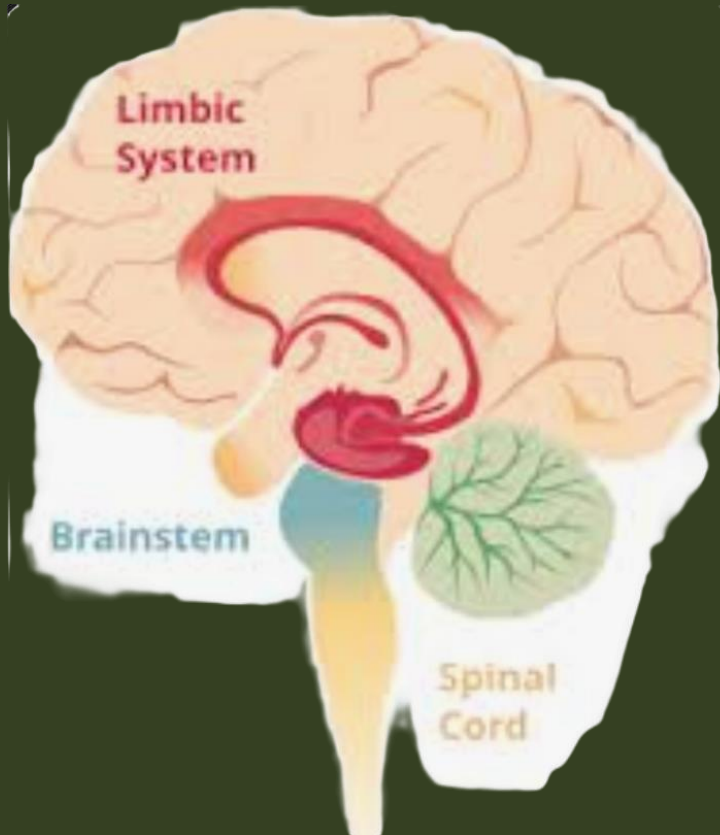




# MODULE 9

## TENNIS MINDSET + MOTIVATIONS PREFERENCES



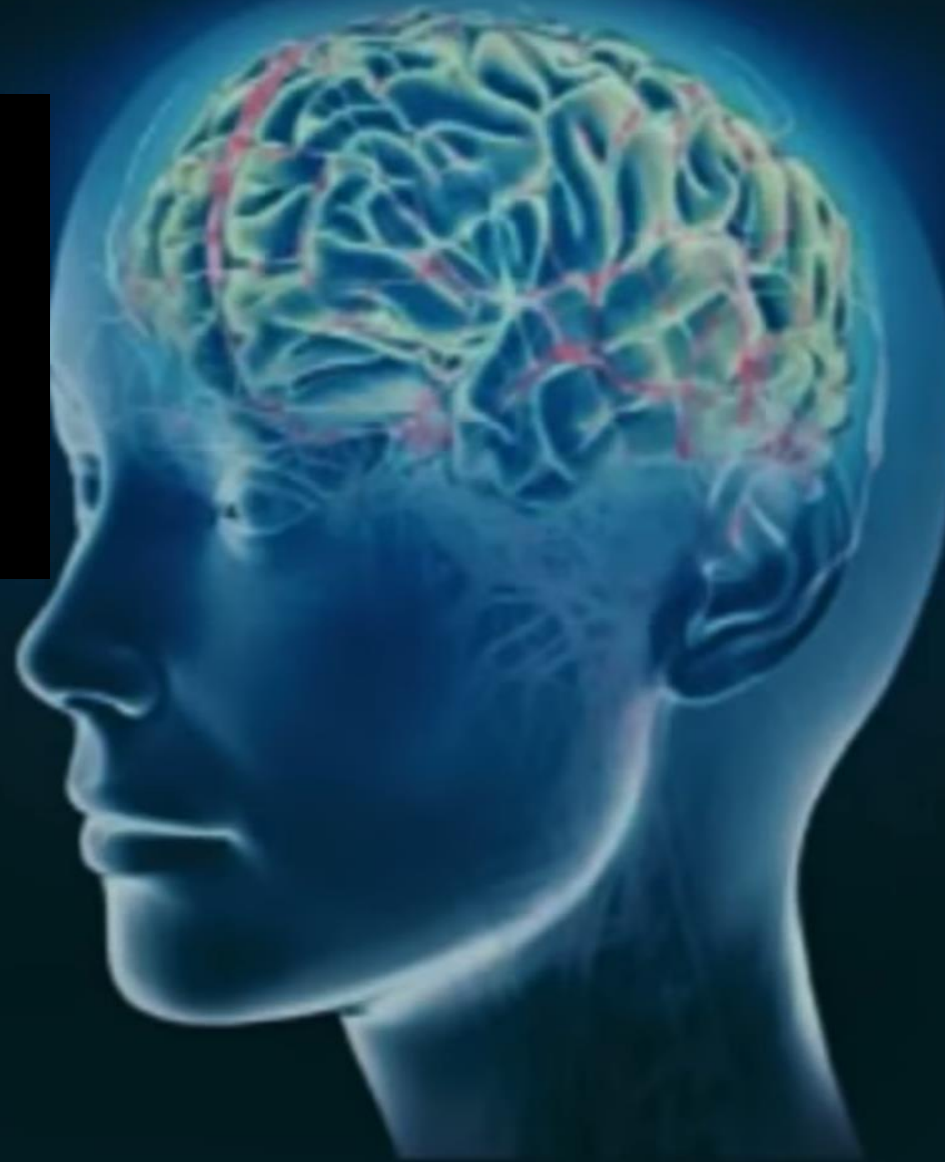
SOME THOUGHTS  
FOR THE GAME  
NOT  
THE END GAME

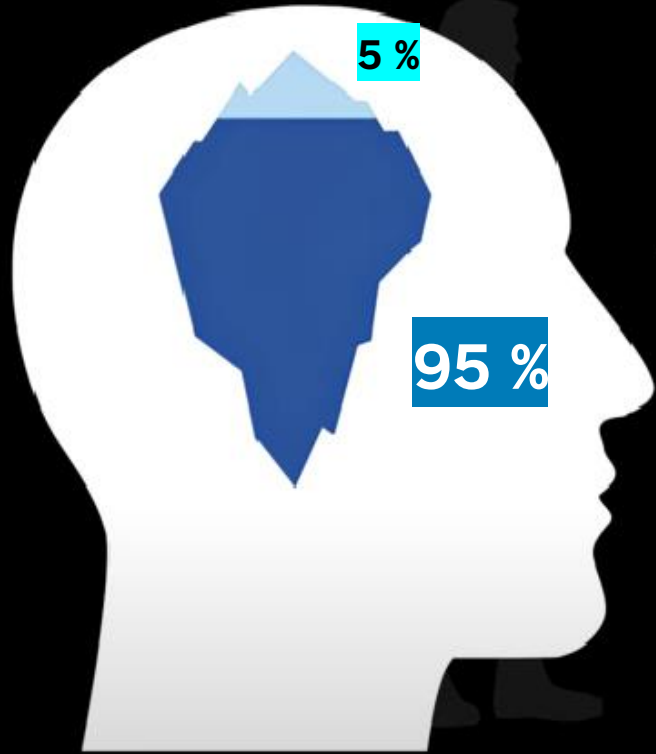




## MINDSET:

A LENS OR FRAME OF MIND WHICH ORIENTS AN INDIVIDUAL TO A PARTICULAR SET OF ASSOCIATIONS AND EXPECTATIONS





5 %

95 %

Mastering any game

80% Inner Game

- Beliefs
- Mindsets

20% Outer Game

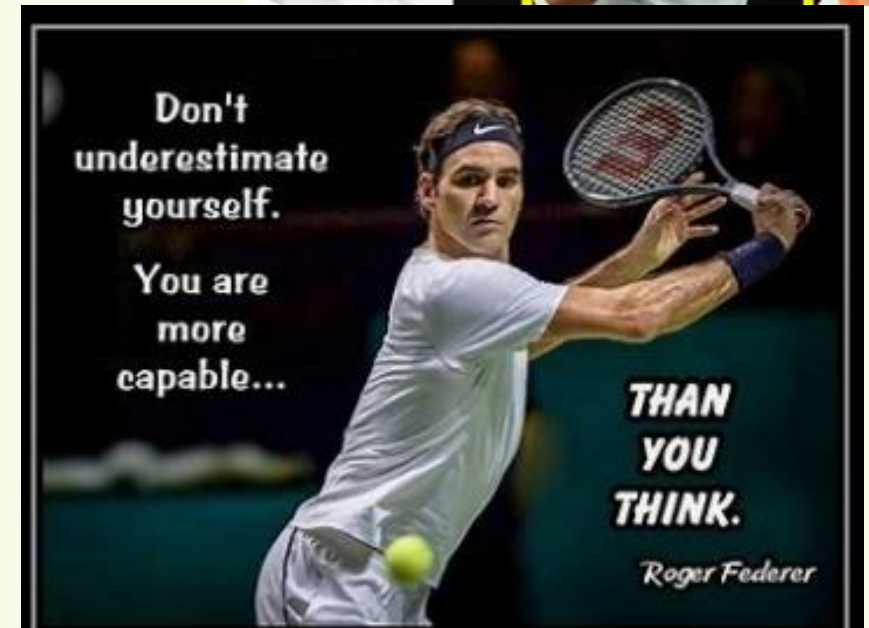
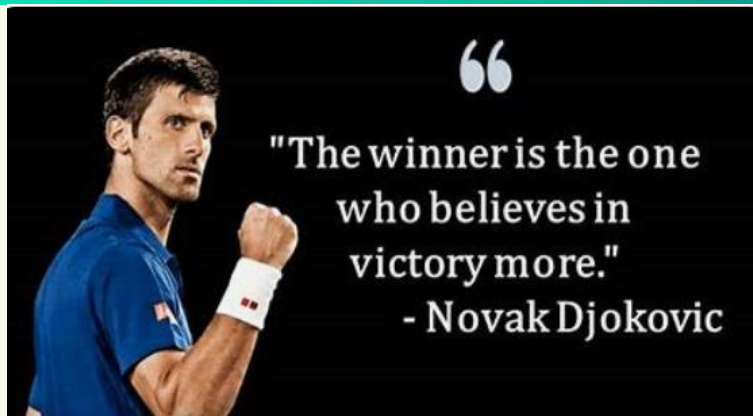
- Strategies
- Tactics

# ATTITUDES PERFORMANCE PREFERENCE



ATTITUDE IS YOUR POSITION OF BEARING OF YOUR

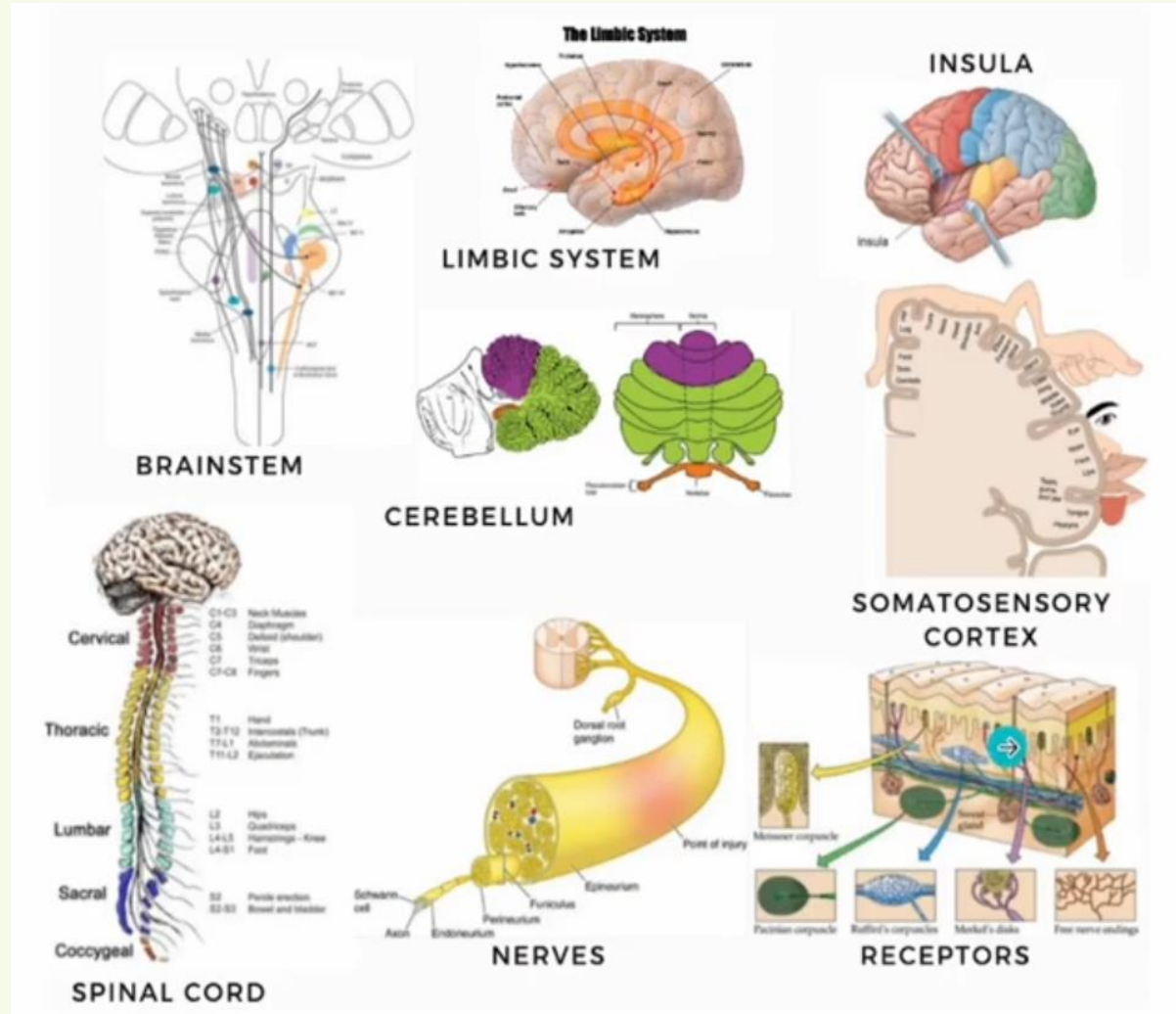
- *THOUGHT*
- *FEELING*
- *ACTION*



# WELLCOME IN THE COMPLEXITY OF THE MINDSET BRAIN AND NERVOUS SYSTEM

**THE BODY IS THE INSTRUMENT OF THE MINDSET**

EXCITATION/ INHIBITION



- CALM
- NERVOUS
- STRES
- ANXIETY
- FEARS
- FRUSTRATIONS
- ANGER
- JOY
- PROUD

- CORTISOL
- ADRENALINE
- TESTOTERONE
- DOPAMINE
- GABA
- SEROTONINE
- ACETYLCHOLINE
- VISUALISATION
- MINDFULLNESS
- BREATHINGS
- SOPHROLOGY
- COGNITIVE TRAINING
- DEPORALIZATION
- YOGA
- HYPNOSIS
- PILATESS



