

GOLDMIND Excellence

Letting Go of Errors

Stay focused in the present not the past.



Common Errors that Stifle Performance

- Focus is on mistakes
- Beat yourself up with negative thoughts
- Negative thoughts of all types
- Dwelling on mistakes
- Worrying about small details which may never occur
- Mind stuck on missed opportunities
- Unusual or silly mistakes during the competition
- Recurring mistakes
- Get frustrated and/or angry

How many of these errors describe you during training and/or competition?

Mistakes or errors occur every-day in sports and life, but many athletes stifle their own performance because they simply can't let go of past mistakes. Does this happen to you?

the sports world and become a thorn in the mind of many athletes—in some cases for the remainder of the competition because they can't stop dwelling on the error or missed opportunity.

Missing shots in hockey, double faulting in tennis, and losing an important game happen often in

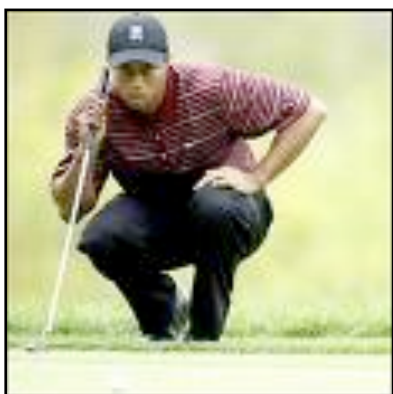
MISTAKES: THE GORILLA ON YOUR BACK

I am sure you have made some mistakes in your sports career that you were unable to quickly forget. You carried a critical mistake with you for most of the competition and either did not enjoy your day or were too busy beating yourself up to help yourself or your team.



Dwelling on errors is the number one distraction for athletes today. You cannot play in the present moment (a quality of 'being in the zone') if your mind is stuck on a missed opportunity or faulty performance.

Rarely do athletes use mistakes or anger to help them perform better, but it does happen. Tiger Woods does get angry on the golf course, but he is able to channel his frustration to make it work for him instead of against him.



Tiger, and athletes like him, becomes more focused and determined to make up for the error by refocusing his mind in the **present** moment.

When you're glued on errors, you're stuck in the past!

Why does the mind sometimes want to stay glued to past errors?

Making mistakes do not match what you expected of yourself. You want better for yourself and think you should be a better performer. In some instances, you may display your anger or disappointment to others who are watching because you want show them you are actually a better athlete and that you care about your performance.

Once you begin to dwell on an error and beat yourself up, it is very hard to stop the cycle of negativity because you will try to avoid committing **future** errors—not a great mindset for focusing in the present moment.

FOCUS
Do it!
Do it right!
Do it right now!

The best athletes in the world use mistakes to help them grow and become better athletes. They become more focused, more determined, and are able to let go of mistakes quickly so it does not affect the present performance.

Prepared for the Athletes at Hinchingsbrooke School by:

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A Present Focus

Mistakes happen! Even the best athletes make mistakes in competition and they make an even greater number of mistakes in their training sessions. However, they learn from their mistakes and move on. Elite performers know they must stay focused in the present.

There are three time zones—the Past, the Present, and the Future. If, while you are performing, you are focused on a past mistake, or you are thinking ahead to something else, you will have performance problems and you will make mistakes!

During every practice session make the effort to train yourself to stay focused in the present. When stretching your muscles during the warm-up activity, focus your mind on the muscle being stretched. Similarly, when practising your sport skills, focus your mind only on the performance of the skill. If you make a mistake, learn the lesson and immediately re-focus your mind back to the key points of the skill, or to the specific action or role you should be performing at this moment.

In every practise session, train yourself to stay in the 'Here & Now'! If you do you are following the principle of 'smart training', and you increase your chances of becoming a peak performer.

FOCUSED:
Right HERE,
Right NOW