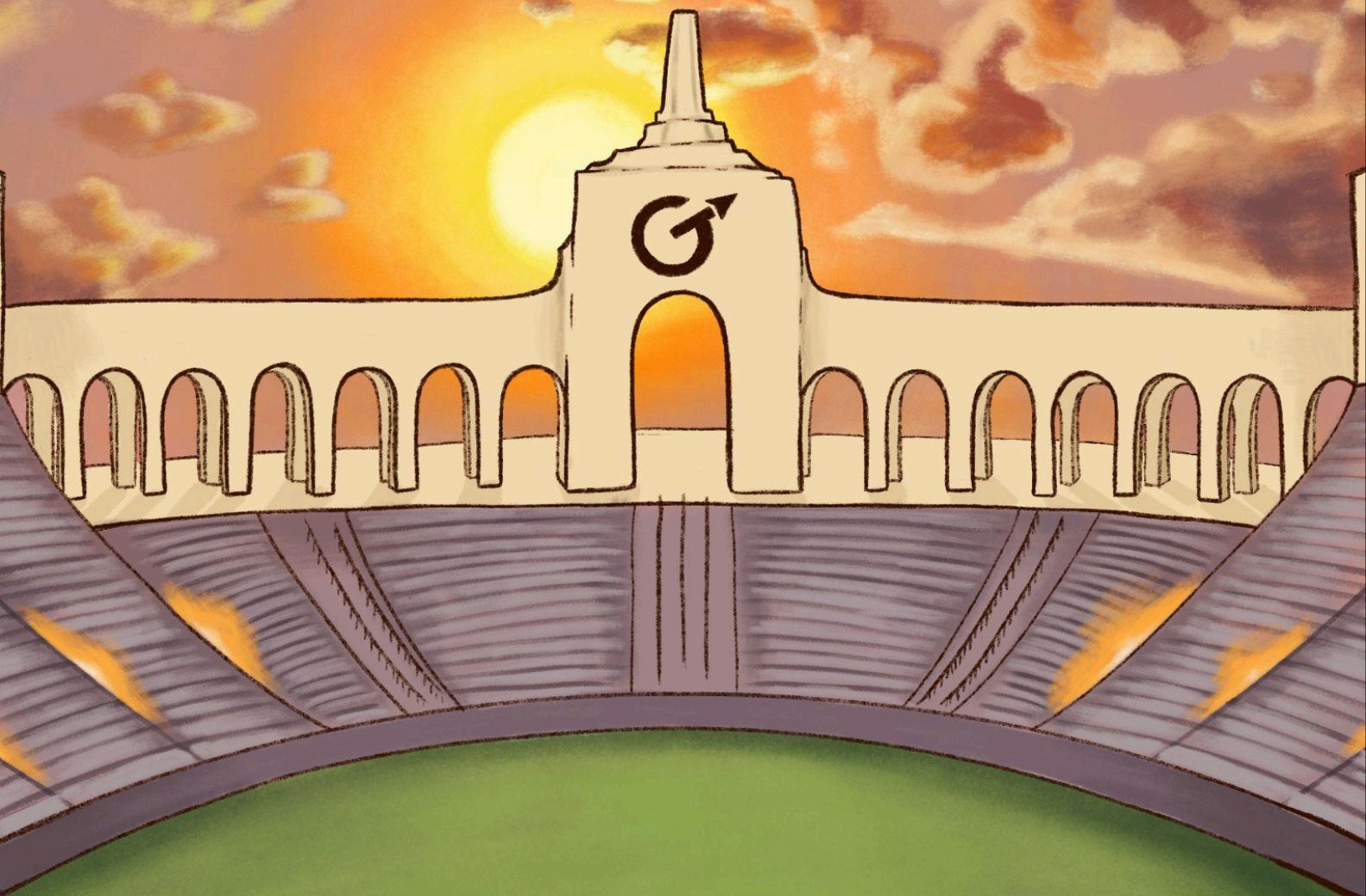


HIGH PERFORMANCE MINDSET



TRAINING CAMP INSTRUCTOR
DR. GLENN FOX

HIGH PERFORMANCE MINDSET

TRAINING CAMP 1 / HEART, COMMAND, LIFT



WHAT DO YOU DO WHEN IT'S TIME TO STICK YOUR NECK OUT THERE AND YOU NEED TO REGULATE YOUR EMOTIONS IN REAL TIME, MANAGE YOUR STRESS, AND THRIVE UNDER PRESSURE?"



BY PRACTICING GRATITUDE, WE NOTICE BETTER WHAT WE HAVE RATHER THAN WHAT WE'RE MISSING."



FAILURE REALLY HAS NOTHING TO DO WITH WHAT THE OUTSIDE WORLD HAS TO SAY ABOUT WHAT WE DO, BUT MORE ABOUT HOW WE LEARN FROM WHAT WE TRY TO ACCOMPLISH."

OFTENTIMES, THE DIFFERENCE BETWEEN THE PLAYER SITTING ON THE END OF THE BENCH AND THE ALL-STAR IS NOT ATHLETIC ABILITY, IT IS MINDSET. TODAY, MANY ELITE ATHLETES AND TOP PROFESSIONALS ARE KEEN TO GAIN A COMPETITIVE ADVANTAGE BY DEVELOPING THEIR MINDSET.