- MOTOR MOTIONS PREFERENCES
- BRAIN COGNITIVES PREFERENCES
- INTENTION / ACTION
- DREAM
- ARS SYSTEM
- MINDSET
- SELF IMAGE
- SELF BELIEVES
- AUTO EFFICACY
- CHARACTERE TRAITS
- EXPECTATIONS

- DEEP MOTIVATIONS
- THOUGHTS
- EMOTIONS
- FEELINGS
- BEHAVIORS

- PERCEPTION
- FOCUS
- ATTENTION
- DECISION MAKING



**NEO-CORTEX  
EMOTIONS  
ANALYSED**

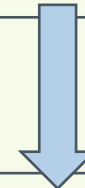


**LONG CIRCUIT**

**2**

**HYPOCAMPUS**  
(hard drive  
Memory)

**response**



**SENSORIAL  
THALAMUS**  
LIMBIC BRAIN  
emotions

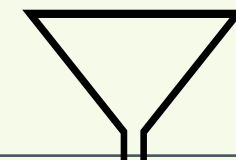


**Short circuit**

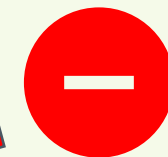
**1**

**Reaction**

**amygdala**



**Acetylcholine(brake)**  
(relaxation)  
Parasympathetic system  
Feel secure



**Adrenaline**  
Stress / anxiety/ danger  
=adaptation syndrome  
Fly-fight-froze

OUR REALITY IS LIVE  
THROUGH

- VISUAL
- AUDITIVE
- KINESTHETIC
- SMELL
- TASTE



**BREATHING**



**THE 3 MORE IMPORTANT QUESTIONS ABOUT YOUR MINDSET :**

• **HOW YOU DEFINE COMPETITION ?**

**WHAT ARE YOU LOOKING FOR IN COMPETITION ?**

**ARE YOU READY TO FIGHT BACK AND BLOCK YOUR BRAIN WHEN HE TELL YOU NEGATIVE THINGS ALL THE TIME ?**

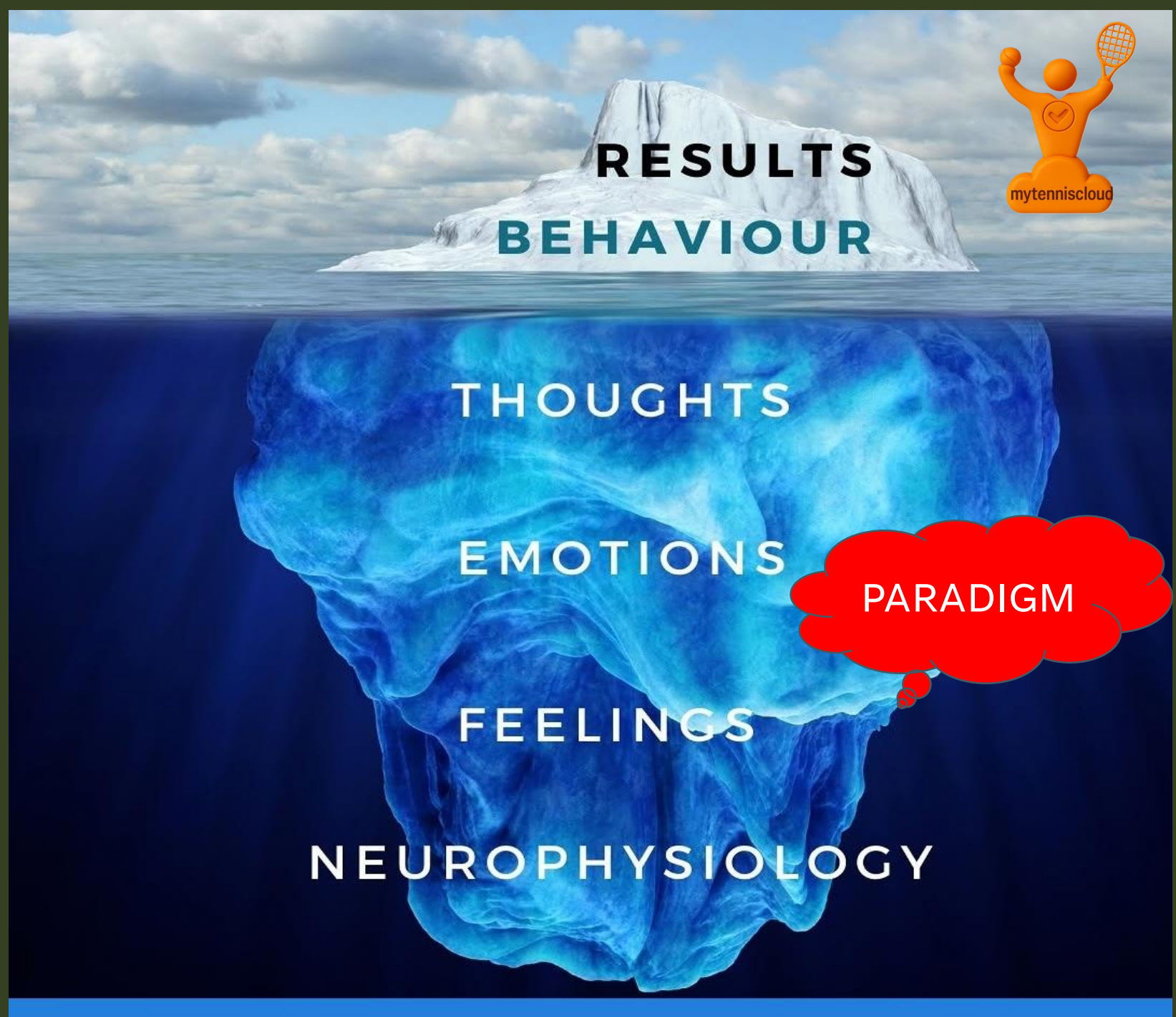
**BEST PERFORMANCE = FULL POTENTIAL X MOTIVATION\_ INTERFERENCES**

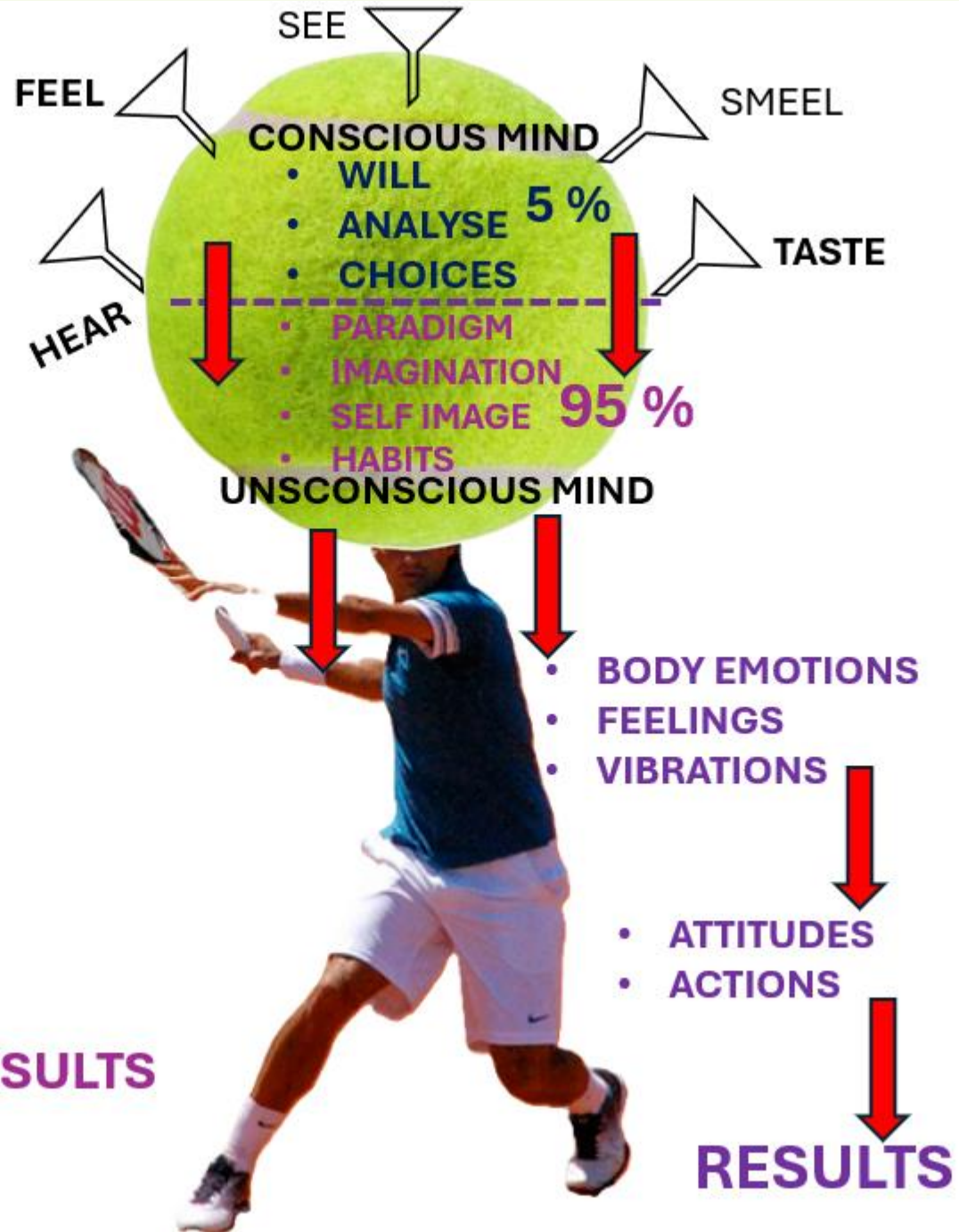
# MINDSET PROCESS TO PERFORM IN COMPETITION

- CALM
- DETACHMENT( from result)
- EMOTIONS MANAGEMENT
- CONCENTRATION/FOCUS
- SELF IMAGE

THIS 5 ELEMENTS ARE  
LINKED TO THE WINNING  
IDENTITY AND HARMONY OF

- INTENTION
  - EMOTION
  - ACTION
- MOTOR MOTIONS  
PREFERENCES





**PARADIGM CONTROL THE RESULTS**

# The WILL VS the FLOW



Self 1



Self 1 don't trust self 2 to perform

Self 2



**THE CONSCIOUS MIND / THINKER**  
**THE VOICE WHO SAY**

parasites thoughts

- THE CRITIC : judging yourself
- YOU MUST
- YOU HAVE TO
- Focus on emotional things

THE CARING OF RESULTS

Obsessed by results

**UNCONSCIOUS MIND / THE DO HOWNO / THE FLOW**  
**The paradigm**

- The body memory
- Know how to hit the ball :
- Built neural pathways and memory to hit thousand of ball and tactic
- Create shields thoughts
- focus on non emotional things
- Sound of ball; breathing , rhythm , routines

## ADVICES

- WATCH THE BALL / BOUNCE NOT THE STROKE
- ACCEPT ERRORS IMMEDIATELY , KEEP THE ERROR LIGHT AS A FEATHER , NO EMOTIONAL CHARGE LIKE A BIG WEIGHT

