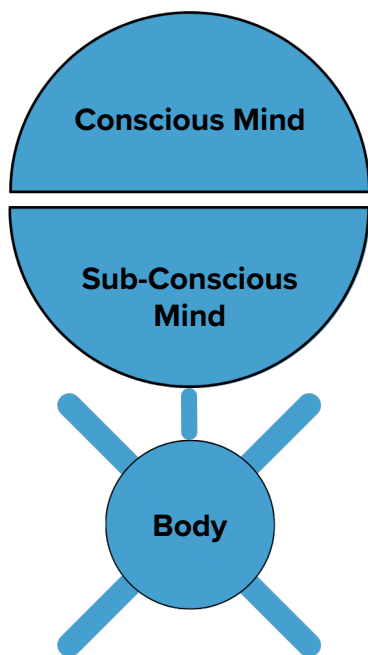


1.

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.

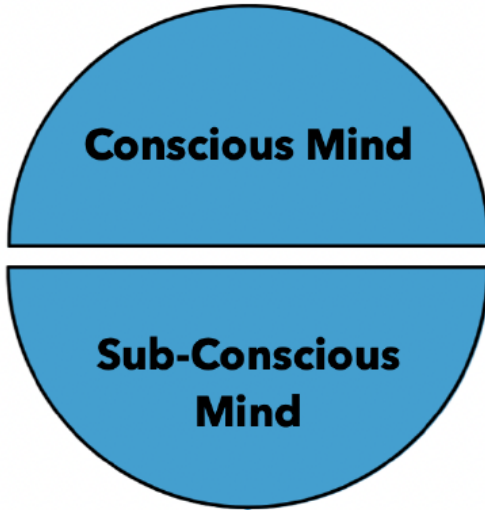
Let the head on the Stick Person represent your mind. After all, there is something very powerful in your head that allows you to think and reason, make decisions, and act a certain way. This is your mind, and it is in charge of everything. And *you* are in charge of it!

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?

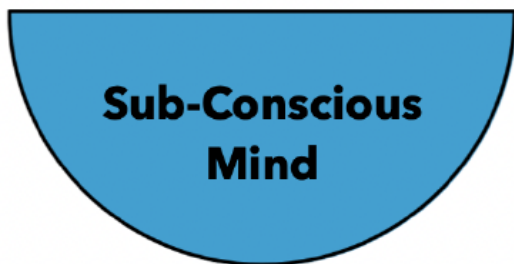
1. _____
2. _____
3. _____
4. _____
5. _____

**“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

