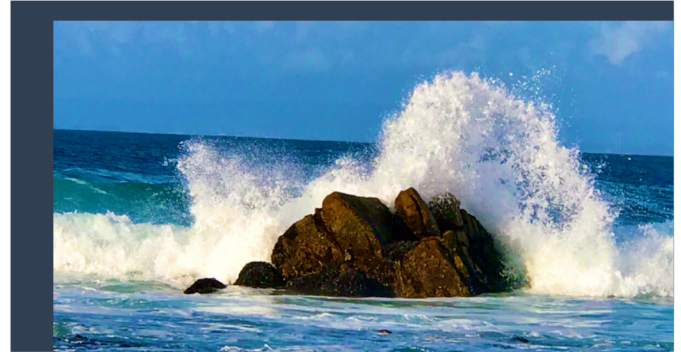


SURF INTO THE BEACH



SURF INTO THE BEACH

There's a famous experiment in which people are being taught to surf. When the instructor tells those she's teaching to repeatedly avoid the rocks, the majority of the surfers end up surfing towards the rocks. But, when the instructor instead talks about surfing into the beach, can you guess what happens?

Yes, most of the surfers end up surfing into the beach!

What does this experiment teach us about focus? It teaches us that where we focus our attention determines where we go. If we focus on the things we don't want, we're more likely to end up there. But if we focus on the things we do want, we're more likely to end up there.

So, what do you want to achieve in your life?

Once you know what you want, focus on that. Don't focus on the rocks. Don't focus on the things that can go wrong. Focus on the beach. Focus on the things you want to create.





Do you ever struggle to focus? I sure do. It's a skill that we all wish we had more of, both in the big picture and in the everyday.

As we identified in 'Avoiding the Rocks' above, focus is important because your focus determines your emotional state, your performance, and ultimately, your success.

When you focus on the problems you're facing, you create and prolong negative emotions and stress. This hinders your performance and makes it difficult to achieve your goals.

But, when you focus on things you can do to improve yourself and your situation, you feel good about yourself and your chances of success. This helps you perform better and makes it more likely that you will achieve your goals.

CHALLENGE: For the next week, challenge yourself to focus on what you want to achieve, rather than the problems you're facing. Notice how this affects your emotional state, your performance, and your overall success.

Remember, your focus is a powerful tool. Use it wisely to create the life you want.

"If you focus on what you have, you gain what you lack. If you focus on what you lack, you lose what you have."

(Greg McKeown)

3 P'S OF CHAMPIONSHIP FOCUS

FOCUS ON THE PRESENT + FOCUS ON THE POSITIVE + FOCUS ON THE PROCESS

- Focus on the present: Focus on this rep, this play, this game.
- Focus on the positive: Focus on the things you want to happen.
- Focus on the process: Focus on the little things that lead to the outcome.

FOCUS ON THE PRESENT:

- What am I doing right now?

- What can I do right now to move closer to my goal?

- How can I be fully present in this moment?

FOCUS ON THE POSITIVE:

- What are the positive outcomes I want to achieve?

- What are the things I'm thankful for in my life?

- What are the things I'm doing well in my life?

FOCUS ON THE PROCESS:

- What are the things I can control?

- What are the habits I need to build?

- How can I remind myself to focus on the process more?

Remember, focus is a skill that takes time and practice to develop. Don't get discouraged if you don't see results immediately. Just keep practicing and you will eventually see improvement.