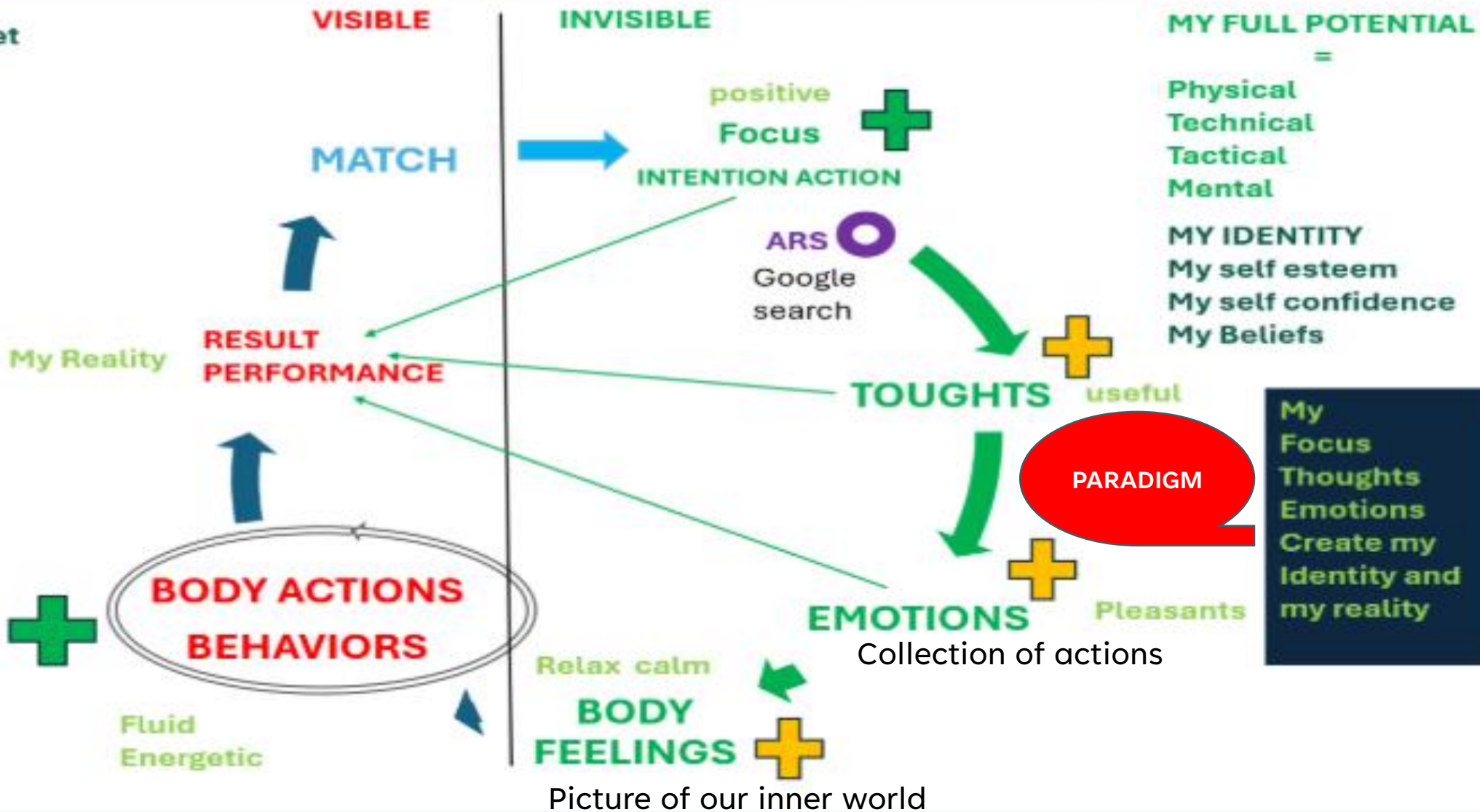
**TRUST YOUR SELF 2**



# MIND PROCESS PREFERENCES



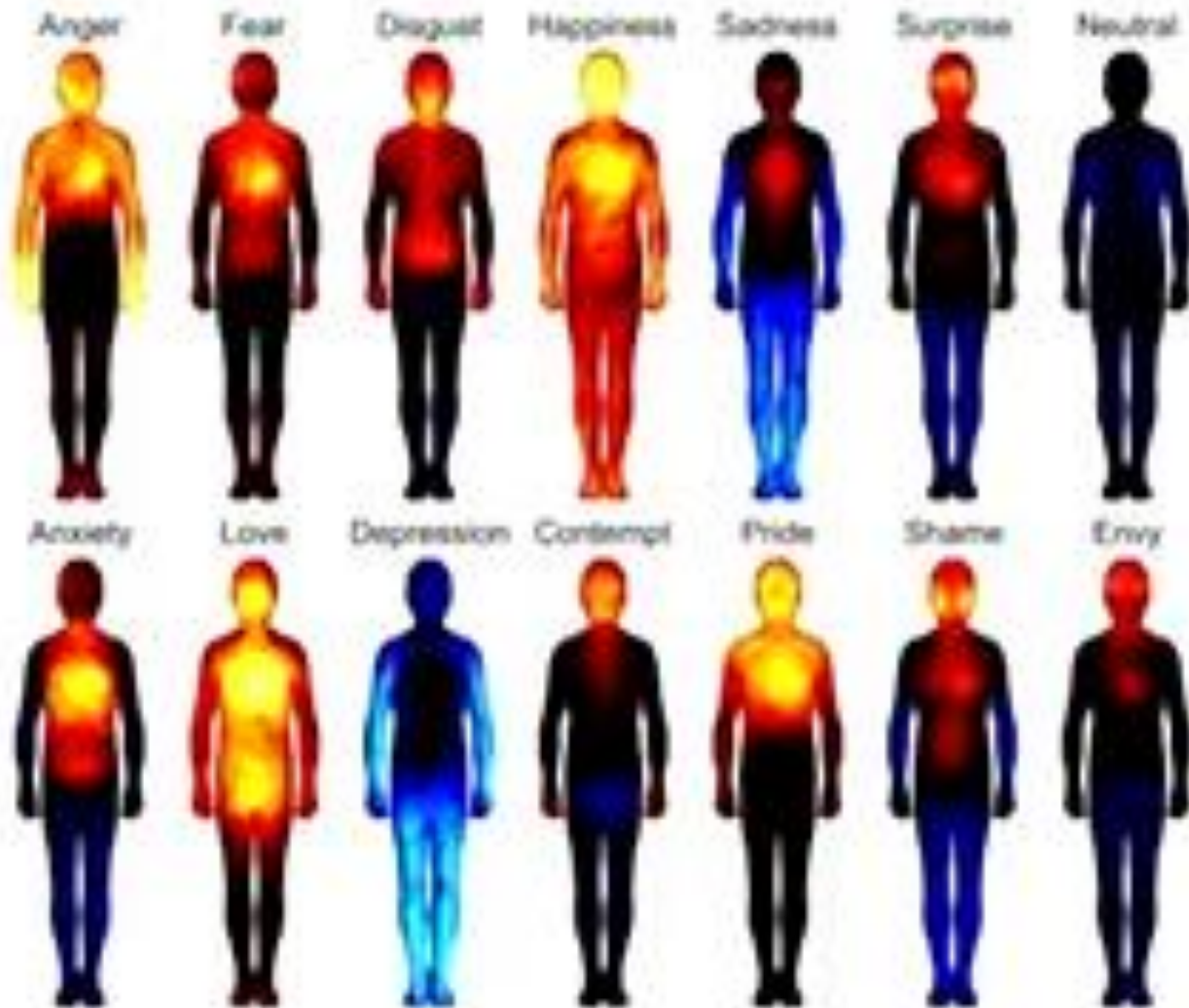
MyWinningMindset



# WHAT ARE EMOTIONS ?



what is an emotion ? It's a chemical discharge in the body coming from a perception and Interpretation of an event that affect our body physical and mental cognitive response to this event



In sports competition and tennis competition this emotions are linked to a tennis match And certain match situations can serve us unserved the player

This emotions will unserved the player when they are based on an illusion of loose or gain

If player arrive in competition and think if I loose and the result is not what I expected Then there will more emotions like **frustration, fear, anger, guilt**, who will block him to express his full potential

THAT WHY A PLAYER REACTION TO A PERCEPTION OF A MATCH AS A THREAT CAN

- FLY
- FROZE
- FIGHT

# NEW WAY OF THINKING ABOUT EMOTIONS FROM PHD neurosciences ANTONIO DAMASIO

Feelings are not emotions

They are pictures of our inner world



WE ARE NOT THINKING MACHINES WHO FEEL,  
WE ARE MORE FEELING MACHINES WHO THINK

IT'S NOT THE BRAIN WHO GENERATE THE EMOTIONS

IT'S THE BODY

THE BODY REACT BEFORE THE BRAIN.

IF YOU FOCUS PROCESSING THE EMOTION  
ITS THAT YOU NOT AWARE OF THE FUNCTION OF THIS EMOTION,  
THE EMOTION IS NOT THE PROBLEM IT'S THE RESPONSE

The real problem is not inn the emotion but, I  
n the interpretation of what the brain will make of it  
The brain will try to tell a story of the information il receive  
and make a Sens of it and that will be the cause of the  
problems

EMOTION IS A VERY WELL  
EMBEDED BODILY ALTERATIONS  
WHO HIS GENERAL GOAL IS TO  
KEEP THE LIFE MORE SURVIVAL  
BY TAKING CARE OF A DANGER  
OR AN OPORTUNITY  
OR SOMETHING IN BETWEEN

For example if you perceive some emotions as negative it's evident that the story  
From your brain will be also negative  
If you say there no failure but only experience and learning but your body perceive  
failure as unpleasant and negative then the story will be not a nice experience  
The goal is to feel safe with then failure to feel other emotions to help guide  
the failure like anger to not fear again this experience



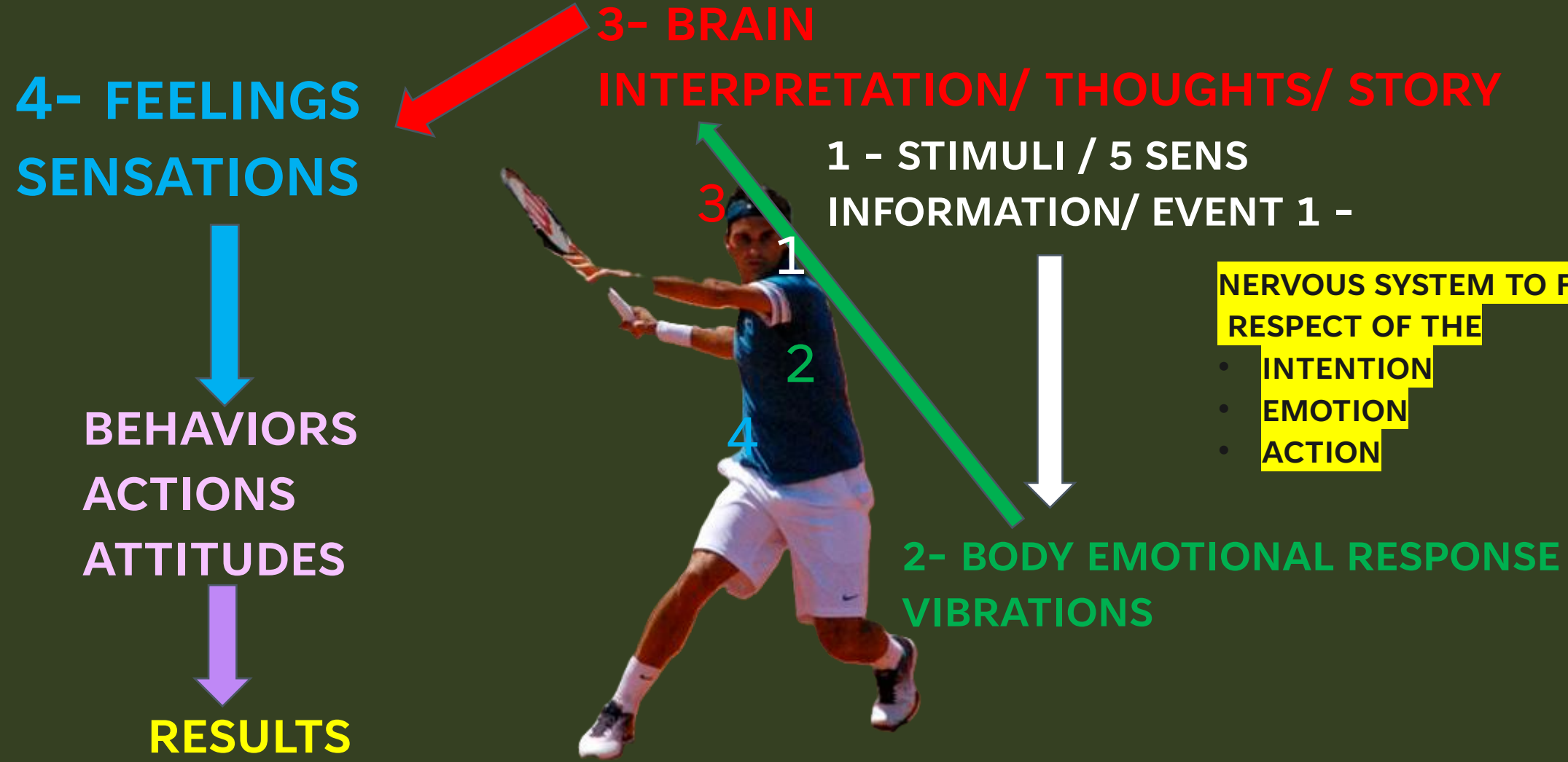
Pause (k)



Stimulus



**NEW WAY OF COACHING ABOUT EMOTIONS**  
**AS A COACH OR PARENT THE GOAL IS TO WORK ON THE INTERPRETATION**  
**OF THE EMOTIONS AND WHAT THE PLAYER EXPERIENCED AND REINFORCE**  
**THE BODY SAFETY AND OPPORTUNITY TO GROW**



WE understand that the body live an experience and the brain try to make a story of it to protect the player

Now we have 2 options

Keep working on emotions, beliefs and behaviors its like changing the actor of a film without changing the scenario

You can't blame the actors

You can't change the scenario of the story without changing the internal security ?

