



Welcome to Coach Traub's Mental Skills Tips Newsletter

COURAGE

Mental Skills Training = Performance Enhancement and Personal Growth

Our mission is to over-deliver value on goods and services designed to help athletes

“WIN” the Mental Side of the Game.

CONTENTS

Courage is Most Important
Overheard: Think Like Champions Think
Inspirational True Story
EXTRAordinary Quotes and Warm Wishes

Today's Mental Skills Tip – COURAGE IS MOST IMPORTANT! Courage is the strength of will to do what is difficult. When courage and motivation are combined, mountains will be overcome one step at a time, then look like molehills in the distance behind you. Without courage, even a molehill is insurmountable. With courage, an ingrown toenail is irrelevant during a performance. Without courage, the injured athlete loses intensity, focus, and balance. Without courage, adversity is bad and represents the end of the road. With courage, adversity is actually sought out because mistakes are viewed as critical components for growth and happiness. With the courage to admit mistakes, weaknesses become strengths. Without it, weaknesses continue unabated or even grow until they blow up in your face. With courage, we can create new habits and make excellence second nature. Without it, we can make excuses. Without courage, the fear of failure can debilitate. With it, fear helps us reach new heights of personal or human achievement because courage reveals fear and pressure for what they really are: the shadows of great opportunities.

This is why Winston Churchill said, **"Without courage, all other virtues lose their meaning."** If **motivation and courage are sufficient, YOU WILL FIND A WAY!**

Coaching Point – Remind your players that they can either find a way or they can find an excuse, but they can't do both. Then encourage them every day to have the courage to eliminate excuses and find a way to give their best effort, one drill/task/play at a time. Then accept whatever happens and do it again.

"Overheard" from the Minds of some Great Athletes:

'Normal' Self-Talk can be transformed into

Fantastic Self-Talk

Change: I don't know if I can do it.

to

I know I can give my best effort.

Reframe: It's too hard.

to

No pain, no gain.

Change: No way. The odds are against us.

to

The odds are against us... which is just the way I like it.

Counter: I don't need to listen to him because I've always done it this way.

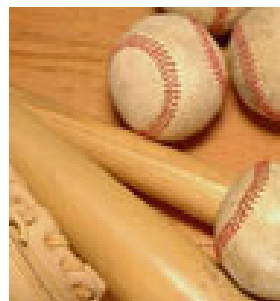
to

That's different. I'll consider it because I'll do whatever it takes to get the job done.

Reframe: If I stay in front of it and get a bad hop, the ball could break my nose.

to

We're not gonna lose because I'm scared.



Inspirational True Story: It would be an amazing world if we would all respond to adversity with half the courage of Superman. My mentor's father taught him that, "Sufferin' makes you stronger, kid, as long as you survive." Of course this requires **courage**. Who is more courageous than Superman? No one I know. Christopher Reeve was a hugely successful actor known to America as Superman when at the age of 42, he was paralyzed in an equestrian accident. His first and second cervical vertebrae were destroyed, paralyzing him below the neck. After five days without full consciousness, coherence brought the most logical and predictable choice: suicide. When his wife Dana pledged her full support no matter what, that option was dismissed, and the first steps of therapy were taken down the long, winding, scary, unknown road ahead. Reeve began his new life as a vent-dependent quadriplegic.

Ignoring the limiting beliefs of doctors, Reeve worked to strengthen his body in case a cure was found in time. He also worked to breathe and move through ridiculous pain because he believed that any part of the body, including the central nervous system, COULD be regenerated. Five years after the injury, his doctor asked him if anything was new. **He responded by moving his left index finger on command. "I don't think Dr. MacDonald would have been more surprised if I had just walked on water."** The list of firsts he achieved from that point on was long and astounding to the medical community. He regained conscious movement of all major parts of his body, including walking in water and sitting up on his own. All this took hours of work, focused determination, and faith. During his recovery, which lasted until his death in 2004, Reeve also spoke, acted, and directed -- all to critical acclaim. He wrote: *Still Me*, and *Nothing is Impossible: Reflections on a New Life*. He was a dedicated father. Most importantly, he used his name and speaking ability (despite the respirator) to fund research, drive activism (leading by example), provide a resource center, award quality of life grants, and swell hope for all paralyzed people through The Christopher Reeve Foundation. Thank you, Superman, for the courage you demonstrated throughout your life. As you said, "Life is worth living."

EXTRAordinary Quotes

Cory Lester, "Courage is not the absence of fear. It is being afraid but being able to control that fear so you are able to perform at your highest ability. That's what makes a champion."

Joe Falcon, "You must sacrifice, train, do everything possible to put yourself in a position to win. But if you consider second or third a failure, I feel sorry for you."

Coach Wooden Quote-of-the-Week: Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability.

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

Players Reminder: "You can either find a way or you can find an excuse, but you can't do both."

For getting all the way down here, I have warm wishes for you:

*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 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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