



## Welcome to Coach Traub's Newsletter Mental Skills Tips #10!!!!

*Mental Skills Training = Performance Enhancement and Personal Growth*

Thank you in advance for a couple of your minutes... minutes that can help you  
**WIN the Mental Side of the Game.**

My goal is to add value to your sporting efforts and inform you of events, services, and products that I provide that can further that effort. I always welcome your comments, questions, stories, or MVP nominations.

**This issue's theme: GOALS**

**Faith is taking the first step even when you don't see the whole staircase.**  
-Martin Luther King, Jr.

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### **YOU HAVE GOALS. DO THEY HELP YOU?**

**Today's Mental Skills Tip** – We all have goals, whether we realize it or not. Some simply act to avoid pain. Others move towards pleasure. A select few systematically set and use their goals to navigate themselves towards exactly what they want in life. Well-stated, monitored, and adjusted goals will help direct attention appropriately, provoke physical action on this focus, improve time management skills, and increase persistence. **These goal directed behaviors are not always normal, so if where you're headed isn't normal or average either, actually writing down well-formed goals will help you achieve the 'extra'ordinary.**

Short-term (under a year) goals should have six characteristics. They should be SMART and

controllable. That is, **they should be [S]pecific, [M]easurable, [A]tttractive, [R]ealistic, [T]imed, and Controllable.** It will not, in and of itself, help me to say that I want to be great. I need to define greatness specifically, in controllable and measurable terms. Then I must choose a level that is both attractive and realistic, and a date by which I will reach this level. For example, a baseball/softball hitter may commit to having quality at-bats two-thirds of the time by April 1-- where a quality at-bat is one where he/she sees each pitch well, makes all good decisions about whether or not to swing, and then either gets a base hit, advances a runner (when trying more to advance the runner than get a base hit), or hit the ball very hard.

**Short-term goals must be monitored.** This is what separates them from New Year's resolutions. Resolutions are usually set on January 1 and forgotten about by January 21. Goals should be monitored regularly, and adjusted so that they remain both attractive and realistic. This monitoring process will help increase awareness of what controllable factors (behaviors) are working and should be repeated, and which are not and should be changed. If they are not adjusted, goals that are too high will cause frustration, and those set too low will not motivate.

Formal daily and/or weekly goal setting as described has been consistently shown to increase the quality of a person's behavior and outcomes. This is true across the board, and goals are particularly powerful for people who have or had Attention Deficit Disorder. Despite this, formal goal-setting with follow-up is rare. If you decide to invest the time into goal setting and commit to your goals (rather than just being interested in them), give yourself a pat on the back. If you want some forms to make this monitoring process a tad easier, email me and I'll send them to you - free (or buy my book - it's in there).

**COACHING POINT** - If you are helping your athletes set goals, guide them through the process and play Devil's Advocate, but be sure to let them pick their own goals. They know what fires them up. Afterwards, you can provide the discipline they need by making sure that they are monitoring and adjusting their goals regularly (once per week, perhaps).

### **"Overheard" from the Minds of some Great Athletes:**

Poor Self-Talk can be transformed into  
**Fantastic Self-Talk**

Change: I'm interested in doing this.      to  
**I'm committed to doing this.**

Change: I'm not special enough to achieve 99, so I guess 85 is realistic.      to  
**Until I have real evidence that it's unrealistic for me at this time, I'm going for 99.**

Change: I don't have time to set SMART + controllable goals.      to  
**I don't have time not to set SMART + controllable goals.**

Change: Goal setting sounds fine, but I already know where I'm headed.      to  
**I can see where the process of recording and monitoring goals might aid my already motivated behavior.**

Change: It's too hard.      to  
**The journey of a thousand miles begins with a single step.**