CHANGE THE INTERNAL STATE THEN YOU CHANGE THE SCENARIO; it's only a problem of incomprehension inside the player, for the nervous system of the player the coach can be a resource or a threat

There 2 ways to make a player nervous system feel save(authoritarian)

1 trained by fear and who will response to conditioning to feel safe

2 Using empathy and love to feel safe and will adapt to situations





# THE MIND PROCESS MAP

THINKING  
REFLECTION  
INTELLIGENCE  
DECIDE  
Can accept or reject ideas  
concepts



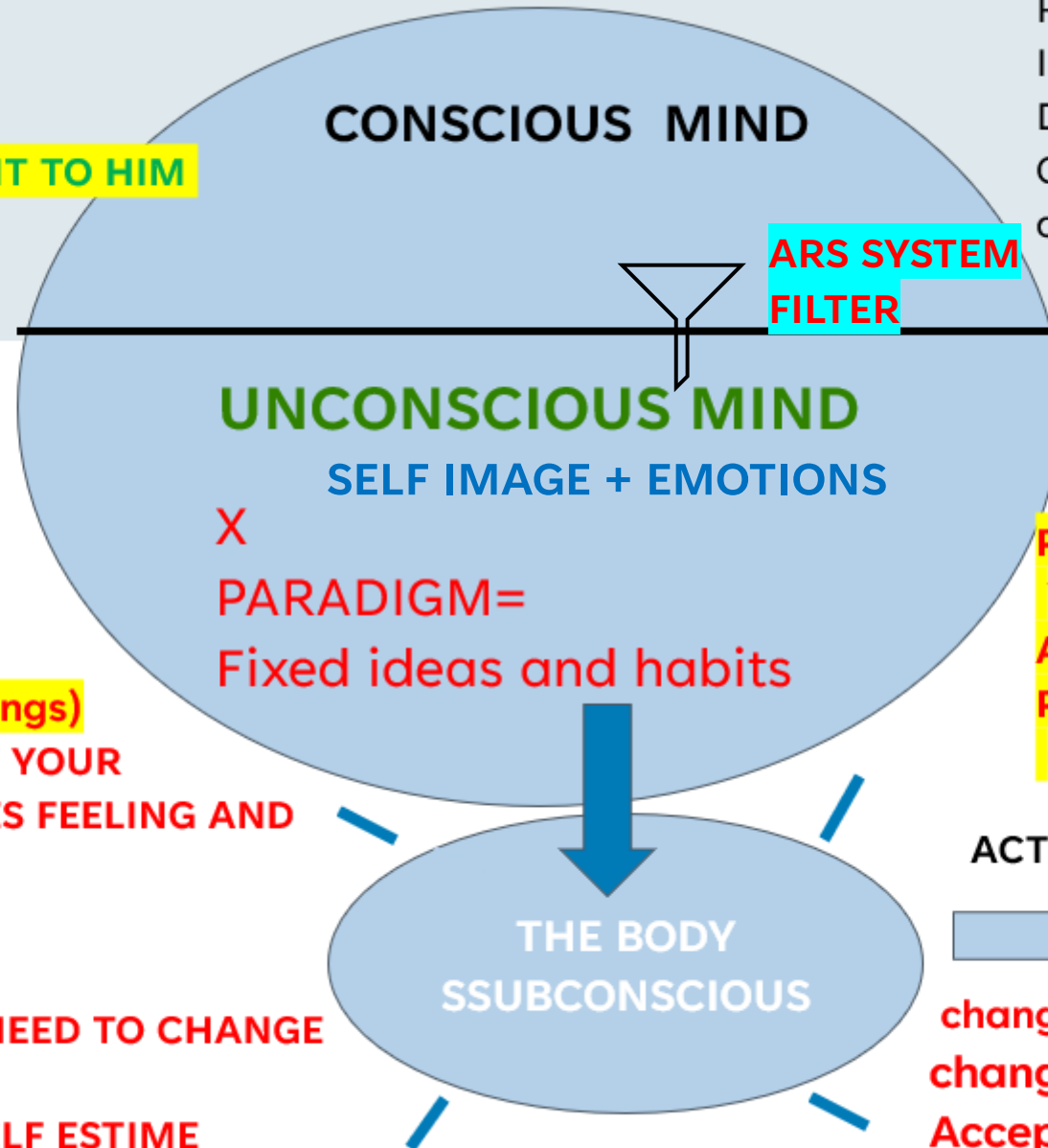
**MUST ACCEPT EVERYTHING GIVE IT TO HIM**  
**EMOTIONS / CANNOT REJECT**  
**FEELINGS**

**CAN'T MAKE THE**  
**DIFFERENCE BETWEEN**  
**REALITY AND IMAGINATION**  
**Don't understand the negative**

**Paradigm is result of your child**  
**Experience and educations**  
**(Self IMAGE, beliefs, emotions feelings)**

**PARADIGM IS THE VIBRATIONS OF YOUR**  
**THOUGHTS SELF ESTIME ,BELIEVES FEELING AND**  
**EMOTIONS**  
**AND CONTROLE YOUR RESULTS**

**TO CHANGE YOUR RESLUTS YOU NEED TO CHANGE**  
**YOUR PARADIGM BY**  
**CHANGING YOUR PERCEPTION, SELF ESTIME**  
**THOUGHTS, EMOTIONS AND FEELINGS**



**ARS SYSTEM**  
**FILTER**

**UNCONSCIOUS MIND**  
**SELF IMAGE + EMOTIONS**

**X**  
**PARADIGM=**  
**Fixed ideas and habits**

**PARADIGM IS A PROGRAM**  
**WHO CONTROL YOUR BEHAVIORS**  
**AND SELF IMAGE**  
**PARADIGM IS THE CAUSE**  
**OF THE RESULT**

**ACTIONS**



**X RESULTS**

**change to: y paradigm = y results**  
**change your self image**  
**Accepting to be see as N1 or**  
**arrogant or lucky or rich**



# BREATHING TECHNIQUES PREFERENCES



DEPENDING THE SITUATIONS YOU CAN USE DIFFERENTS BREATHING CYCLES AND WICH PART OF THE NERVOUS SSYTEM YOU CAN ACTIVATED OR REDUCE THE BREATHING CAN HELP CONTROL THE LEVELS OF

ACETYLCHOLINE + AND ADRENALINE



YOU  
PARASYMPATHETIC  
NERVOUS SYSTEM  
(brake)



ADRENALINE  
SYMPATHETIC  
NERVOUS SYSTEM  
(accelerator)

BREATHING 2 TO 6 CYCLES  
INHALE 2 SEC  
EXHALE 6 SEC

Rise acetylcholine level  
And lower stress level

This breathing cycles are  
a conscious mechanism  
Rise awareness and help  
manage emotions

