

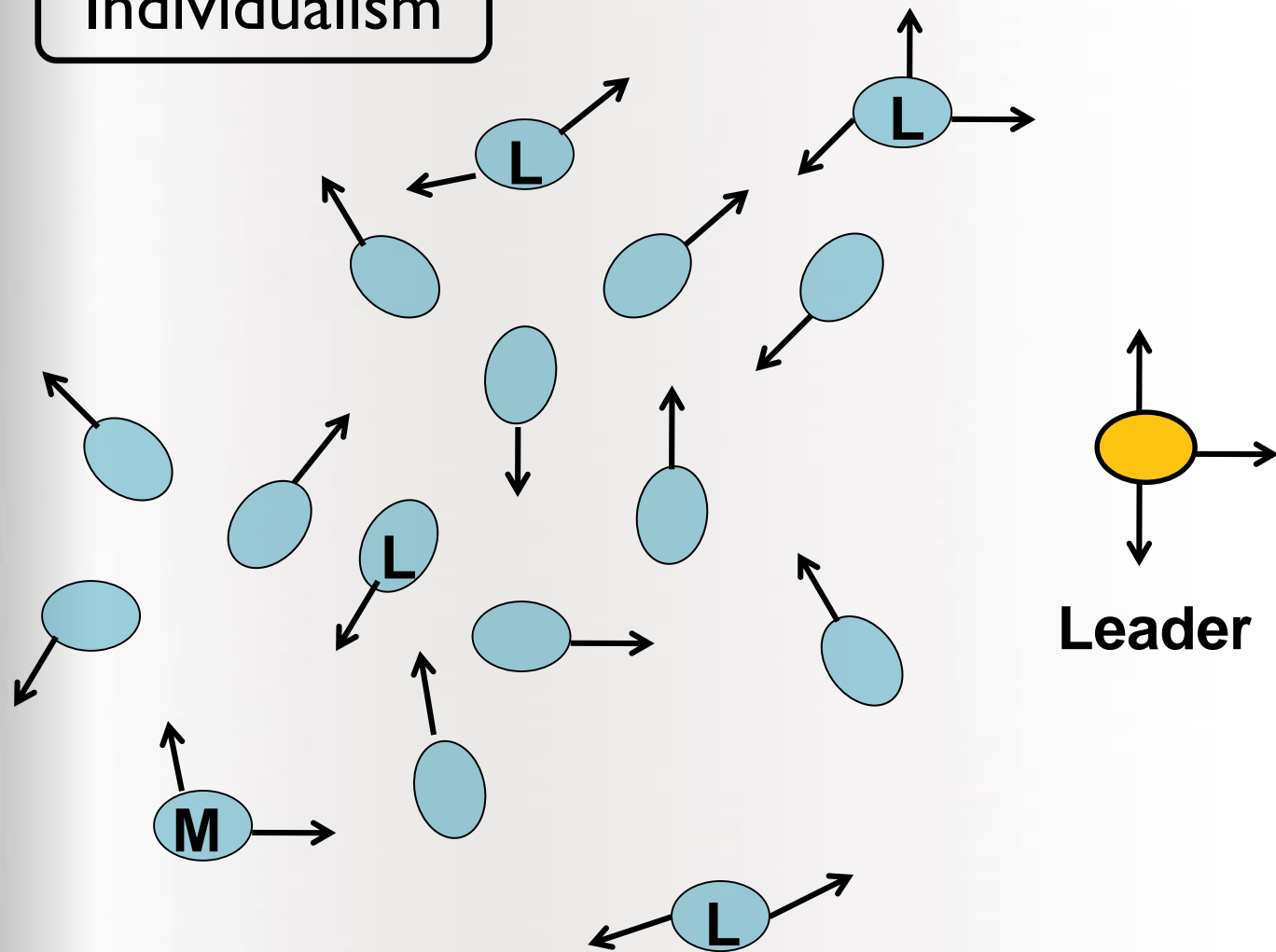
Successful mentality



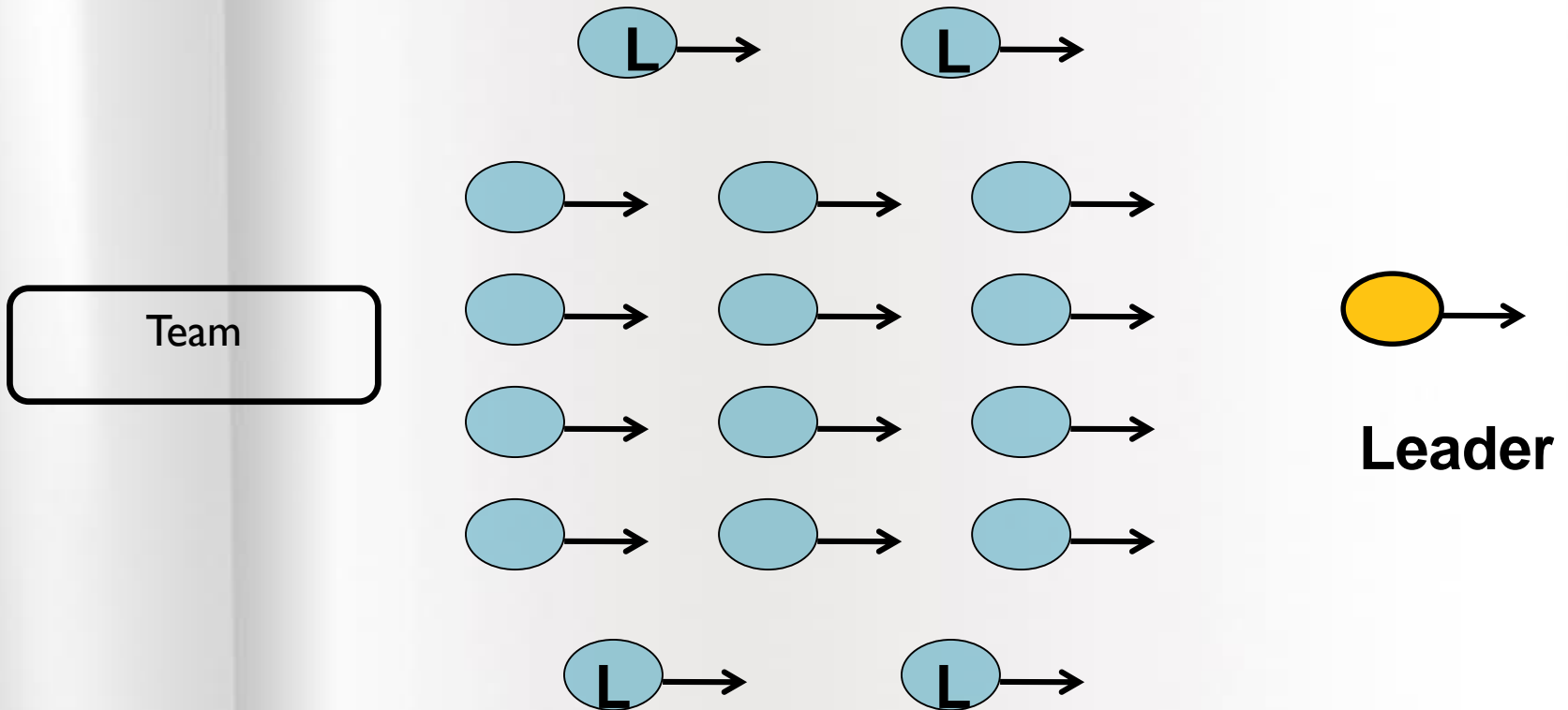
Jóhann Ingi Gunnarsson, psychologist



Individualism



Unity is very important



Two are better than one if they work as one!

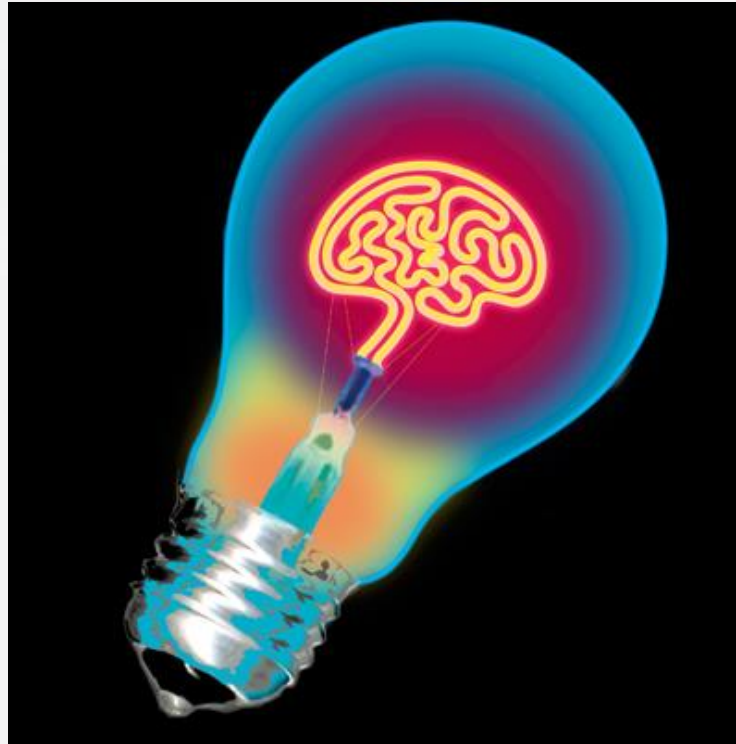
Job well done

Choose a job you love and you will never have
to work a day in your life

Confucius




I'm responsible for my own mindset!



- Is my light on?



Successful mentality

An open book is shown from a slightly elevated perspective. The left page is blank and white. The right page is also white and contains a quote in a large, black, sans-serif font. The book's spine is visible on the left, and the edges of several other pages are visible at the top.

“Failure to prepare
is preparing to fail”

Benjamin Franklin

Successful mentality

- W.I.N.
- Feeling fear? Focus even more on your own strength and preparations
- Visualize success
- Be equally quick to recover from wins and losses

Successful mentality

- “I look forward to the game, I can’t wait”
- “I learn from my bad days”
- “I learn from my good days”
- “Obstacles are opportunities”
- “I enjoy being under pressure”
- “I smile at my doubts”
- “I’m always at my best when it counts”

The 4 C's



I'm:

- Cool
- Concentrated
- Confident
- Consistent

Winning mentality

- Winners have a plan
- Losers have an excuse
- Winners focus on winning
- Losers are afraid of losing
- Winners **make** things happen
- Losers **wait** for things to happen

Courage to set ambitious goals



Adversity

- We choose how we react to adversity
 - we choose to fall apart... or stick together!
- Working through adversity is a great chance to reach a higher level
 - ❖ As an individual
 - ❖ As a team

Embrace pressure

- No pressure, no diamonds
- Do extra (the best of the best always add something extra they want to improve on)
- Balance pride with humility
- Progress, not perfection!
- The more you develop as a person off the court, the better you'll become on the court