GAMECHANGE "HIGH PERFORMANCE MINDSET" TRAINING CAMP INSTRUCTOR DR. GLENN FOX IS A NEUROSCIENTIST WHO STUDIES PERFORMANCE MINDSET AND TEACHES CLASSES ON THE SUBJECT AT THE UNIVERSITY OF SOUTHERN CALIFORNIA. DR. FOX HAS DEVELOPED A PROGRAM TO DEVELOP AN ELITE MINDSET. THE PROGRAM IS DIVIDED INTO THREE PARTS: HEART, COMMAND, AND LIFT.

HEART, COMMAND, LIFT:

- **HEART** IS YOUR MOTIVATION. WHAT IS IT THAT MOTIVATES YOU? WHAT ARE THE THINGS THAT YOU ARE GRATEFUL FOR? WHAT IS YOUR PURPOSE? IS THERE SOMETHING BIGGER THAN YOU THAT DRIVES YOU TO SUCCEED? ARE YOU OPTIMISTIC? DO YOU BELIEVE IF YOU DO THE WORK THAT GOOD THINGS WILL HAPPEN?
- **COMMAND** IS YOUR SKILLSET. THIS IS WHERE YOU PUT IN THE HOURS TO DO THE WORK TO BECOME AN EXPERT OF YOUR DESIRED FIELD. AS WE ARE WORKING TO GET BETTER, THERE ARE OFTEN SETBACKS. DO YOU HAVE THE MOTIVATION TO KEEP GOING? DO YOU LEARN FROM YOUR MISTAKES?
- **LIFT** IS WHEN YOU GO FOR IT! AFTER HOURS AND HOURS OF PRACTICE, TRAINING, OR LEARNING, ARE YOU READY TO STEP UP AND GET INTO THE GAME? IT TAKES COURAGE TO GET INTO THE ARENA.

SELF-REFLECTION

- CREATE A WORD DOCUMENT TITLED HIGH PERFORMANCE MINDSET ESSAY. WRITE THE HEADLINE, "TRAINING CAMP 1 - HEART, COMMAND, LIFT." TYPE IN THE PROMPT LISTED BELOW AND ANSWER WITH A BRIEF ESSAY (MAX 350 WORDS).

DESCRIBE A TOPIC, IDEA, OR CONCEPT YOU FIND SO ENGAGING THAT IT MAKES YOU LOSE ALL TRACK OF TIME. WHY DOES IT CAPTIVATE YOU? WHAT OR WHO DO YOU TURN TO WHEN YOU WANT TO LEARN MORE? WHY IS HAVING A PASSION IMPORTANT?

TRAINING CAMP 2 / HEART - GRATITUDE



GRATITUDE IS A GREAT STRESS RELIEVER."



GRATITUDE CAN BE ONE OF THE FIRST THINGS WE SHOULD TRY TO FEEL...BEFORE WE ACTUALLY ENTER INTO ANY COMPETITIVE ENVIRONMENT."



IN MY RESEARCH ON GRATITUDE, I HAVE FOUND THAT THE LEVEL OF GRATITUDE WE CAN FEEL FOR ANY GIVEN GIFT CAN ACTUALLY CHANGE OUR HEART RATE AND WE CAN MEASURE IT IN TERMS OF BRAIN ACTIVITY."

ATTITUDE OF GRATITUDE IS A SAYING THAT YOU MIGHT OFTEN HEAR, BUT WHAT DOES THAT EXACTLY MEAN? ACCORDING TO DR. GLENN FOX, "GRATITUDE IS THE FEELING WE CAN HAVE WHEN WE RECEIVE SOMETHING THAT COMES AT SOME EFFORT AND THAT FULFILLS A NEED. GRATITUDE IS KNOWN AS A POSITIVE SOCIAL EMOTION."

SO WHY IS HAVING AN ATTITUDE OF GRATITUDE SO IMPORTANT? AS YOU NOTICE THE THINGS AROUND YOU THAT YOU DO HAVE, INSTEAD OF FOCUSING ON WHAT YOU DON'T HAVE, THIS CREATES AN UPSWELL OF POSITIVE EMOTION AND, AS DR. FOX EXPLAINS, "YOUR BRAIN WILL BE MORE PRIMED TO SEE OTHER AVENUES OF RESOURCES AND OTHER THINGS THAT YOU HAVE AT YOUR DISPOSAL TO STAY MOTIVATED, TO STAY CONNECTED TO OTHER PEOPLE, AND TO KEEP YOUR EYES ON WHY YOU'RE DOING WHAT YOU'RE DOING."

GRATITUDE IS SO IMPORTANT THAT DR. FOX SAYS THAT AMONG ALL OF THE OLYMPIC TEAMS HE HAS WORKED WITH, "GRATITUDE IS ALMOST ALWAYS ONE OF THE FIRST THINGS THAT THEY TRY TO GET THEIR TEAMS TO PRACTICE." IF YOU ARE AN ATHLETE WHO WANTS TO BE ELITE OR A GOOD STUDENT WITH DREAMS OF ATTENDING A TOP UNIVERSITY, GRATITUDE IS A GREAT PLACE TO START TO ACHIEVE YOUR GOALS.