YOU FEE££ TIRED OR TOO SOFT  
USE SHORT FAST INHALE TECHNIQUE  
BY THE NOZE

ELEVATE NOR-ADRENALINE

# CONFIDENCE PERFORMANCE VS SELF ESTIME PERFORMANCE PREFERENCES



PERFORMANCE BASED ON ILLUSION OF CONFIDENCE LEVELS ARE VERY UNPREDICTABLE ,UNSTABLE AND VARIABLE



- BASED ON RESULTS
- WIN
- LOOSE
- VERY WEAK

- BASED ON LEVEL OF PLAY
- PLAY WELL
- PLAY BAD
- VERY UNSTABLE

- BASED ON SCORE / MOMENTUM
- PLAY UP
- PLAY DOWN
- VERY VARIABLE

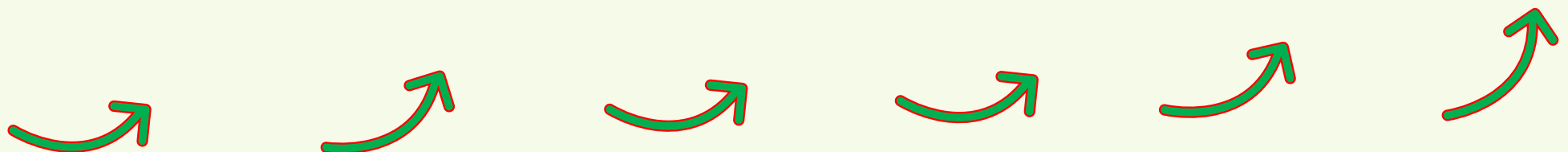


PERFORMANCE BASED ON SELF ESTIME ARE MORE PREDICTABLE ,STABLE AND LESS VARIABLE

- WINNING IDENTITY
- VALUES
- VERY STRONG

- SELF ESTIME
- AUTO EFFCICACY
- VERY STABLE

- AVERAGE LEVEL OF PLAY
- LEVEL OF COMPETENCY
- BE READY TO PLAY WELL BAD
- VERY SOLIDE





# MOTIVATION AND PREFERENCES

## THE POWER OF THE WORDS

SOME WORDS CAN CARRY PLAYER TO THE VICTORY

SOME WORDS CAN CARRY PLAYER TO THE BUTCHER'S SHOP

### WORDS TO AVOID

YOU MUST

I HAVE TO

STRESS/ FORCED

I SHOULD SHOULD

I NEED NEED

= HIGH LEVEL PRESSURE/  
STRESS/ FORCED

PERFORMANCE COME WITH FLUIDITY



# PRESSURE

## Perfectionnisme

EXCELLENCE QUEST  
HIGH STANDARDS  
EXCESSIVE SELF CRITIC

3

## THE ISSUES

LEVEL OF COMPETITION  
CRUCIALES QUALITIES  
PERSONAL INVESTMENT

4



## Comparaison

RATING/ RANKINGS  
RESULTS / NUMBERS  
CONSTANT  
COMPARAISON

1

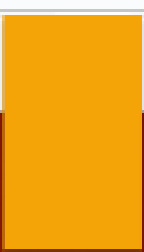
## EXTERNAL EXPECTATIONS

FEAR OF FAILURE  
EXPECTATION  
JUDGMENTS

2



# WINNING IDENTITY PREFERENCES

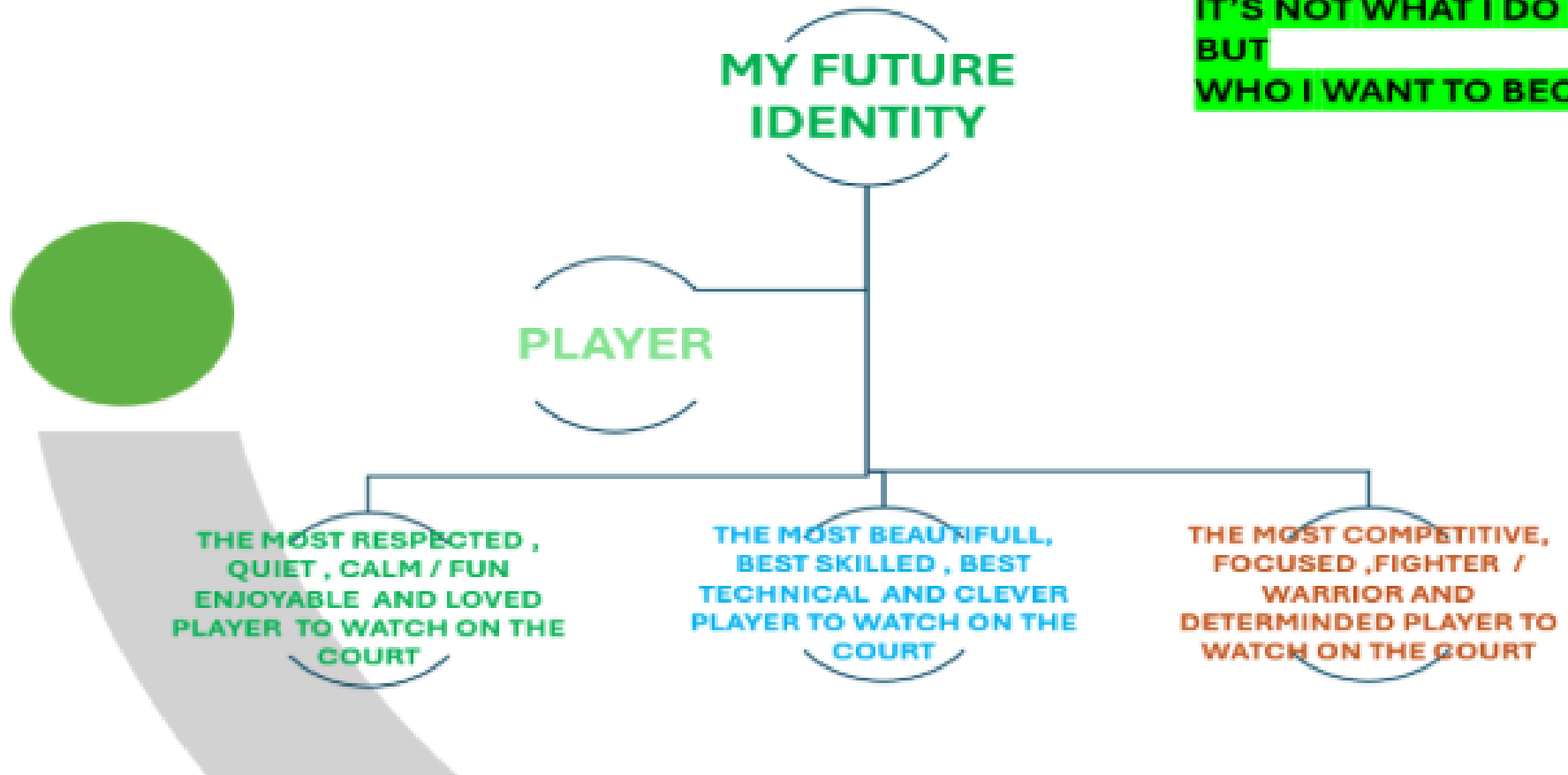


Mywinning-mindset



WHO I WANT TO BECOME IN LONG TERM ???  
PERSON / ATLETE / PLAYER

THE MOST IMPORTANT THING  
IT'S NOT WHAT I DO NOW  
BUT  
WHO I WANT TO BECOME



# WINNING IDENTITY MINDSET PREFERENCES

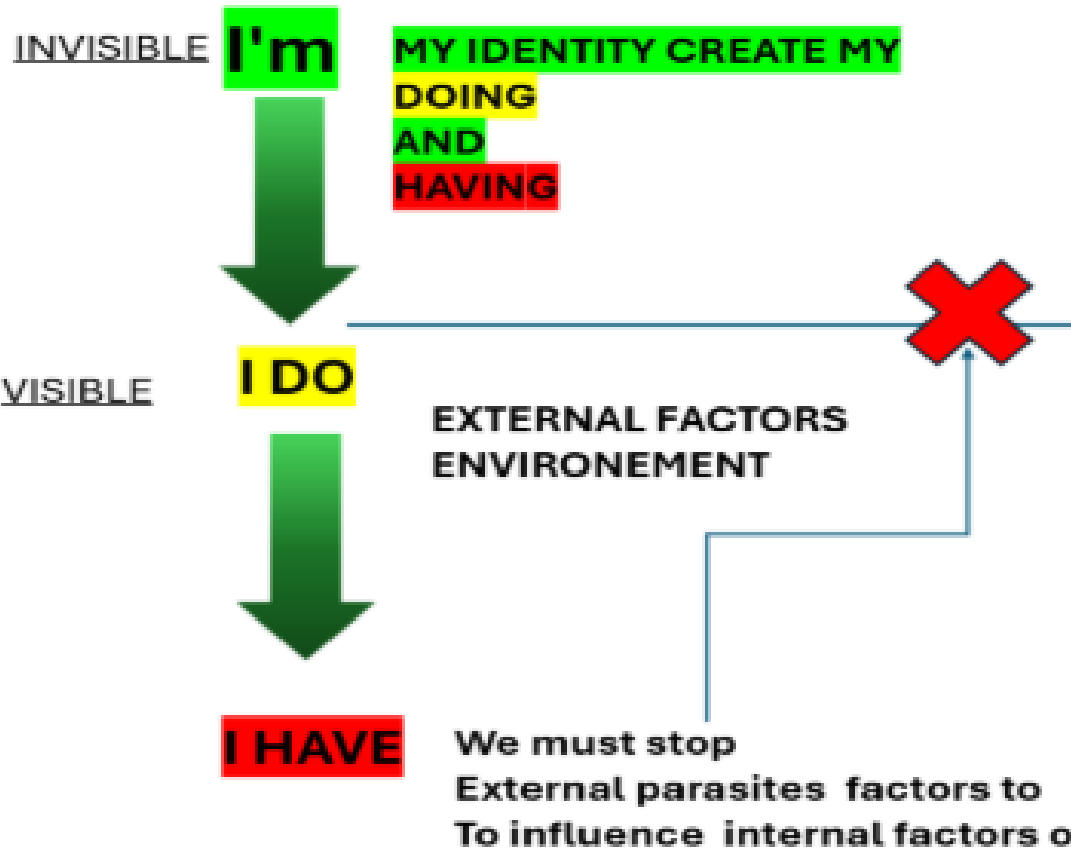


MyWinningMindset



My Winning Identity  
The *NATURAL ORDER* process

INTERNAL



IT'S BECAUSE  
I WANT TO BECOME  
EXCELLENT

**I'M**  
EXCELLENT AND  
CONFIDENT AND RELAX

**I DO**  
ENGAGE MY BODY IN THE  
ACTIONS

**I HAVE**  
A GOOD PERFORMANCE  
UNDER PRESSURE



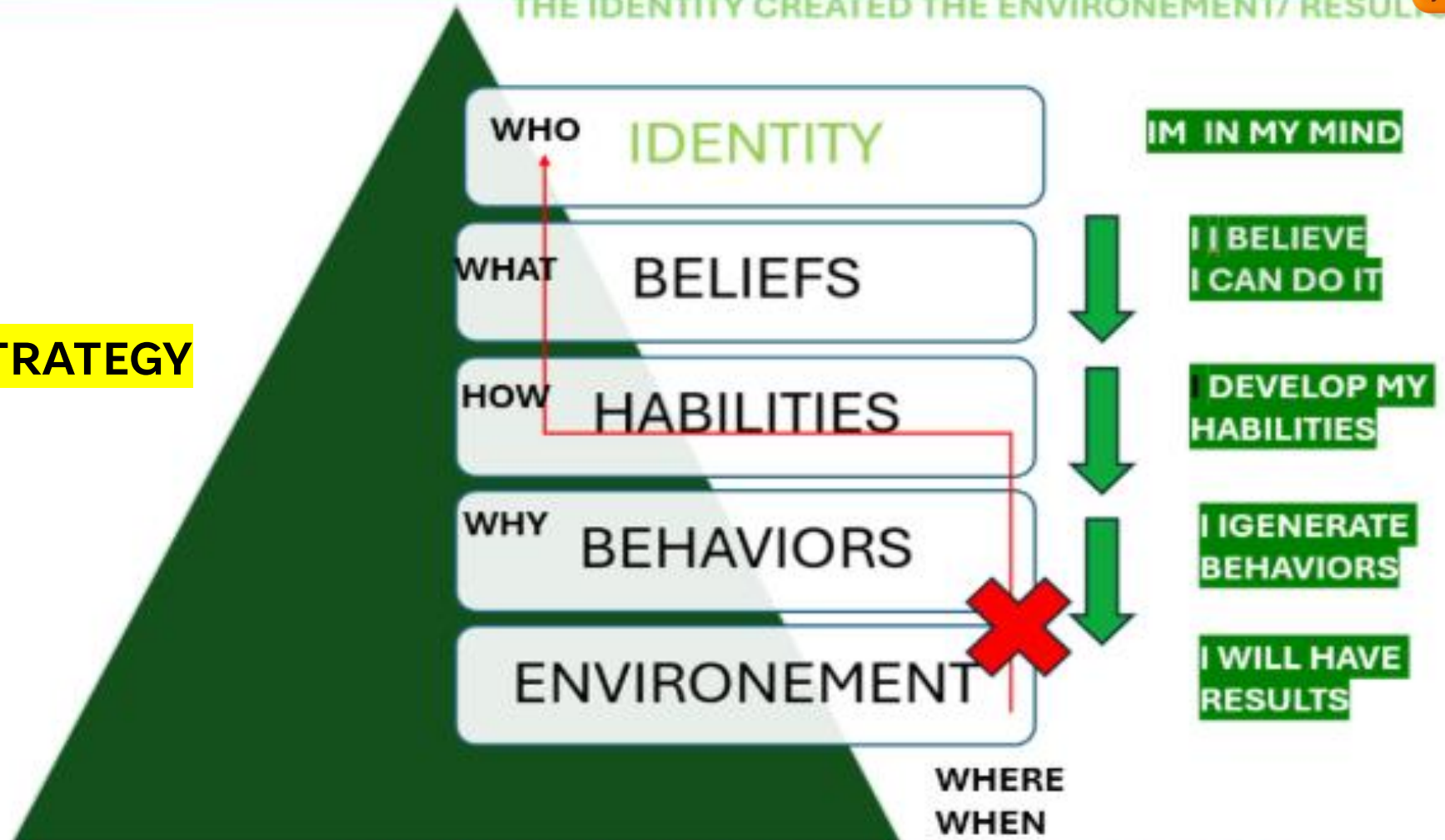
# WINNING MINDSET IDENTITY PREFERENCES



THE IDENTITY CREATED THE ENVIRONEMENT/ RESULT



**SUCCESS IS 5 % STRATEGY  
AND  
95 % MINDSET**



**DON'T LET THE ENVIRONEMENT/ RESULTS CREATE YOUR IDENTITY**



# Three Essential Questions.



1. How does Self-Image impact my life?
2. How is a Self-Image formed?
3. How is a Self-Image changed?



# MOTIVATION CHALLENGES/SKILLS PROCESS PREFERENCES

SOME PLAYERS PREFERES AND EXCELL WHEN CHALLENGES ARE AROUND 20 TO 30 % HIGHER THAN THEIR SKILLS SET

OTHERS PLAYERS PREFERE CHALLENGE ARE AROUND 4 TO 5 % HIGHER THAN THEYR SKILLS SET

**INTRINSIC MOTIVATORS GIVE FOCUS FOR FREE ENERGY**



**ALL THIS ELEMENTS PROCURE DOPAMINE WHO IS ALSO PROCURE PATTERNS RECOGNITIONS AND TRIGGER FLOW STATE IN THE BRAIN**



# MOTIVATION FOCUS STATE PREFERENCES

S

## NEGATIVE FOCUS STATE

1 POSITIVE THOUGHT  
4 NEGATIVE THOUGHTS  
NO YES NO NO NO

## POSITIVE FOCUS STATE

4 POSITIVE THOUGHTS  
1 NEGATIVE THOUGHT  
YES NO YES YES YES

## FLOW STATE

6 POSITIVE THOUGHTS  
1 NEGATIVE THOUGHT  
YES YES NO YES YES YES YES

A NEGATIVE THOUGHT IS JUST A SUGGESTION, NOT AN ORDER





**Ignorance**

**Knowledge**

—

+

**Worry/Doubt**

**Fear**

**ANXIETY**





# RE-THINKING STrESS PREFERENCES

“Stress is debilitating”

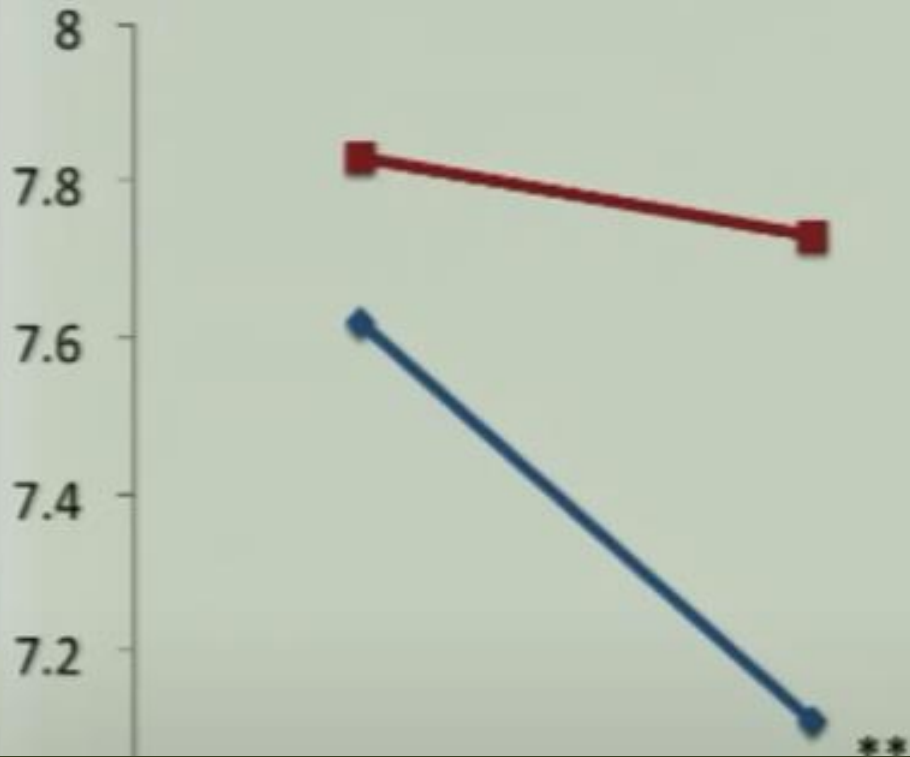
“Stress is enhancing”

  
**ReThinking Stress**  
Performance & Productivity

  
**ReThinking Stress**



### Negative Health Symptoms



### Work Performance



**Ignorance**

**Knowledge**



—



+

**STUDY**

**Understanding**

**Faith**



**WELL-BEING**



# BREATHING TECHNIQUES PREFERENCES

DEPENDING THE SITUATIONS YOU CAN USE DIFFERENTS BREATHING CYCLES  
AND WICH PART OF THE NERVOUS SSYTEM YOU CAN ACTIVATED OR REDUCE  
THE BREATHING CAN HELP CONTROL THE LEVELS OF

ACETYLCHOLINE + AND ADRENALINE



YOU  
PARASYMPATHETIC  
NERVOUS SYSTEM  
(brake)

This breathing cycles are  
a conscious mechanism  
Rise awareness and help  
manage emotions

BREATHING 2 TO 6 CYCLES  
INHALE 2 SEC  
EXHALE 6 SEC

Rise acetylcholine level  
And lower stress level



YOU  
SYMPATHETIC  
NERVOUS SYSTEM  
(accelerator)

YOU FEE££ TIRED OR TOO SOFT  
USE SHORT FAST INHALE TECHNIQUE  
BY THE NOZE

ELEVATE NOR-ADRENALINE

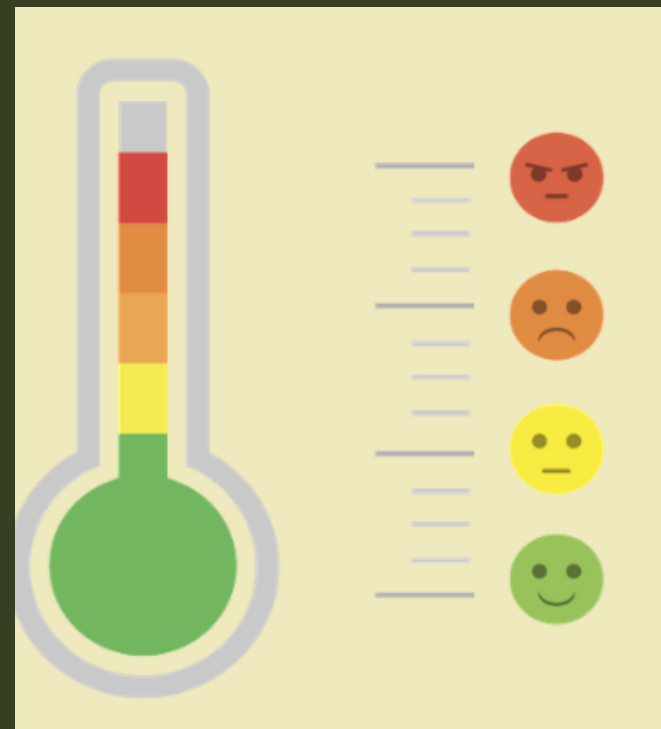


## EMOTIONS PREFERENCES TO PERFORM

On opposite if the layer is over-confident, he will feel euphoria and euphoria will stop to focus and engage in the match  
The Best emotion who are really good for performance are

- **enthusiasm**
- **Excitation**

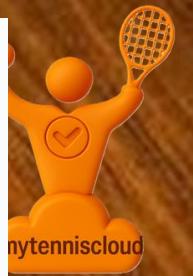
- Bring confidence and focus to engage and certitude and gratitude to be there , this 2 emotions are centered and help move foreword and are stable the player is ready to compete
- It's the good mixed between "I know I can do it and I'm not sur it will be ok "
- I'm certain to do it but in same time I don't know what I don't know
- The level of certitude is able to show the benefices and inconvenient at the same degree
- The player can excel for what is important for him





# MOTIVATION

## THE 3 LAYERS OF MOTIVATION



WHAT MOTIVATE ME THE MOST??

