

When talking about achieving peak performance the importance of strong mental training skills are often over looked.

Mental training skills or "rituals" are behaviours that we use both consciously and sub-consciously to achieve outcomes in our day to day lives. Interestingly, not all behavioural rituals that we use are useful and the first step in developing proactive and positive behaviour rituals is to become aware of how your emotional system reacts when you engage in a behaviour.

(As discussed in previous newsletters the emotional system is your only true navigation system that is specifically designed to suit the unique individual that you are and will either reward or warn you based on the behaviour you demonstrate).

I am sure that many people have been watching the recent World Swimming Championships with growing pride and excitement. It has been within this forum that some of the mental rituals of the athletes have been exposed.

After winning an unprecedented six gold medals Ian Thorpe obviously understands the value of humility as he lets all his talking take place in the water and mostly with his feet! Nothing like getting on with the job and delivering!

Grant Hackett who smashed the World 1500-metre record by an amazing six plus seconds stated in his news conference that he had blocked out all other swimmers in his mind during the swim and was totally focussed on maintaining his own rhythm and technique. Another successful mental ritual that proves the power of inwardly focussing your mind to minimize unhelpful distractions during an important performance.

#### PERFORMANCE ENHANCING "STUFF"

"A problem is an opportunity in disguise"  
Anonymous.

"Remember that you were born neutral and have learned how to think. Identify the behaviours that constantly weigh you down and learn new ones that put you back in control. Everyone has been designed to feel and live in control"

Richard Day

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