**Quote-of-the-Day:** "Someone must be on top, why not you?" -General George S. Patton

**Inspirational True Story:** I am often amazed by what can be accomplished by a good (not great) athlete who is committed to achieving his goals. One of these student-athletes was a pitcher on my pitching staff at Cedar Valley Junior College in 2004 and 2005. Matt Wilson started as a freshman and did some fine things, but was inconsistent and he had a nagging bad back. He totaled 3 wins that spring. That summer, he asked me what he should do for conditioning to prepare for his sophomore season. I asked him if he wanted a program that I would recommend for a minor leaguer, or one a bit easier that would still help him. He said he wanted to do whatever he could to pitch better, and he went out and did it. He ran circles around the rest of the staff in conditioning drills in 2005 and his back stopped giving him problems. When we did goal setting, he sat in my office for quite some time picking long-term and short-term goals that were both attractive and realistic. He decided that the following day-to-day and week-to-week goals would lead to achieving his goals for the season. The point is that he picked these goals, not me:

Have a plan for each practice

Have a purpose for each bullpen and throw it with a game mentality

Be an effective leader: lead by example, use good judgment, and show respect

Know that I didn't short change myself.

Reflect weekly on this category of goals.

Each of these goals was measured on either a yes/no basis, or a scale of 1-10. In the uncontrollable outcomes department, Matt Wilson was an All-American pitcher in 2005. He led the country with 93 strikeouts, earned 10 wins, and signed a healthy Division I baseball scholarship.

#### **Testimonials for Coach Traub's Camps:**

"Today (a mental skills camp) was exceptional. So much information to absorb and so little time. Thank you."

"My son has been to a few baseball camps and has been unimpressed in the past. This past weekend, he participated in Coach Traub's December Showcase Camp in The Woodlands and it was worth the trip from San Antonio ! It was a great experience as he stayed busy all day showing what he could do and learning from the coaches. The staff was superb and very involved with the guys.

Thanks, Coach Traub, for putting this together."

**Coaches: You can bring Coach Traub straight to your team(s) at school and it won't cost you anything.**

**Reply to this email for more information.**

**EXTRAordinary Quotes (mostly from my book *Finding Your Peak Performance with Mental Skills Training* - [Book Details and Ordering Info HERE](#)) :**

**Goethe**, "Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it. Begin it now."

**Henry Ford**, "Nothing is particularly hard if you divide it into small jobs."

**Michelangelo**, "The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it."

**Robert Orben**, "Time Flies. It's up to you to be the navigator."

**Abraham Lincoln**, "Always bear in mind that your own resolution to succeed is more important than any other thing."

**Coach Wooden Quote-of-the-Month**: "If you don't have time to do it right, when will you have time to do it over?"

**Coaches Reminder**: "They don't care how much you know until they know how much you care."

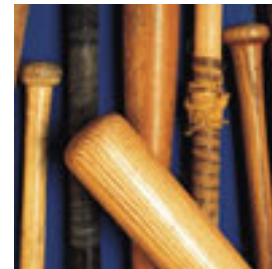
**Baseball/Softball Rules Tip-of-the-Day**: A baserunner is out if he/she completely passes the runner in front. One common time for this is when a batter hits a home run and is hustling for extra bases before realizing that the ball is out of the park. At the same time, the runner from first base may be going back towards first base to tag up. The first base coach may be able to help, but is not allowed to physically touch either runner.

Famously, Harvey Haddix pitched twelve perfect innings against the Braves on May 26, 1959. But 36 straight outs were not enough, and in the bottom of the 13th, an error, a sac bunt, and an intentional walk to Hank Aaron were followed by Joe Adcock hitting the ball over the fence. Haddix lost the game 1-0, not 3-0, because Adcock was called out for passing Aaron, who didn't realize the ball had cleared the fence. Aaron had run from first to second to the dugout. Oops.

*May your hunt for excellence be fruitful and never-ending.  
May you not only hold on to the dreams you've had, but also dream greater  
dreams than before. May you not only enjoy this land and its wealth, but also  
enjoy the wind at your back as you make it a better place to live  
by giving and loving generously.  
God bless.*

## Coach Traub

Enjoy your job. Know your job. Do your job!



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