### 1 BASIC MOTIVATION

GO TOWARD PLEASUR

OR

GO AVOID PAIN



### 2 PRIMARY MOTIVATION

INTRINSIC / INTERNAL

OR

EXTRINSIC / EXTERNAL

### 3 DEEP MOTIVATION

LINK TO MOTOR MOTIONS  
PREFERENCES



**ATTENTION !!!!**

**Phrases who come back all time stop :**

- **I must**
- **I need**
- **I should**
  
- **Find first where or from who this I Must or I Need come from ?**

**CHANGE FOR**

- **I LOVE TO**
- **IM PLEASE TO**
- **ITS GOOD TO**

**Boost for pleasure and motivation**



# MOTIVATION PREFERENCES





MyWinningMindset

# MOTIVATIONS PREFERENCES



focus

needs

emotions



Understanding  
Why I do ?

DETAILS  
IMPROVEMENT

BE SECURE  
BE COMPETENT

STRESS  
ANXIETY  
FLIGHT / ESCAPE





# MOTIVATION THE 3 BASIC PREFERENCES



## CONQUEROR

Instinctive / against other

Need to act / need of action  
Need defiance in action  
Need competition  
Need to be pushed  
Need to win

Parent/coach  
show off  
success  
Win, strength, action

## ARCHITECT

Logical /why

Need to learn and improve  
Need intellectual challenge  
Need intellectual creativity  
Need goals( process)  
Need a structure

Parent/coach  
Show effort,  
improvement,  
problem solving,  
intelligence

## HERO

Emotion/ with others

need harmony  
Need to be approved, recognition  
Need to be in relation  
Need to have fun

Parent/coach  
Show self excellence,  
The teamwork ,pleasure  
,the cause, be proud



# Motivation communication styles



## PLAYER NEEDS

### CONQUEROR

Confident tune voice, direct and self confident, show respect, do not force , be authentic

### ARCHITECT

Neutral tune voice, not judging and emotional, be clear and precise, explain Why, let other speak, ask question

### HERO

Sympatric warm voice tune Attentive, speak to emotion, And imagination, let other express his emotions, ask question

## COACH COMMUNICATION

### CONQUEROR

You speak loudly with confidence, you inspire respect, you have tendency to impose your will

### ARCHITECT

You speak with a neutral tune voice, You give lot advices and explanations, to speak clearly, you explain Why

### HERO

You speak with a warm and expressive tune voice,, you attentive to others needs, you know well your players at personal level, you are demonstrative



# TEST MOTIVATION PREFERENCES



MyWinningMindset

FIND YOUR PREFERRED INTELLIGENCE CENTER TYPE





# STRESS RESPONSES TENDANCIES



CONQUEROR

- FIGHT
- FRUSTRATION
- ANGER
- RAGE

ARCHITECT

- FLY
- PANIC
- ANXIETY
- FEAR

HERO

- FREEZE
- FIXED-STUNNED
- Découragement
- Shame
- Sadness
- Feel trapped





# SELF TALK PREFERENCES

## EXCITATION or INHIBITION

### INTENTION-EMOTION-ACTION



CONQUEROR



IM THE GREATEST



I HAD ACCOMPLISH THIS

I CAN DO THIS

ARCHITECT



YOU ARE THE BEST



YOU DONE THIS

YOU CAN DO THIS

HERO



WE ARE FAMOUS



WE ACHIEVE THIS

WE CAN DO THIS



# 3 MOTIVATIONS TENDENCIES REVIEW



	<b>CONQUEROR</b>	<b>ARCHITECT</b>	<b>HERO</b>
<b>CENTER</b>	<b>INSTINCTIF</b>	<b>RATIONAL</b>	<b>EMOTIONAL</b>
<b>NEEDS</b>	<b>BE STRONG</b>	<b>BE SECURE</b>	<b>BE LOVED</b>
<b>FOCUS</b>	<b>RESULTS</b>	<b>PROCESSUS</b>	<b>ATMOSPHERE</b>
<b>EMOTIONS</b>	<b>FRUSTRATION</b>	<b>STRESS</b>	<b>DISAPOINTMENT</b>





# IDENTITY PREFERENCES



## CONQUEROR

### IDENTITY PERCEPTION

ARROGANT

PRETENTIOUS

CONCEITED

## ARCHITECT

### IDENTITY PERCEPTION

TALENTED

CLEVER

LUCKY

## HERO

### IDENTITY PERCEPTION

HUMBLE

HONNEST

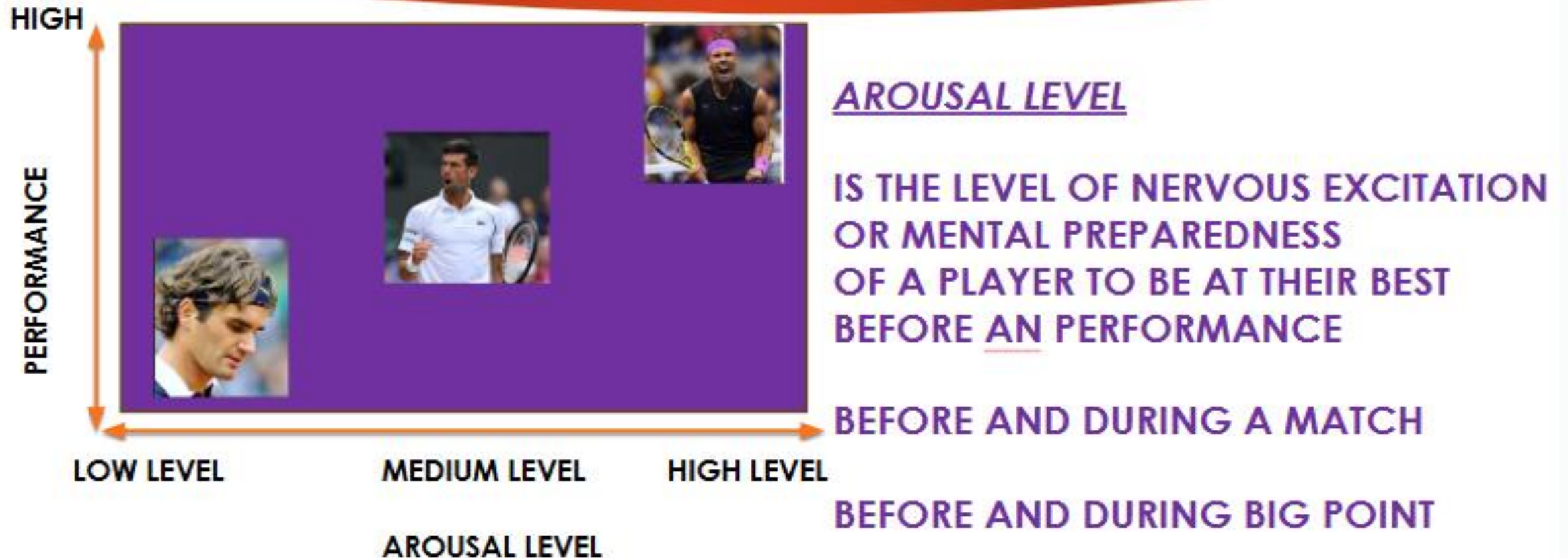
HONOURABLE

A CHAMPION HAVE INTEGRATED ALL THIS CARACTERES AND BEHAVIORS TRAITS WITHOUT THINKING

AND USE ALL THEM NATURALLY TO ACHIEVE HIS GOAL AND SUCCESS.



# AROUSAL LEVEL PREFERENCE





# NEUROTRANSMITTERS PREFERENCES

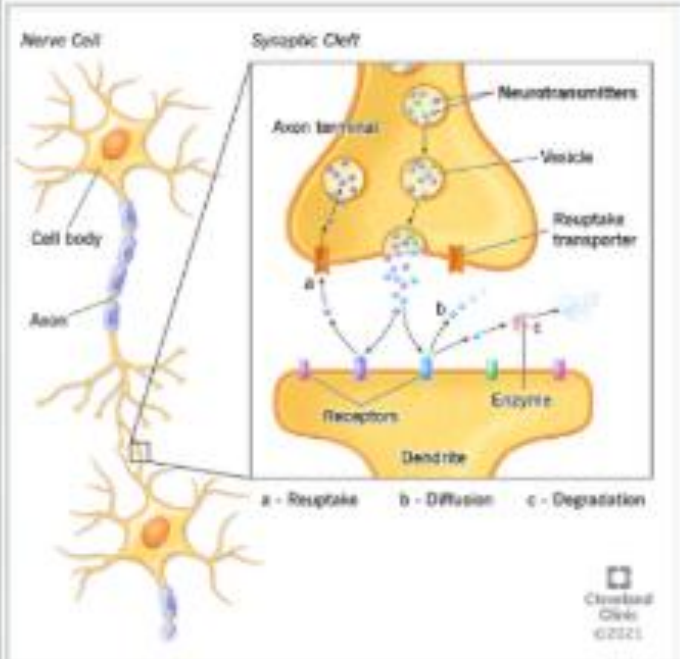


mytenniscloud

Neurotransmitters are your body's chemical messengers. They carry messages from one nerve cell across a space to the next nerve, muscle or gland cell. These messages help you move your limbs, feel sensations, keep your heart beating, and take in and respond to all information your body receives from other internal parts of your body and your environment.

## Regulate

- hear rate
- **Breathing**
- **Muscles movements**
- **Thoughts, memory, learning ,feeling**
- **Sleep ,healing ,aging**
- **Stress response**
- **Hormones regulation**
- **Digestion, hunger-thirst**
- **5 Sens**





# NEUROTRANSMITTERS PREFERENCES

## BRAIN CHEMICALS

50 % GABA

17 % FOR EACH OTHERS

- DOPAMINE/ ACETYLCHOLINE/ SEROTONINE
  - 1 ) BRAIN POWER
  - Electric tension= DOPAMINE
  - 2 ) SPEED NERVOUS IMPULSE= ACETYLCHOLINE
  - 3) RYTHM = GABA
  - If stop-go = stress-anxiety
  - 4) the 2-hemisphere synchronization= SEROTONINE
- 4-8 HERTZ = SLEEPY
- 8-12 HERTZ = CREATIVE
- 12-16 HERTZ= LIVELY -ALERT





# NEUROTRANSMITTERS PREFERENCES

PERSONALITY TYPE	DOMINANT NEUROTRANSMITTER	ELECTRIC FUNCTION
Extrovert -E Introvert - I	Dopamine (+) Dopamine(-)	Augmented tension Lower tension
Intuitive - N Sensitive- S	Acetylcholine (+) Acetylcholine( -)	High propagation speed Low propagation speed
Judgement- J Perception- P	GABA (+) GABA (-)	High (Calm) rhythm Low (calm) rhythm
Sentiment -F	Serotonin (+)	Augmented synchronization harmony
Thinking (+)	Serotonin(-)	reduced synchronization harmony