SELF-REFLECTION

• CREATE A DAILY GRATITUDE JOURNAL. HERE ARE SOME IDEAS YOU CAN JOT IN YOUR JOURNAL:

1. SOMEONE WHO WAS SUPPORTIVE OR KIND TO YOU.
2. SOMETHING YOU LEARNED THAT WAS MEANINGFUL OR HELPFUL.
3. A BEAUTIFUL THING IN NATURE THAT YOU SAW.
4. AN ACCOMPLISHMENT YOU FEEL GOOD ABOUT OR CHALLENGE YOU OVERCAME.
5. SOMETHING YOU LEARNED THAT HELPED YOU GROW OR ADDED TO YOUR SKILLSET.
6. A GREAT MEAL OR JUST HANGING OUT WITH FRIENDS THAT MADE YOU HAPPY.
7. A BOOK, MOVIE, MUSIC, PODCAST, OR ART THAT YOU ENJOYED OR INSPIRED YOU.

TRAINING CAMP 3 / HEART - PURPOSE



IF YOU'RE CHASING GOALS FOR THE PURPOSE OF PROVING HOW GREAT YOU ARE, HAVING TOO BIG OF A CHIP ON YOUR SHOULDER, WELL, IT TURNS OUT WHEN THINGS GO WRONG, YOU'RE JUST GOING TO BE REALLY MORE MAD AT THE THINGS THAT HAPPENED. AND IT'S GOING TO REFLECT ON YOU AND YOUR EGO AND THAT'S A REALLY DANGEROUS PLACE TO BE."



RESEARCH HAS SHOWN THAT THE MORE YOU'RE MOTIVATED BY BEING YOUR BEST, BY SOLVING BIG PROBLEMS, BY CHALLENGING YOURSELF AUTHENTICALLY, THE MORE LIKELY YOU ARE TO BE SUCCESSFUL AND THE LESS LIKELY YOU ARE TO BE BURNED OUT AND TO QUIT AT SOME OF YOUR EARLIEST CHALLENGES."

LIVING WITH PURPOSE IS SOMETHING YOU OFTEN HEAR MENTIONED WHEN DISCUSSING PATHS TO BECOMING A BETTER HUMAN BEING. HAVING A PURPOSE THAT IS GREATER THAN OURSELVES, WHERE OUR WORK IS INSPIRED BY THE DESIRE TO HELP FAMILY, FRIENDS, COMMUNITY, AND EVEN STRANGERS, IS SEEN AS A QUALITY THAT WE ADMIRE IN HIGHLY DECENT PEOPLE.

IT TURNS OUT THAT HAVING PURPOSE ISN'T JUST SOMETHING THAT MAKES YOU AN ADMIRABLE HUMAN BEING. IT ACTUALLY CAN CONTRIBUTE TO THE SUCCESS OF THE GOAL YOU ARE PURSUING. IN SPORTS, AFTER A CHAMPIONSHIP WAS WON YOU OFTEN HEAR PLAYERS SAY THE REASON FOR THEIR VICTORY WAS THAT THEY PLAYED FOR EACH OTHER. ONE EXAMPLE: AFTER ARGENTINA WON THE 2022 WORLD CUP MANY OF THE PLAYERS WERE MOVED TO TEARS, NOT BECAUSE OF THEIR PERSONAL GAIN, BUT BECAUSE THEY WERE ABLE TO SEE THEIR LEGENDARY CAPTAIN LIONEL MESSI FINALLY WIN A GLOBAL CHAMPIONSHIP THAT HAD PREVIOUSLY ELUDED HIM.

PLAYING FOR EACH OTHER MIGHT SEEM LIKE A CLICHE OF SPORTS, BUT THERE IS SCIENTIFIC DATA THAT BACKS UP THE IDEA OF DOING SOMETHING FOR OUTCOMES THAT ARE GREATER THAN ONESELF. DR. GLENN FOX STATES, "RESEARCH HAS SHOWN AGAIN AND AGAIN, THAT HAVING AN IDENTITY BASED ON PURPOSE TENDS TO BE A MUCH BETTER PREDICTOR OF HOW FAR YOU'RE GOING TO GO IN LIFE."

QUESTIONS TO ASK YOURSELF WHEN CONSIDERING YOUR PURPOSE:

- 1) WHAT IS IT THAT'S BIGGER THAN I AM?
- 2) WHAT IS IT THAT'S GOING TO LEAVE A LASTING IMPACT?
- 3) WHO WILL RECEIVE A POSITIVE IMPACT FROM MY ACTIONS?

SELF-REFLECTION

• OPEN YOUR HIGH PERFORMANCE MINDSET ESSAY WORD DOCUMENT. WRITE THE HEADLINE, "TRAINING CAMP 3 - PURPOSE." TYPE IN THE PROMPT LISTED HERE AND ANSWER WITH AN ESSAY (MAX 350 WORDS).

WHAT HAVE YOU DONE TO MAKE YOUR FAMILY, FRIEND GROUP, TEAM, SCHOOL OR COMMUNITY A BETTER PLACE? WHY WERE YOU INSPIRED TO ACT? WHAT DID YOU LEARN FROM YOUR EFFORT? HOW DID YOUR ACTIONS BENEFIT OTHERS? DID YOU WORK ALONE OR WITH OTHERS?

TRAINING CAMP 4 / HEART - OPTIMISM

RESEARCH ON OPTIMISM HAS SHOWN THAT PEOPLE WHO ARE HIGHER IN LEVELS OF OPTIMISM, TEND TO BE MORE RESILIENT. THEY TEND TO FIGHT BURNOUT. THEY RECOVER FROM SURGERY FASTER, HAVE BETTER MEMORY, AND THEY HAVE LOWER LEVELS OF DENIAL."

