



## Welcome to CoachTraub's Newsletter #8!!!!

***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: MOTIVATION**

To win you must have desire and talent, but desire is first. -Sam Snead

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### MOTIVATION IS A SKILL

**Today's Mental Skills Tip** – You can get whatever you want in life if you have enough **MOTIVATION** and **COURAGE!**

Every coach in America wants athletes who are "intrinsically" motivated. But how many people do you know who are *always* energetic and excited about working hard, even when the work is challenging and uncomfortable, or it requires initiative? Coaching is about many things, from teaching mechanics and strategy to team building to leading by example to mentoring and training mental skills. Enhancing motivation should be at or near the top of the list of every coach's responsibilities.

So, **can you commit to achieving your goals, rather than merely being interested in them?** You'll need to create a compelling future to generate the energy and momentum you need. Having a **clear vision** about where you want to go is the first step. Next, we all have values that we move towards and other things that we value avoiding. If your values are motivating you sufficiently, great. If your motivation could be better, then re-word, re-arrange, or re-emphasize what you want, or want to avoid, until your values are working for you. For example, I have this "friend" who hates losing and also hates feeling guilty. Since he so strongly wants to avoid these forms of pain, he takes motivated action to try to win, and he acts in a way that is congruent with what he says and thinks. In the past, instead of hating these things, he just disliked them, and sometimes that wasn't enough to motivate him as much as he wanted. This

"friend" also loves to help others, plus he likes making money, achieving and recognition. Unfortunately, he also likes lounging around, surfing the internet, and sleeping. By **clarifying his top goals AND WHY THEY ARE SO IMPORTANT**, I can create-- my friend can create his compelling future. You can imagine how having three young children has changed how much he values money. I also think it's time to get passionate about achievement and be thrilled by recognition. (Like all of us, I'm still working on this stuff.) This example shows how **changing the words we use can significantly transform our lives**.

Next, I remember Zig Zigler's words, "I recommend both bathing and motivation daily." We can use inspiring quotes, songs, poems, and images every day to quickly create and maintain positive momentum. A daily review of personal goals and inspiring messages can provide the impetus to do something amazing - overcome inertia. Once that is achieved, your skills, talents, and clarity about where you are headed will take you in that direction. Finally, we should try hard to **surround ourselves with inspiring people** -- AND be one who inspires by example. It is incredibly easier to approach your potential when you hang out with the Duke basketball team rather than a group of stoners. Motivated is an attitude, and attitudes are contagious. Make yours worth catching.

**COACHING POINT, for coaching yourself or others** - Like it or not, motivation is a huge part of our job. Find a way to motivate yourself because we lead first by setting a good example. This will make it easier to find the energy and creativity needed to motivate others. And when you see them, start the process with a smile.

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

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

Change: The odds are against me.      to  
**I know how to beat the odds.**

Change: Life's not fair      to  
**What a beautiful world I live in.**

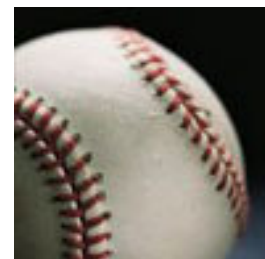
Change: This is hard.      to  
**What a great opportunity.**

Change: I feel horrible about failing.      to  
**I know that I must be moving towards my goal because this isn't easy.**

Change: I don't know if I can.      to  
**I know I have to try.**

Change: I don't want to do it.      to  
**I want to do it because I want the prize.**

Change: I'll do it, but I'm not gonna like it.      to  
**If I'm gonna go, I might as well like it.**



**Quote-of-the-Day:** "It's not the critic who counts, not the man who points out how the strong man stumbled, or when the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena; whose face is

marred by dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions and spends himself in a worthy cause; who at the best, knows in the end the triumph of high achievement, and who at the worst if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory or defeat." -Teddy Roosevelt

**Inspirational True Story:** I considered some great exemplars in achievement and overcoming obstacles for this segment. Jackie Robinson, Jim MacLaren, and Mother Theresa were strongly considered. I searched high and low for just the right person. I wanted **someone who inspires by the example he sets, someone who took ordinary gifts and designed an extraordinary life**. And then it hit me: I am motivated by a "common" man who acts uncommonly. This man is not Joe the Plumber, he's Jason the Musician.

*Jason has set the bar high.* He has earned a living as an artist playing the oboe and english horn, and by teaching others to love and play music. He pays his bills, including his taxes, on time and in full. (Sorry Joe.) For decades he counted every penny while declaring to anyone who would listen that he was a rich man. He can paint a wall or a fence, is handy with a toolkit, and has proven time and again that it takes only one person to change a light bulb. He is a union man, a community activist, and a recreational athlete who refuses to slaughter a lesser opponent because he wants everyone to have a good time. He lives his values every day and will happily share them with you. If you agree to disagree with one of his opinions, he is fine with that, too. He is humble, loyal, talented, clever, and compassionate. Above all else, he is a family man. **He always has and always will display limitless and unconditional love for his family.** Over the years, he's had many monikers: Maestro, Professor, Mr. W., Jackie, and Jason. Oh, and the one I use... Dad.

### Testimonial for Coach Traub's Consulting:

**Harvey Dorfman**, Author of *The Mental Game of Baseball* and mental skills coach for many major leaguers, mentioned Coach Traub in a his later book, *Coaching the Mental Game*. Coach Traub, he said, "is very knowledgeable about the game of baseball and about coaching techniques" (p. 101).

"We hired Coach Traub because of a strong referral so I had high expectations. He exceeded them with room to spare."

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

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

**Vince Lombardi**, "The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will."

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

**Carl Yastrzemski**, "I'll never look back and say that I could have done more. I've paid the price in practice, and I know I get the most out of my ability."

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

**Martin Luther King, Jr.**, "If a man is called to be a street sweeper, he should sweep streets even as Michaelangelo painted or Beethoven composed music or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause to say, 'Here lived a great street sweeper who did his job well.'"

**Coach Wooden Quote-of-the-Month**: "Success is the peace of mind that comes from knowing you did your best."

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

Get more motivation under "FUEL FOR YOUR FIRE" [on my homepage!](#)

**Baseball/Softball Rules Tip-of-the-Day**: A line drive that passes directly over first or third base and then first bounces or is touched by a fielder in foul territory is FOUL. A batted ball that bounces *before* passing directly over first or third base is FAIR. A batted ball that ricochets off the pitcher's rubber into foul territory before passing first or third base or being touched by a fielder is FOUL. Any ball touched by a defender while *it* is in fair territory is FAIR. The position of the fielder is irrelevant.

**First Basemen's Tip**: sometimes a ball will clearly be heading foul, but if you can get it fair before the batter-runner gets past you, it's usually a good idea to go get it FAIR and get that out!

*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.*

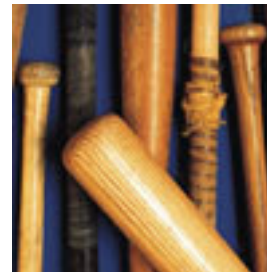
*God bless.*

## Coach Traub

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

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