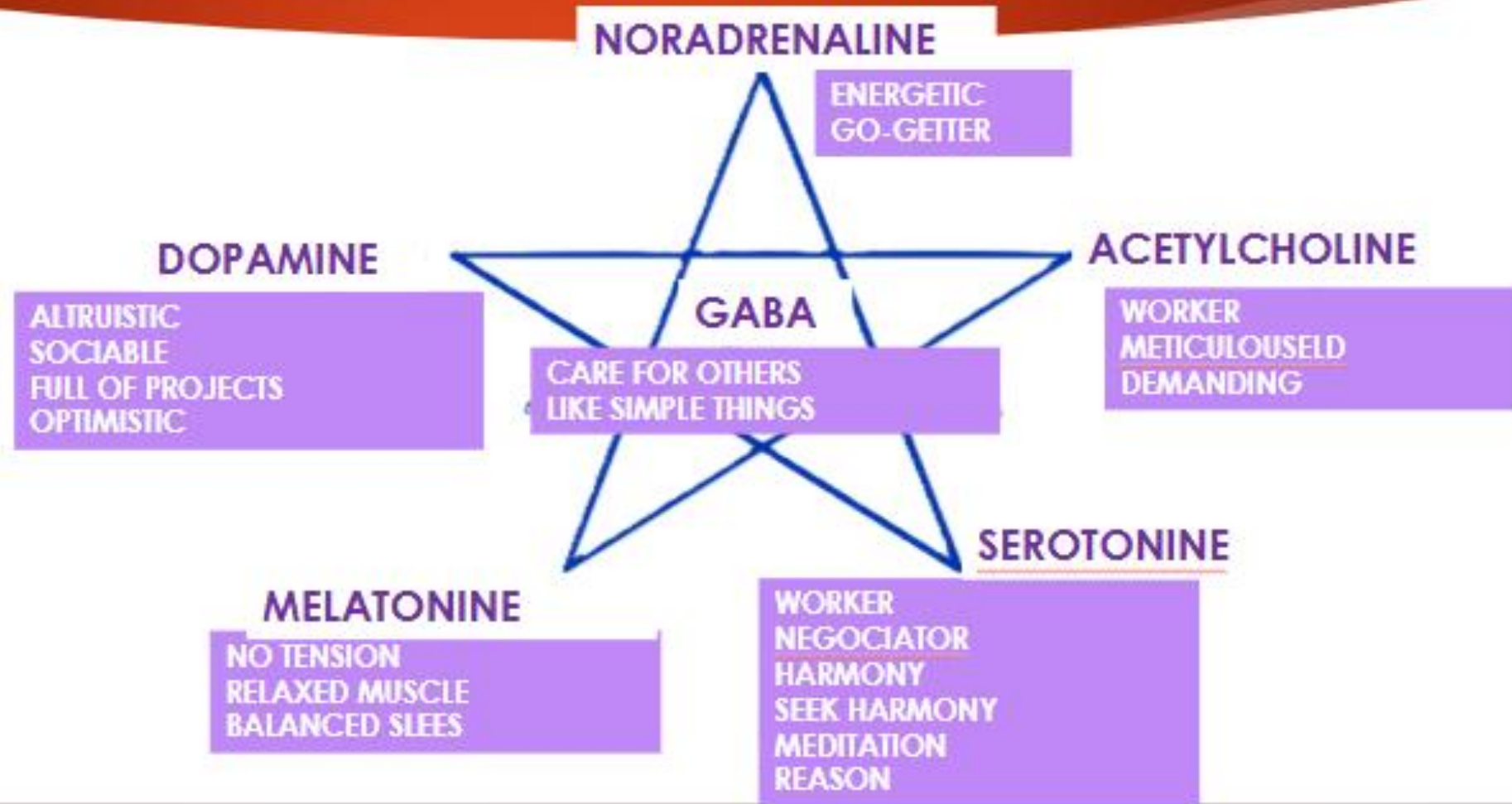
# NEUROTRANSMITTERS PREFERENCES



<b>DOPAMINE</b>	<b>CEREBRAL INTUITIVE</b>	<b>LONG TERM PROJECT</b> <b>RATIONAL</b> <b>LIKETH POWER</b> <b>DON'T LIKE CRITICS</b> <b>LIKE PRECISION</b>
<b>ACETYLCHOLINE</b>	<b>INTUITIVE EMOTIONAL</b>	<b>IDEALIST</b> <b>AUTHENTIC</b> <b>COMPREHENSIVE</b> <b>EMPTHATIC</b> <b>IMPROVE THE WORLD</b>
<b>GABA</b>	<b>SENSITIVE METHODOICAL</b>	<b>ANCHORED IN THE PAST</b> <b>TRADITIONAL <u>VELUES</u></b> <b>RELATIONSHIP <u>IMPOTANTES</u></b>
<b>SEROTONINE</b>	<b>SENSITIVE SPONTANEOUS</b>	<b>ORIENTED TO THE <u>FUTUR</u></b> <b>LOVE STATE</b> <b>LOVE SUGAR</b>

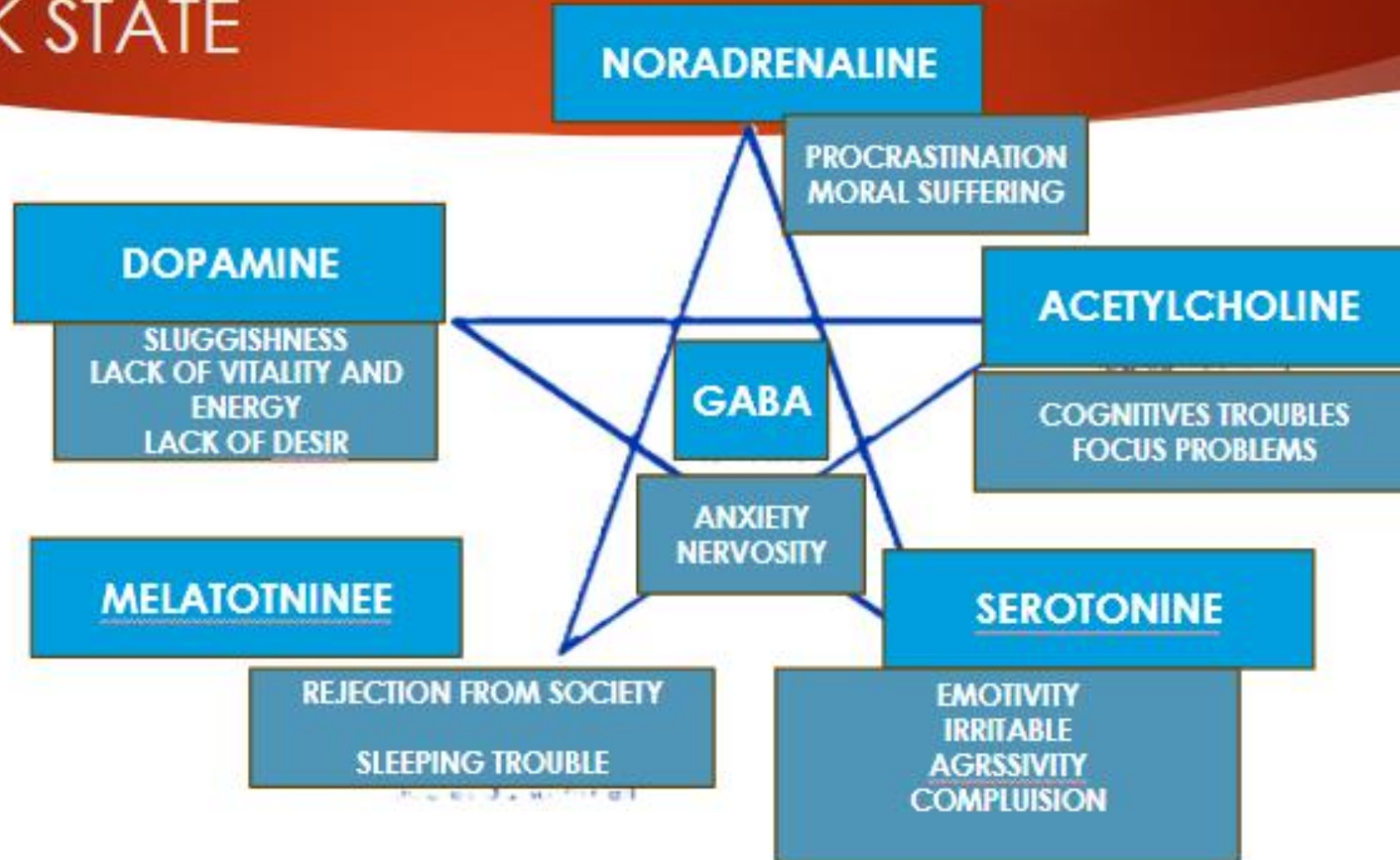


# NEUROTRANSMITTERS PREFERENCES BALANCED STATE





# NEUROTRANSMITTERS PREFERENCES LACK STATE





# PRACTICAL COACHING TOOLS

# 1 SIMPLE EXERCICE TO STOP QUICKLY THE THOUGHTS

**JUST IN 3 SECONDS YOU CAN STOP THE THOUGHTS IN YOUR MIND**

- **OPEN YOUR MOUTH**
- **KEEP THE TONGUE IN BETWEEN THE PALATE AND THE JAW WITHOUT TOUCH THEM**

**DO THIS IMMEDIATLY WHEN STRESS OR ANXIETY EMOTION APPEAR UNDER STRESS AND PANIC MOMENT AND THEN YOU CAN USE SHIELDS THOUGHTS TO START AGAIN IN A POSITIVE ATTITUDE.**



## 2 EXERCICE TO STOP THOUGHTS AND KEEP CALME IMMEDIAITY

### PHRASES TO REPETE WITH FINGERS ANCHOR



#### SPEAK IM ICI

I LIKE IMMOBILE

C LIKE CALM

I COMME IMPERTURBABLE

My mind is empty and as calm that the intersidereal void



You can choose  
Fingers gesture  
you prefers

**TAKE A DEEP BREATH , BREATH OUT LONGER THEN REPETE THE PHRASES  
WITH CLOSED EYES THEN ADD THE FINGERS GESTURE TO ANCHOR THEM IN THE BODY.  
It spot immediately the thoughts and emotions**

**Then you can use the gesture anytime anywhere you feel stress or anxiety emotions come up  
To restore calm and be imperturbable again in your mind**

THE JUDGE  
CONSCIOUS MIND  
( cortex- amygdala)

- ACCUSE
- JUDGE
- CRITIC
- BLAME
- FRUSTRATION
- FEARS/ ANXIETY



# PERFORMANCE



THE LAWYER  
UNCONSCIOUS MIND  
( hippocampus- cerebellum)

- DEFENSE / SHIELED
- PROTECT
- BALANCE
- Imagination/intuition
- Freedom of movements



You can have many  
Top lawyers as you like



More accusations / judgments  
Critics than lawyer DEFENSE  
arguments

**JAIL OF BLOCAGES**

=

Jaill of fears, paralysis ,lost confidence  
and hope



4 DEFENSE ARGUMENTS FOR  
1 JUDGEMENT- CRITIC

=

BALANCE IN CONFIDENCE AND HOPE

I KNOW I CAN DO IT  
BUT IN SAME TIME NOT SUR



6 DEFENSIVE ARGUMENTS FOR  
1 ACCUSATION -JUDGMENT

=

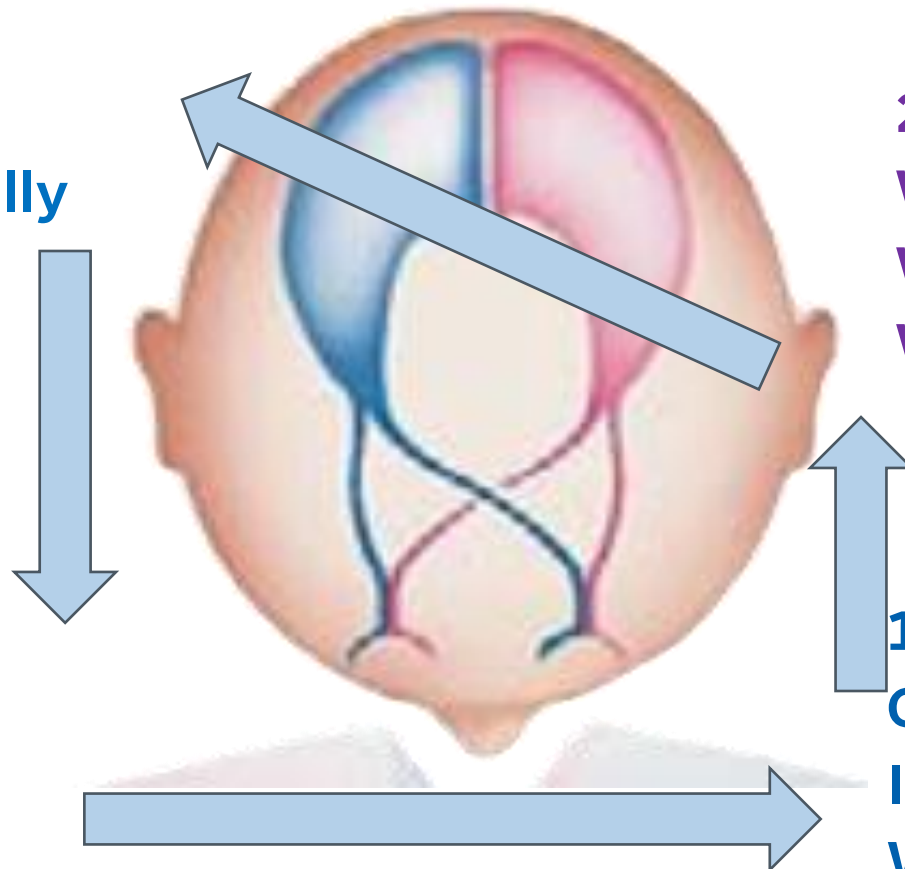
**FREEDOM  
JOY OF PLAY  
THE ZONE**

# CHANGE BEHAVIOR VISUALISATION CIRCUIT PREFERENCE



**3 RIGHT VERTICAL LOOK**  
visualisation dissociated  
You see yourself successfully  
Get your goal

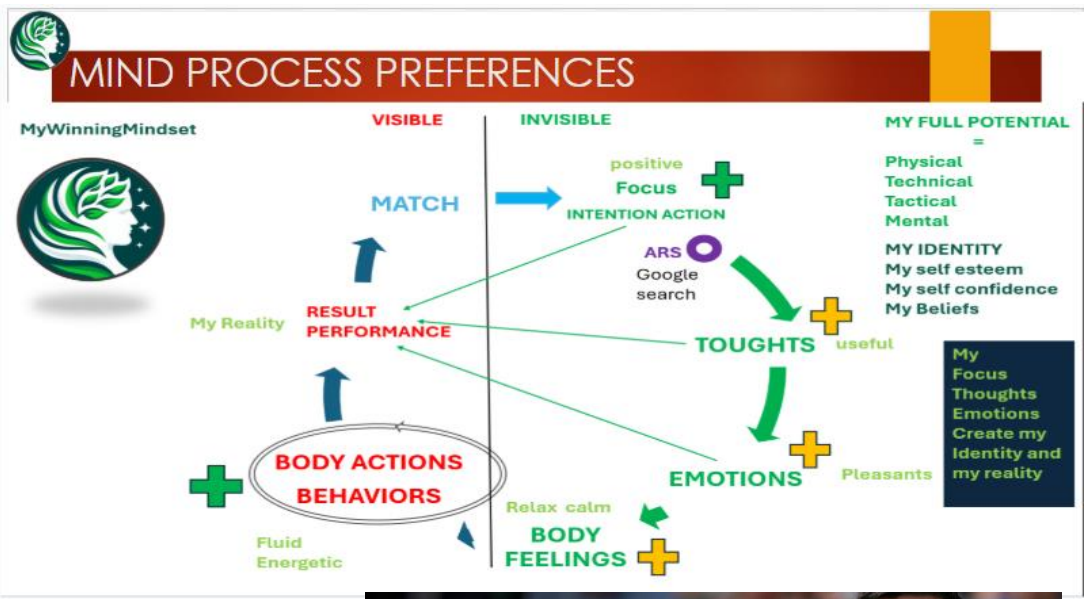
**4 RIGHT LOOK DOWN**  
Visualisation associated  
Feeling- emotions  
What i need to add  
or change ?