IN RESEARCH ON PEOPLE WHO ARE DEALING WITH SOME SORT OF CANCER DIAGNOSIS....PEOPLE WHO ARE HIGHER IN OPTIMISM TEND TO LIVE A LITTLE BIT LONGER, BUT IT'S NOT BECAUSE IT'S MAGIC. IT ACTUALLY IS DUE TO THE FACT THAT THEY SIMPLY STICK TO THE PLAN A LITTLE BIT BETTER BECAUSE OF THEIR CORE BELIEF THAT STICKING TO THE PLAN MEANS THEY'RE MORE LIKELY TO GET THROUGH IT."

OPTIMISM IS OFTEN VIEWED AS SEEING THE WORLD THROUGH ROSE COLORED GLASSES OR SEEING THE GLASS AS HALF FULL. ALTHOUGH HAVING A POSITIVE PERSPECTIVE ON THE THINGS WE SEE IS AN ADMIRABLE QUALITY, IT IS NOT A GOOD DEFINITION OF OPTIMISM. THE OXFORD DICTIONARY DEFINES OPTIMISM AS, "HOPEFULNESS AND CONFIDENCE ABOUT THE FUTURE OR THE SUCCESSFUL OUTCOME OF SOMETHING."

SO, WHERE DOES THAT HOPEFULNESS OR CONFIDENCE ABOUT THE FUTURE COME FROM? DR. GLENN FOX EXPLAINS THAT OPTIMISTIC PEOPLE, "SEE THE FUTURE AS SOMETHING THAT WE HAVE SOME SAY OVER THAT. WHAT HAPPENS TO US IN THE FUTURE COMES DOWN TO WHAT WE DO RIGHT NOW, AND THAT WHAT WE DO NOW MATTERS."

BASICALLY, OPTIMISM IS THE BELIEF THAT OUR PLANS AND ACTIONS CAN HAVE AN IMPACT ON FUTURE OUTCOMES. WHY IS THAT IMPORTANT? IT'S IMPORTANT BECAUSE OPTIMISTIC PEOPLE ARE MORE APT TO CREATE A PLAN AND STICK WITH IT WHEN THINGS GET CHALLENGING BECAUSE THEY BELIEVE THAT THEY HAVE IT WITHIN THEIR POWER TO ACHIEVE THE DESIRED OUTCOME. THIS LEADS TO FAR GREATER LEVELS OF SUCCESS THAN PEOPLE WHO LACK OPTIMISM AND EASILY GIVE UP BECAUSE THEY DON'T BELIEVE THEY HAVE THE POWER TO IMPACT THE OUTCOME.

SELF-REFLECTION

• OPEN YOUR HIGH PERFORMANCE MINDSET ESSAY WORD DOCUMENT. WRITE THE HEADLINE, "TRAINING CAMP 4 - OPTIMISM." TYPE IN THE PROMPT LISTED HERE AND ANSWER WITH AN ESSAY (MAX 350 WORDS).

OPTIMISTIC PEOPLE TEND TO BE MORE RESILIENT WHEN THEY FACE CHALLENGES. THE LESSONS WE TAKE FROM FACING OBSTACLES CAN BE FUNDAMENTAL TO LATER SUCCESS. RECOUNT A TIME WHEN YOU ENCOUNTERED A CHALLENGE, SETBACK, OR FAILURE. HOW DID IT AFFECT YOU, AND WHAT DID YOU LEARN FROM THE EXPERIENCE? WHAT KEPT YOU GOING? WHY DID YOU BELIEVE THAT YOU WOULD ULTIMATELY SUCCEED?

TRAINING CAMP 5 / COMMAND – EXPERTISE

“YOU DON'T ALWAYS KNOW WHAT YOU WANT TO DO WHEN YOU'RE GROWING UP OR YOU'RE JUST DEVELOPING.”

“TRY TO MASTER ALL THE CHALLENGES IN FRONT OF YOU. NEVER HALFHEARTEDLY ATTEMPT TO MOVE THROUGH SOMETHING THAT'S IMPORTANT.”

“THERE ARE NO SHORTCUTS FOR HIGH PERFORMANCE. PUT IN THE TIME, DO LOTS OF DIFFERENT THINGS THAT INTEREST YOU AND STILL REMEMBER TO TIE IT TO YOUR HEART.”

PICTURE THIS: THE STAR BASKETBALL PLAYER IS ASKED TO JOIN THE BAND FOR A PERFORMANCE BECAUSE THEIR TUBA PLAYER WENT HOME SICK. THE HOOPSTER IS HANDED A TUBA AND, AS YOU MIGHT EXPECT, THE SOUNDS HE PRODUCES ARE PRETTY AWFUL. WE ALL KNOW WHY THE STAR PLAYER FAILED – TO BE GOOD AT ANYTHING YOU HAVE TO PUT IN THE HOURS OF PRACTICE THAT MAKE YOU AN EXPERT.

MANY PEOPLE HAVE HEARD OF THE 10,000 HOUR RULE, MADE FAMOUS BY AUTHOR, MALCOLM GLADWELL. IT BASICALLY MEANS THAT IT TAKES 10,000 HOURS OF PRACTICE TO BECOME EXPERT AT ANYTHING. HOWEVER, DR. GLENN FOX CAUTIONS THAT EVERY FIELD REQUIRES A DIFFERENT AMOUNT OF TRAINING AND 10,000 HOURS IS A PRETTY ARBITRARY FIGURE. HE ALSO POINTS OUT THAT PRACTICING IN ONE FIELD CAN SOMETIMES HELP IN ANOTHER. FOR EXAMPLE, KOBE BRYANT WAS A GOOD SOCCER PLAYER (PROBABLY NOT SO GOOD AT TUBA).

