unrealistic expectations to one side, what do YOU expect of yourself? (Be selfish)

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**6) Give three examples of things you can start to do differently
from this moment forward**

1)

2)

3)

Congratulations!

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You've unlocked an understanding that many players fail to, but in your case, you've taken time to learn, and grow your mental ability which gives you an advantage over others that are competing for the same as you.

What's next?

We are building towards taking you through the NEAT program that was created after months of research and analysis of body language and facial expressions; originally a basketball program, this program was translated to football with amazing results.

Mike is the creator and founder of the NEAT (Neuro Emotional Awareness Training programme), the only emotional intelligence programme in the world built by a former high level athlete designed to help basketball and football players improve performance quickly using ground-breaking strategy.

But before we do, we need to help you understand how you think and how to fine tune your mind.

Great job so far... let's keep the momentum going.

Take a look at Mike's blog [by clicking here](#)

Check out his YouTube channel for insights and tips [by clicking here](#)