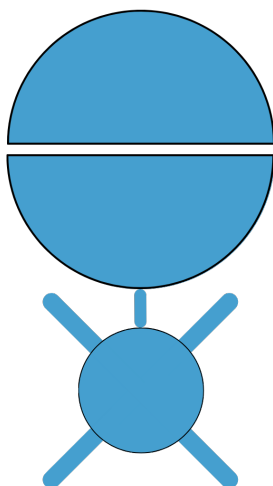


MIND FIRST WORKBOOK



THE ATHLETE MINDSET COACH

BY MARY REISS FARIAS



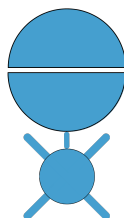
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Welcome!

Sports can be an important experience in a child's life. I am so grateful to have been a part of gymnastics and other sports for so many years of my life. I was fortunate enough to have great parents and coaches to lead me through my athletic experience, and I reached great success. But there are some fundamental things that I did differently to achieve better results than other athletes in my shoes. Through my years of research and my studies with the best teacher in success and human potential, Bob Proctor, I have uncovered the basics that will help each and every athlete take control of their thoughts and reach the results they desire.

The answer lies within the concept of "Mind First." Sports are 95% mental, yet measured in 100% physical results. As the Athlete Mindset Coach, I teach athletes to understand that they are in charge of their minds, and that their minds are in charge of their results, no matter what it is that they are doing. I help empower them to believe that they have it within them to succeed. And I tell them why and how..

This workbook is intended to introduce the athletes to an understanding of just how powerful their minds are, some exercises to help them to control their thoughts, and tips on how to reach the success that they desire. Everything here is real-world and tailored specifically for athletes. However, all of this information will help athletes succeed not only in the sport, but in their life beyond.

If you're ready to jumpstart your athlete's experience so they can better understand and navigate the mental side of their sport, then read on. There is valuable information in here for every athlete out there!



CONTENTS

1: MIND FIRST

Sports are 95% mental, yet measured in 100% physical results. Your human mind controls everything your body does. Learn how and why this is important.

2: GOALS

Every athlete needs a goal. Learn how to set goals that *you* want to achieve.

3: IMAGINATION

Visualization is key to achieving any goal. If you can't see it in your mind, then you can't do it physically. It's that simple.

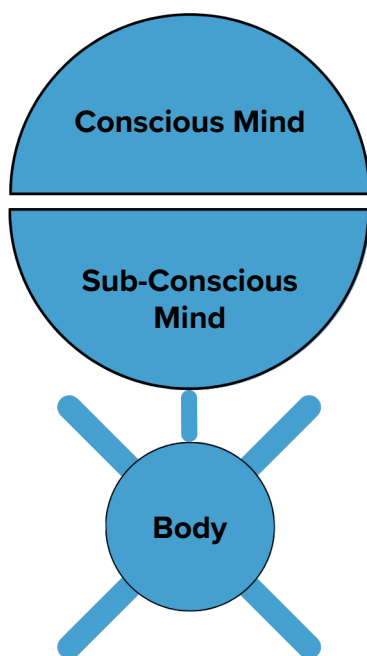
4: SELF-IMAGE

Your self-image is huge. You need a self-image that matches your goal in order to achieve it.



1.

MIND FIRST



The Stick Person

Meet the Stick Person. What are three things that really stand out to you in this image?

1. _____
2. _____
3. _____



The head is big. The body is small.

We are minds first, bodies second. Everything that the body does, the mind — YOUR MIND — controls. If your mind is right, your body's actions are right. If your mind is in a negative place, your body's actions will produce negative results. This is really important to understand, and it is true for everybody — not just athletes.

Think of your mind as a magnet. You get more of whatever you are thinking about. The key is to think about what you *want*, not what you *don't* want.

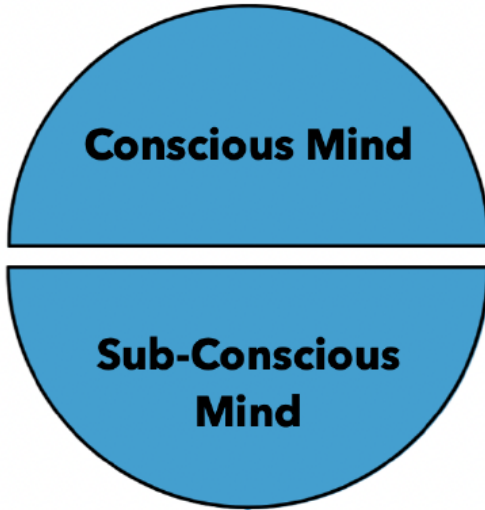
Let the head on the Stick Person represent your mind. After all, there is something very powerful in your head that allows you to think and reason, make decisions, and act a certain way. This is your mind, and it is in charge of everything. And *you* are in charge of it!

The more that you can become aware of your thoughts, the more you can take control of them. The more that you can take control of your thoughts, the more that you can take control of how you feel, how you act, and the results that you get. Isn't that exciting?

Let's go further.



The head is split into two parts.



The top half of the mind is what we call the Conscious Mind. This is where you do your thinking.

The bottom half is called the Sub-Conscious Mind. This is where your habits and beliefs are.

We will take them one-by-one.



The Conscious Mind is your thinking mind. You take in information about the world around you through your five senses. What are your five senses?