SO, IMAGINE OUR HOOPSTER BEING ASKED TO SUB IN FOR A MISSING RECEIVER ON THE FOOTBALL TEAM. HIS ABILITY TO JUMP HIGH TO GRAB REBOUNDS TRANSLATES TO CATCHING PASSES ON THE GRIDIRON. WHAT'S THE TAKEAWAY FROM THIS LESSON? TRY LOTS OF THINGS YOU ENJOY UNTIL THAT ONE SPECIAL THING EMERGES THAT INSPIRES YOU TO PUT IN THE EXTRA TIME TO BECOME AN EXPERT. AND REMEMBER, YOUR OTHER ENDEAVORS CAN HELP SHARPEN SKILLS THAT ALLOW YOU TO BE BETTER AT THE THING YOU ULTIMATELY DECIDE TO PURSUE.

SELF-REFLECTION

• OPEN YOUR HIGH PERFORMANCE MINDSET ESSAY WORD DOCUMENT. WRITE THE HEADLINE, "TRAINING CAMP 5 – COMMAND/EXPERTISE." TYPE IN THE PROMPT LISTED HERE AND ANSWER WITH AN ESSAY (MAX 350 WORDS).

THINK ABOUT AN ACADEMIC SUBJECT THAT INSPIRES YOU. DESCRIBE HOW YOU HAVE FURTHERED THIS INTEREST INSIDE AND/OR OUTSIDE OF THE CLASSROOM. HOW DID YOU DISCOVER YOUR PASSION FOR THIS SUBJECT? IS THIS SOMETHING YOU HOPE TO CONTINUE STUDYING?

TRAINING CAMP 6 / COMMAND – HABITS

WA HABIT IS A BEHAVIOR THAT WE DO AUTOMATICALLY...IT'S SOMETHING THAT SHOULD BE SO INGRAINED IN US THAT OUR NATURAL DEFAULT SETTING IS TO DO THE RIGHT THING."

WHABIT IS REALLY ONLY AS GOOD AS OUR MOTIVATION."

WTO ESTABLISH GOOD HABITS, START WITH THE STORY. WHY DO YOU WANT TO DO THINGS? WHAT IS A GOAL THAT YOU WANT TO PURSUE?"

IF YOU VISIT THE SELF-HELP SECTION OF ANY BOOKSTORE THERE IS A GOOD CHANCE YOU WILL FIND VARIOUS BOOKS THAT FOCUS ON HABITS AND WITH GOOD REASON – IT'S VERY IMPORTANT TO DEVELOP GOOD HABITS. HOW DO WE DEVELOP GOOD HABITS? HOW DO WE DISCARD BAD ONES?

DR. GLENN FOX TEACHES THAT ALL GOOD HABITS START WITH MOTIVATION. HE URGES HIS STUDENTS TO IMAGINE THE STORY OF THEIR LIFE. IN THAT STORY, WHAT IS THE GOAL THAT YOU WANT TO ACHIEVE? WHY IS IT THAT THE GOAL IS SO IMPORTANT TO YOU? IN THE STORY, WHAT DO YOU SEE YOURSELF NEEDING TO DO ON A DAY TO DAY BASIS TO ACHIEVE THE GOAL? THOSE THINGS ARE THE HABITS YOU NEED TO DEVELOP!

WHAT HAPPENS IF YOU HIT A RUT? SOMETIMES WE'RE JUST NOT FEELING IT AND EVEN HIGH PERFORMERS HAVE SLUMPS. THIS IS A NORMAL PART OF LIFE AND SHOULD NOT DETER YOU IF YOUR UNDERLYING MOTIVATION IS STRONG. DR. FOX EXPLAINS THAT RESEARCH HAS SHOWN THAT IT ONLY TAKES A FRACTION OF TIME TO REBUILD GOOD HABITS ONCE YOU'VE HAD THEM.

SELF-REFLECTION

• CREATE A DAILY HABITS JOURNAL. (NOTE: YOU CAN COMBINE THIS WITH YOUR GRATITUDE JOURNAL). TRACK THE PROGRESS OF THE DAILY HABITS THAT WILL HELP YOU ACHIEVE YOUR DREAMS. HERE ARE SOME IDEAS:

1. STATE YOUR GOALS OR DREAMS
2. JOT DOWN WHY IT'S IMPORTANT TO YOU, WHAT IT MEANS TO YOU.
3. LIST THE HABITS THAT WILL HELP YOU ACHIEVE YOUR GOALS.
4. WHAT IS YOUR EXERCISE AND/OR TRAINING GOAL?
5. DID YOU EXERCISE AND/OR TRAIN WITH INTENTION?
6. WHAT DID YOU EAT? WAS IT GOOD FOR YOU?
7. DID YOU STUDY? WHAT DID YOU LEARN?
8. WERE YOU ABLE TO CONNECT WITH FRIENDS, FAMILY OR MENTORS?
9. DID YOU TAKE THE TIME TO RELAX?
10. HOW DID YOU FEEL ABOUT THE DAY? DID YOU TAKE THE STEPS TO MOVE FORWARD?
11. IF YOU HAD AN UNPRODUCTIVE DAY, DON'T BEAT YOURSELF UP. NOBODY IS PERFECT!

W SLEEP IS A NECESSARY DRUG FOR HIGH PERFORMANCE."

W PHONES ARE PRETTY DARN TOXIC WHEN IT COMES TO SLEEP. I CANNOT RECOMMEND STRONGLY ENOUGH THAT YOU KEEP YOUR PHONE IN A SEPARATE ROOM WHILE YOU SLEEP."

W IN ONE RESEARCH STUDY...THEY GAVE PEOPLE A SERIES OF MEMORY TASKS THAT THEY HAD TO COMPLETE. THE PEOPLE WHO COULD SLEEP NINE HOURS A DAY, THEY DID FINE, BUT THOSE WHO SLEPT EVEN SEVEN HOURS A DAY SAW AT LEAST A 20% REDUCTION IN THEIR MEMORY CAPABILITY."

AS YOU STRIVE TO ACHIEVE YOUR GOALS, WHAT EIGHT TO NINE-HOUR PERIOD OF THE DAY WOULD YOU CONSIDER TO BE THE MOST IMPORTANT IN BECOMING A HIGH PERFORMER? IS IT THE TIME YOU ARE IN SCHOOL? MAYBE IT'S THE TIME YOU SPEND AFTER SCHOOL AT PRACTICE OR DOING HOMEWORK? THOSE ARE ALL INCREDIBLY IMPORTANT, BUT ACCORDING TO DR. GLENN FOX, THE BEST PERIOD IS THE TIME YOU ARE SLEEPING. HE STATES, "SLEEP IS CRITICAL TO US PERFORMING WELL WHILE WE'RE AWAKE."

WHY IS SLEEP SO IMPORTANT? WHAT EXACTLY HAPPENS DURING SLEEP THAT ALLOWS YOU TO PERFORM AT YOUR BEST? DURING THE DAY, WHEN YOU ARE ACTIVE, YOUR BRAIN FIRES OFF NEURONS THAT USE ENERGY, WHICH CREATE BYPRODUCTS THAT NEED TO BE CLEANED UP. CLEANING THESE BYPRODUCTS IS WHAT ALLOWS YOUR BRAIN TO WORK AT MAXIMUM EFFICIENCY AND THIS HAPPENS DURING SLEEP.

DR. FOX EXPLAINS THE CLEANING PROCESS AND WHY IT'S SO IMPORTANT. "THESE LITTLE CELLS CALLED GLIA CRUISE AROUND IN YOUR BRAIN AND CLEAN UP ALL THE JUNK THAT'S LEFT OVER FROM YOUR DAY. RESEARCH HAS SHOWN LITERALLY THAT THE MORE YOU LEAVE THIS CRUD IN YOUR BRAIN, THE LESS YOU CAN CONCENTRATE, THE LESS YOU CAN REMEMBER, THE LESS YOU CAN REGULATE EMOTION AND THE LESS YOU CAN PERFORM." HE ADDS, "SLEEPING IS WHEN YOUR BRAIN CONSOLIDATES ALL THE LEARNING THAT YOU ARE DOING. IT PUTS IT ALL TOGETHER SO YOU CAN REMEMBER IT BETTER THE NEXT DAY AND ONWARD."

SELF-REFLECTION

• TIPS FOR A GOOD NIGHT OF SLEEP:

1. INCLUDE EXERCISE IN YOUR DAILY ROUTINE.
2. DO NOT CONSUME CAFFEINE IN THE AFTERNOON OR EVENING.
3. PUT YOUR PHONE AWAY. DO NOT SLEEP NEXT TO YOUR PHONE.
4. CREATE A RESTFUL ENVIRONMENT, A COOL, DARK, AND QUIET BEDROOM.
5. SET A REGULAR BEDTIME.
6. CREATE A CALMING ROUTINE 30 TO 45 MINUTES BEFORE SLEEP. ONE OR MORE OF THESE:
 - A. READ A BOOK.
 - B. LISTEN TO CALMING MUSIC OR NATURE SOUNDS.
 - C. DEEP BREATHING EXERCISES: INHALE SLOWLY AND DEEPLY, AND THEN EXHALE

TRAINING CAMP 8 / LIFT – CHALLENGE vs. THREAT



IF YOU WANT TO BE A HIGH PERFORMER, YOU'RE GOING TO BE FACED WITH STRESS ALL THE TIME. BUT STRESS CAN BE GOOD OR BAD. IT DEPENDS ON HOW WE FEEL ABOUT IT... I WANT YOU TO THINK ABOUT IT AS BEING JUST ANOTHER THING THAT HAPPENS."



THE WAY WE TREAT STRESSORS IS REALLY IMPORTANT. IF IT GOES INTO THIS CHALLENGE STATE, OUR BLOOD VESSELS WILL OPEN, BLOOD WILL FLOW TO OUR BRAIN. WE'LL BEGIN TO CONCENTRATE, AND WE'LL BE ABLE TO LOOK THAT STRESSOR RIGHT IN THE EYE. WHEN THAT STRESSOR COMES IN AND WE BEGIN TO THINK OF IT AS A THREAT, WE GO INTO A THREAT STATE. WE FEEL SMALL. WE'RE MORE INCLINED TO HIDE."