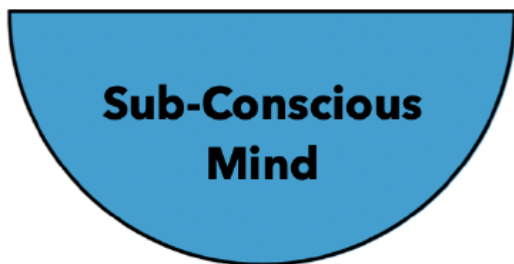
1. _____
2. _____
3. _____
4. _____
5. _____

**“NO ONE CAN MAKE YOU FEEL INFERIOR
WITHOUT YOUR CONSENT.”
—ELEANOR ROOSEVELT**

You use your conscious mind to make sense of the world around you. You also get to decide how you see the world and what you want to think about it.

You decide the thoughts you want to think.





Your Sub-Conscious Mind is where your beliefs and habitual behavior are.

What is a belief?

What is a belief that you have?

What is a habit?

What is a habit that you have?

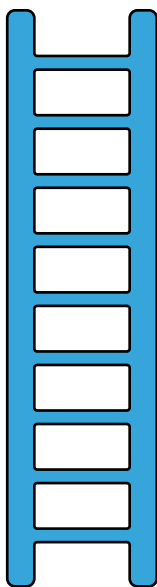
**“WHATEVER WE PLANT IN OUR SUBCONSCIOUS
MIND AND NOURISH WITH REPETITION AND
EMOTION WILL ONE DAY BECOME A REALITY.”**

—EARL NIGHTINGALE



2.

GOALS



Every athlete needs a goal. A goal gives you (and not just as an athlete) a destination, a reason, a purpose. But your goal must be your own. You can't be expected to be inspired by a goal that someone else has set for you.

What's your goal?

Think about what you want. What would you really like to accomplish? Make this your own. This is your decision. Your goal. You are doing the work.

What is your goal for your sport?

What is your goal for outside the sport?

It is important to remember that you are more than just an athlete. You have a whole life outside of the sport, and it's good to have interests besides your sport.

**“REACHING THE GOAL IS NOT
SUCCESS; SUCCESS IS MOVING
TOWARD THE GOAL, AND
EXPERIENCING GROWTH.”**

—BOB PROCTOR



3.

IMAGINATION



Imagination is your ability to see what isn't there. Imagination is key to wanting more, being more, and having more. And once we establish a goal for ourselves, imagination, through visualization, is the key to reaching it. If you can't see it in your mind, you won't be able to do it in the sport. It's that simple.

**“IMAGINATION IS MORE IMPORTANT
THAN KNOWLEDGE.”**

—ALBERT EINSTEIN



Visualization Introduction

Close your eyes, and think about walking into your kitchen. What do you see? There is a refrigerator, an oven, a sink. What color are the cupboards and countertops? Is there a window? A pantry? What color are the floors? You just visualized!

Visualize a skill you have

Think of a skill in your sport that you can already do. It can be something very simple! Close your eyes and picture yourself doing it like you are a member of an audience.

Feel yourself doing the skill

Now take that same easy skill and visualize yourself and *feel* yourself completing it. Where are your arms? Where is your head? What are your legs doing? Feel yourself doing every part of the skill.

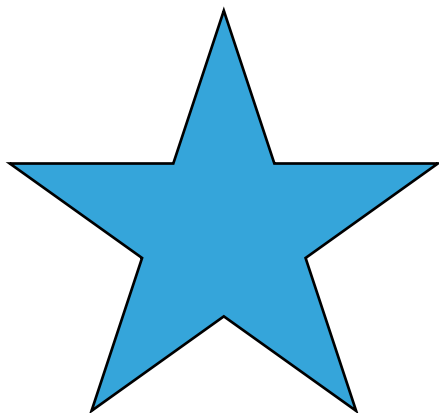
Visualize a skill you want

Think of a skill or an outcome that you would like. Try to see yourself completing it as though you are a member of an audience. Once you can do that, try to feel yourself doing the skill.



4.

SELF-IMAGE



Self-image is how you see yourself. In order to reach your goals, you need to create a self-image that matches them.

**“PEOPLE ARE NEVER ABLE TO
OUTPERFORM THEIR SELF-IMAGE.”
—JOHN MAXWELL**



Create your image

Think of your goal. What are some characteristics of a person who has achieved the goal that you want to achieve?

With your goal in mind, what are some beliefs that a person who has achieved this goal holds?

What type of attitude does a person who has achieved your goal have?

What actions does a person who has achieved your goal perform?





ABOUT MARY REISS FARIAS

Mary Reiss Farias has been involved in the sport of gymnastics for over 35 years. She attained great success as a high-level competitor, then a Division I athlete for four years. She has coached the sport for over 25 years. She is living proof that great success can be achieved in a positive environment. She has also been involved in many other sports throughout her career and understands how the mind plays an important role in success in any sport.

As a coach, Mary has researched extensively on how to create a successful and positive environment for her athletes, and as a certified consultant for the Proctor Gallagher Institute, she has uncovered a tremendous wealth of information that she wants to share with as many athletes as possible.

The secret is that everything starts with our Minds First. As the Athlete Mindset Coach, Coach Mary teaches athletes the fundamental concepts they need to understand just how powerful their minds really are and bolsters the belief that they can reach the success they desire in their sport and in life beyond.