IN DR. GLENN FOX'S HIGH PERFORMANCE MINDSET PROGRAM WE MUST FIRST LOOK INTO OUR HEART TO FIND THE PURPOSE THAT MOTIVATES OUR GOALS AND DREAMS. AFTER OUR MOTIVATION HAS BEEN ESTABLISHED, WE MUST BEGIN TO DO THE WORK TO TAKE COMMAND OF THE EXPERTISE REQUIRED TO ACHIEVE OUR DREAMS. AND FINALLY, IT'S TIME TO WALK INTO THE ARENA AND GO FOR IT! THIS IS THE PART OF THE PROGRAM THAT DR. FOX CALLS LIFT.

PERFORMING UNDER THE BRIGHT LIGHTS CAN BE A STRESSFUL EXPERIENCE. THE FIRST PART OF LIFT IS TO LEARN HOW TO UNDERSTAND AND MANAGE IN THE MOMENT STRESS, HOW TO REGULATE CHALLENGES, HOW TO REFRAME THINGS, AND HOW TO LEARN AND GROW AS A RESULT OF EVERY EXPERIENCE THAT WE HAVE.

DR. FOX EXPLAINS THAT WHEN A BIG MOMENT ARRIVES THAT CREATES STRESS, WE HAVE TWO OPTIONS ON HOW TO RESPOND. WE CAN VIEW THE MOMENT AS A CHALLENGE OR AS A THREAT. THE RESPONSE WE CHOOSE CAN ACTUALLY CREATE SUBTLE, BUT IMPORTANT, DIFFERENCES IN HOW OUR BODY REACTS. IN EITHER SCENARIO, OUR HEART ACCELERATES. WHEN WE VIEW THE MOMENT AS A THREAT THE HEART DOESN'T ROUTE MUCH BLOOD AND OXYGEN TO THE LUNGS, BUT IF WE PERCEIVE THE MOMENT AS A CHALLENGE, THE HEART PUMPS MORE BLOOD, WHICH GOES TO OUR BRAIN AND HELPS US PERFORM.

SELF-REFLECTION

• TIPS ON HOW TO BETTER VIEW STRESSFUL MOMENTS AS CHALLENGES AND NOT THREATS:

1. MEDITATION CREATES A CALMER MIND THAT IS BETTER ADEPT AT HANDLING STRESS.
2. BREATHE! WHEN YOU FEEL STRESS TAKING OVER; TAKE DEEP, SLOW BREATHS THROUGH YOUR NOSE, AND THEN EXHALE THROUGH YOUR MOUTH.
3. REMIND YOURSELF THAT THE STRESS IS A CHALLENGE AND NOT A THREAT.
4. EVALUATE THE SITUATION. WHAT CAN YOU DO TO PERFORM? CHANGE THE FOCUS FROM THE OBSTACLES TO THE POSSIBILITIES. WHAT IS THE SOLUTION?
5. ACCEPT THAT WHATEVER HAPPENS, THE MOMENT IS A CHANCE TO GROW, WHICH WILL HELP YOU IN THE LONG RUN. LIFE IS A MARATHON, NOT A SPRINT!

TRAINING CAMP 9 / LIFT - LOCUS OF CONTROL



THE DEGREE TO WHICH YOU CAN HAVE AN INTERNAL LOCUS OF CONTROL DETERMINES A LOT ABOUT HOW YOU'LL PERFORM WHEN TIMES ARE TOUGH."



IN OUR RESEARCH ON HIGH-LEVEL, ELITE MILITARY OPERATORS, WE FIND THAT PEOPLE WHO ARE MORE LIKELY TO BLAME EXTERNAL FORCES FOR WHAT HAPPENED TO THEM ARE MUCH MORE LIKELY TO QUIT DURING TOUGH TIMES."



LOCUS OF CONTROL IS ABOUT DEVELOPING THAT SENSE THAT WE HAVE A TOOLKIT AVAILABLE TO US AND THAT WE LIKE TO ENGAGE WITH PROBLEMS."

WE WILL ALL FACE STORMY DAYS IN OUR LIVES, BUT THE KEY IS HOW WE RESPOND. A KEY COMPONENT OF THE LIFT SECTION OF DR. GLENN FOX'S CLASS ON HIGH PERFORMANCE MINDSET ADDRESSES THE CHALLENGE OF RESPONDING TO TOUGH TIMES BY TEACHING HOW TO DEVELOP AN INTERNAL LOCUS OF CONTROL.

SO, WHAT EXACTLY IS A LOCUS OF CONTROL? DR. FOX EXPLAINS, "LOCUS OF CONTROL REFERS TO THE DEGREE TO WHICH WE BELIEVE WE CAN BE EFFECTIVE AND THAT WE HAVE SOME CONTROL OVER WHAT HAPPENS TO US." FOR EXAMPLE, WE CAN'T CONTROL IF IT'S RAINING OUTSIDE, BUT WE CAN KEEP FROM GETTING SOAKED BY BRINGING AN UMBRELLA WITH US WHEN IT DOES.

HOW IMPORTANT IS IT TO HAVE A STRONG INTERNAL LOCUS OF CONTROL? ACCORDING TO DR. FOX, VERY IMPORTANT! HE STATES, "HAVING AN INTERNAL LOCUS OF CONTROL IS ONE OF THE GREATEST PREDICTORS OF HIGH PERFORMANCE." HE ADDS, "I'M NOT SAYING WE CAN CONTROL EVERYTHING IN LIFE BECAUSE WE CERTAINLY CAN'T, BUT MAKE NOTE TO SAY, 'OKAY, I WILL CONTROL HOW I RESPOND TO THIS.'"

TIPS ON FACING CHALLENGES THAT COME YOUR WAY INCLUDE – WRITE DOWN A LIST

- 1) WHAT CAN I ACTUALLY CONTROL ABOUT THE SITUATION?
- 2) WHAT CAN I ACTUALLY CHANGE?
- 3) WHO CAN I TALK TO?

SELF-REFLECTION

• OPEN YOUR HIGH PERFORMANCE MINDSET ESSAY WORD DOCUMENT. WRITE THE HEADLINE, "TRAINING CAMP 9 - CONTROL." TYPE IN THE PROMPT LISTED HERE AND ANSWER WITH AN ESSAY (MAX 350 WORDS).

DESCRIBE THE MOST SIGNIFICANT CHALLENGE YOU HAVE FACED AND THE STEPS YOU HAVE TAKEN TO OVERCOME THIS CHALLENGE. HOW HAS THIS CHALLENGE AFFECTED YOUR ACADEMIC ACHIEVEMENT? WHAT DID YOU LEARN FROM THIS CHALLENGE? WHY WAS THE CHALLENGE SIGNIFICANT TO YOU? DID YOU HAVE SUPPORT FROM SOMEONE ELSE OR DID YOU HANDLE IT ALONE?



PEOPLE WHO ARE HIGHER IN GROWTH MINDSET TEND TO BE MUCH FASTER TO HANDLE LIFE TRANSITIONS (AND)...THEY TEND TO BE MORE RESILIENT."



THE POWER OF GROWTH MINDSET IS THIS SIMPLE BELIEF THAT WHAT HAPPENS TO US IS SOMETHING THAT WE CAN LEARN AND GROW FROM EVERY TIME."



GROWTH MINDSET TENDS TO BE WHAT WE CALL A PROTECTIVE FACTOR... (THAT) TENDS TO PROTECT US FROM THINGS SUCH AS LOW SOCIOECONOMIC STATUS, INDIVIDUAL DIFFERENCES IN TERMS OF OUR UPBRINGING AND OUR PARENTS, AND ALL THE DIFFERENT VARIABLES THAT CAN KIND OF HOLD US BACK."

"IT'S JUST THE WAY THAT I AM!" HOW MANY TIMES HAVE YOU HEARD SOMEONE SAY THAT THEY CAN'T IMPROVE BECAUSE THEY DON'T BELIEVE THAT THEY CAN CHANGE HOW THEY FUNCTION? THAT'S A FIXED MINDSET. PEOPLE WITH A FIXED MINDSET PUT LIMITS ON THEIR POTENTIAL TO GROW, LEARN, AND IMPROVE. AS YOU CAN EXPECT, PEOPLE WITH A FIXED MINDSET ARE TYPICALLY LESS SUCCESSFUL THAN THEIR PEERS WITH A GROWTH MINDSET. THEY ALSO TEND TO BE LESS RESILIENT AND FRAGILE WHEN FACED WITH ADVERSITY.

PEOPLE WHO HAVE A GROWTH MINDSET BELIEVE THAT WHEN THINGS THEY TRY DON'T WORK OUT, THEY CAN EVALUATE THEIR MISTAKES, LEARN FROM THEM, CREATE A NEW PLAN, AND TRY AGAIN. THEY ARE CREATIVE PROBLEM SOLVERS WHO ARE NOT STUCK ON A SINGULAR PATH TO ACHIEVING THEIR GOALS. USING A FOOTBALL EXAMPLE: IF YOUR OPPONENT IS STACKING THE LINE TO TAKE AWAY THE RUN, THROW THE BALL!

DEVELOPING A GROWTH MINDSET IS PRETTY SIMPLE. IT JUST REQUIRES A WILLINGNESS TO EVALUATE YOUR PAST PERFORMANCES, LEARN FROM YOUR MISTAKES, AND DETERMINE WHAT YOU CAN DO DIFFERENTLY THE NEXT TIME TO IMPROVE. IT REQUIRES DEVELOPING A BELIEF THAT WORKING HARD AND KEEPING AN OPEN MIND WILL YIELD POSITIVE RESULTS IN THE LONG RUN. IT DOESN'T MEAN YOU WON'T FAIL SOMETIMES, BUT YOU WILL GET BACK UP, YOU WILL KEEP LEARNING, AND YOU WILL TRY NEW THINGS.

SELF-REFLECTION

- OPEN YOUR HIGH PERFORMANCE MINDSET ESSAY WORD DOCUMENT. WRITE THE HEADLINE, "TRAINING CAMP 10 – GROWTH MINDSET." TYPE IN THE PROMPT LISTED HERE AND ANSWER WITH AN ESSAY (MAX 350 WORDS).

DISCUSS AN ACCOMPLISHMENT, EVENT, OR REALIZATION THAT SPARKED A PERIOD OF PERSONAL GROWTH AND A NEW UNDERSTANDING OF YOURSELF OR OTHERS. DID THE GROWTH HAPPEN BECAUSE YOUR ACCOMPLISHMENT CAME AFTER OVERCOMING OBSTACLES THAT PREVIOUSLY DENIED YOU SUCCESS? HOW DID HAVING A GROWTH MINDSET GIVE YOU THE ABILITY TO SUCCEED WHERE YOU PREVIOUSLY FELL SHORT? HOW DID THIS MAKE YOU FEEL ABOUT YOUR POTENTIAL TO TAKE ON FUTURE CHALLENGES THAT MIGHT COME YOUR WAY?