**2 LEFT LATERAL LOOK**  
What it look like ?  
What happen in my mind?  
What are my thoughts?

**1 LEFT LOOK DOWN**  
GOAL –SENSATIONS  
IMAGINE THE RESULT YOU HAD  
What wil change in my life?

**REPETE CIRCUIT 3 TIMES**



I behave like I get already the result I train for  
 keep my composure and posture strong all time

I feel so good the get the result  
 I feel calm , relax and focus on the court

I m so excited and so enthusiast to get happy to get the result I dream

Im so proud to get so result I wanted  
 I always knew I was capable of **MAKE IT**

RESULT  
 REALITY

BEHAVIORS

FEELINGS

EMOTIONS

THOUGHTS



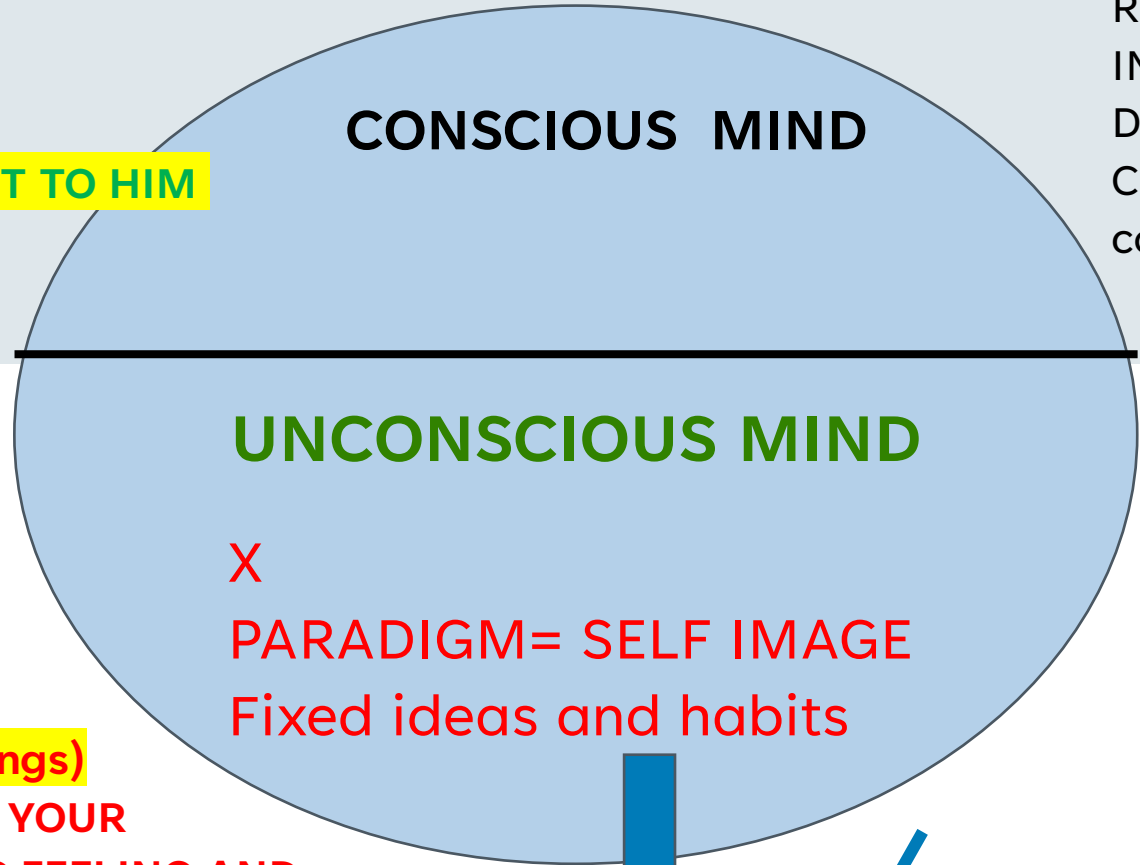
# THE MIND IMAGE

THINKING  
REFLECTION  
INTELLIGENCE  
DECIDE  
Can accept or reject ideas  
concepts



**MUST ACCEPT EVERYTHING GIVE IT TO HIM  
EMOTIONS / CANNOT REJECT**

FEELINGS  
CAN'T MAKE THE  
DIFFERENCE BETWEEN  
REALITY AND IMAGINATION  
Don't understand the negative

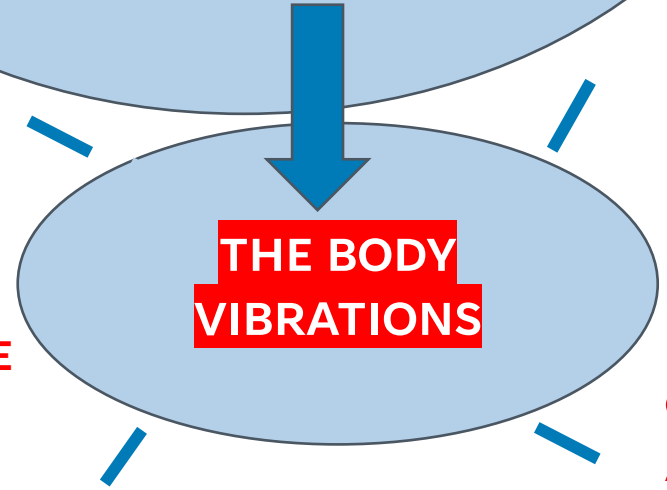


**PARADIGM IS A PROGRAM  
WHO CONTROL YOUR  
BEHAVIORS  
AND SELF IMAGE  
PARADIGM IS THE CAUSE  
OF THE RESULT**

**Paradigm is result of your child  
Experience and educations  
(Self IMAGE, beliefs, emotions feelings)**

**X  
PARADIGM= SELF IMAGE  
Fixed ideas and habits**

**PARADIGM IS THE VIBRATIONS OF YOUR  
THOUGHTS SELF IMAGE ,BELIEVES FEELING AND  
EMOTIONS  
AND CONTROLE YOUR RESULTS**



**ACTIONS**

**X RESULTS**

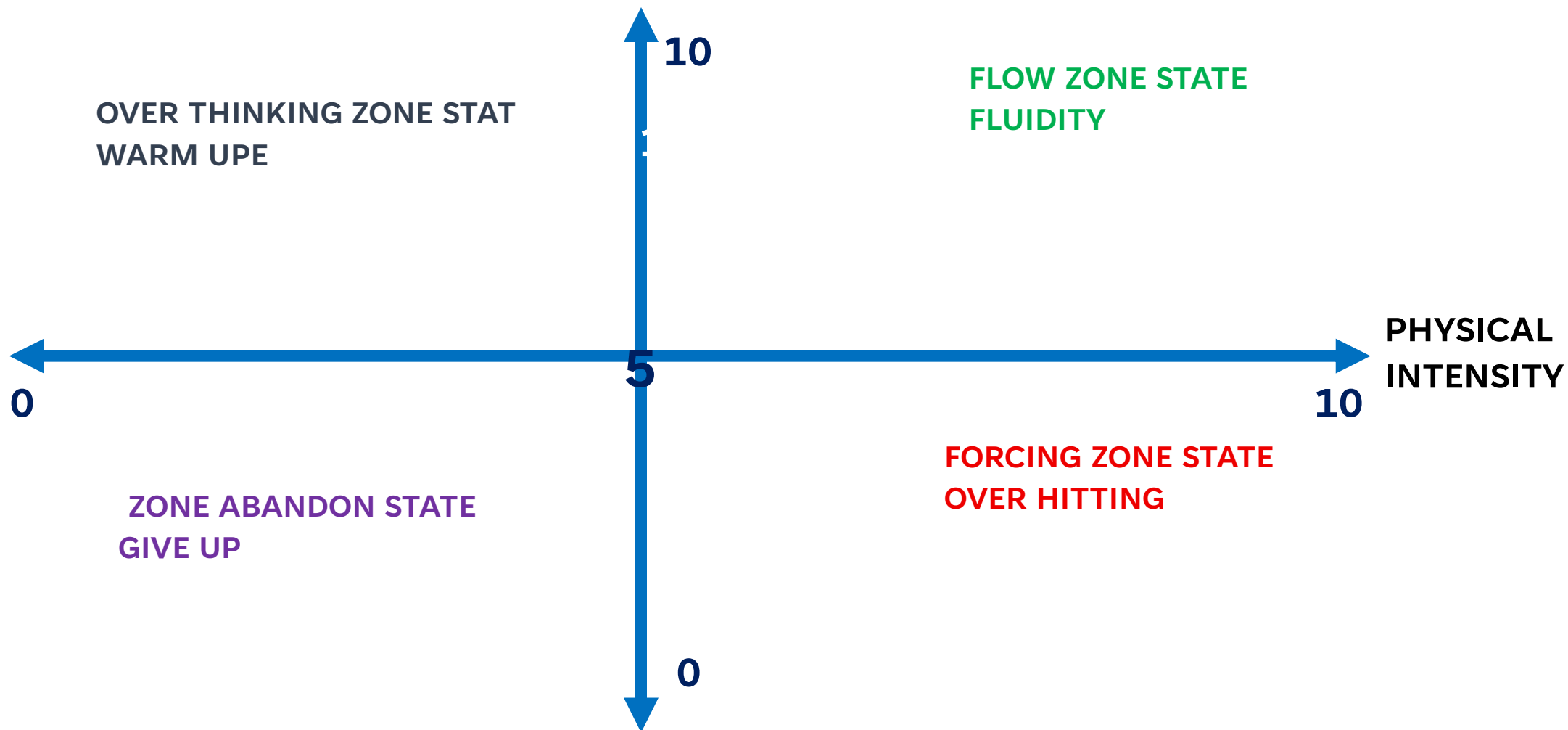
**TO CHANGE YOUR RESLUTS YOU NEED TO CHANGE  
YOUR PARADIGM BY  
CHANGING YOUR PERCEPTION, SELF ESTIME  
THOUGHTS, EMOTIONS AND FEELINGS**

**change to: y paradigm = y results  
change your self image  
Accepting to be see as N1 or  
arrogant or lucky or rich**

**THE BODY MUST VALIDATED**



# PLAYER PERFORMANCE ZONE QUADRANT



# EXPECTATION POSITIONNING PREFERENCE



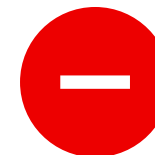
I DONT PLAY WELL AT MOMENT  
I FEEL TIRED LOST MY TIMING



HE VERY GOOD HE BETTER THAN ME  
HE BEAT ME BEFORE



I PLAY SO WELL AT MOMENT  
I HIT THE BALL HARD AND HIT WINNERS



HE NOT SO GOOD  
NO BIG SHOT  
POOR PLAYER



IT WILL BE A BAD MATCH  
DONT LIKE HIS GAME



HE PLAY BAD TOO  
BAD MATCH



IM FEEL GOOD ? IM WELL PREPARE AND  
CAREFULL IT WILL BE A HARD MATCH AND  
IM READY TO RUN AND FIGHT



HE PLAYING WELL  
HE CAN HURT ME  
WILL BE A GOOD CHALLENGE MATCH



# CHAMPIONS TIME FOCUS PREFERENCES

## HOURGLASS PERFORMANCE TOOL

THE PERFORMANCE  
IS MADE IN THE PRESENT TIME

FUTUR REPRESENT  
RESULTS / OUTCOME

PAST REPRESENT THE  
ERRORS OR REGRTES  
MADE

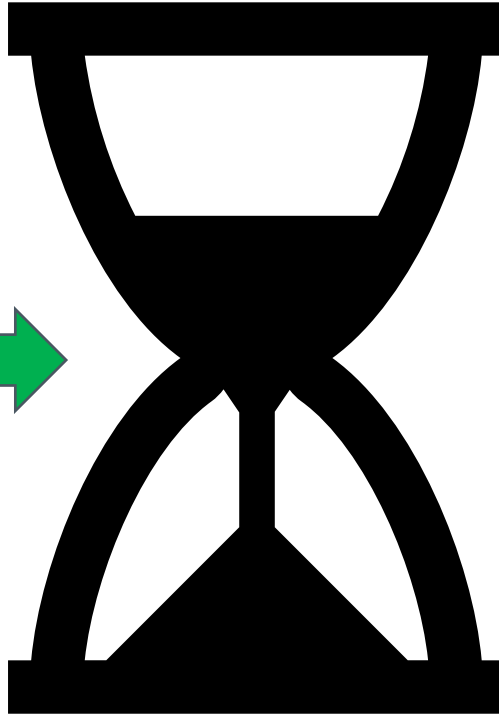
FUTUR



PRESENT



PAST

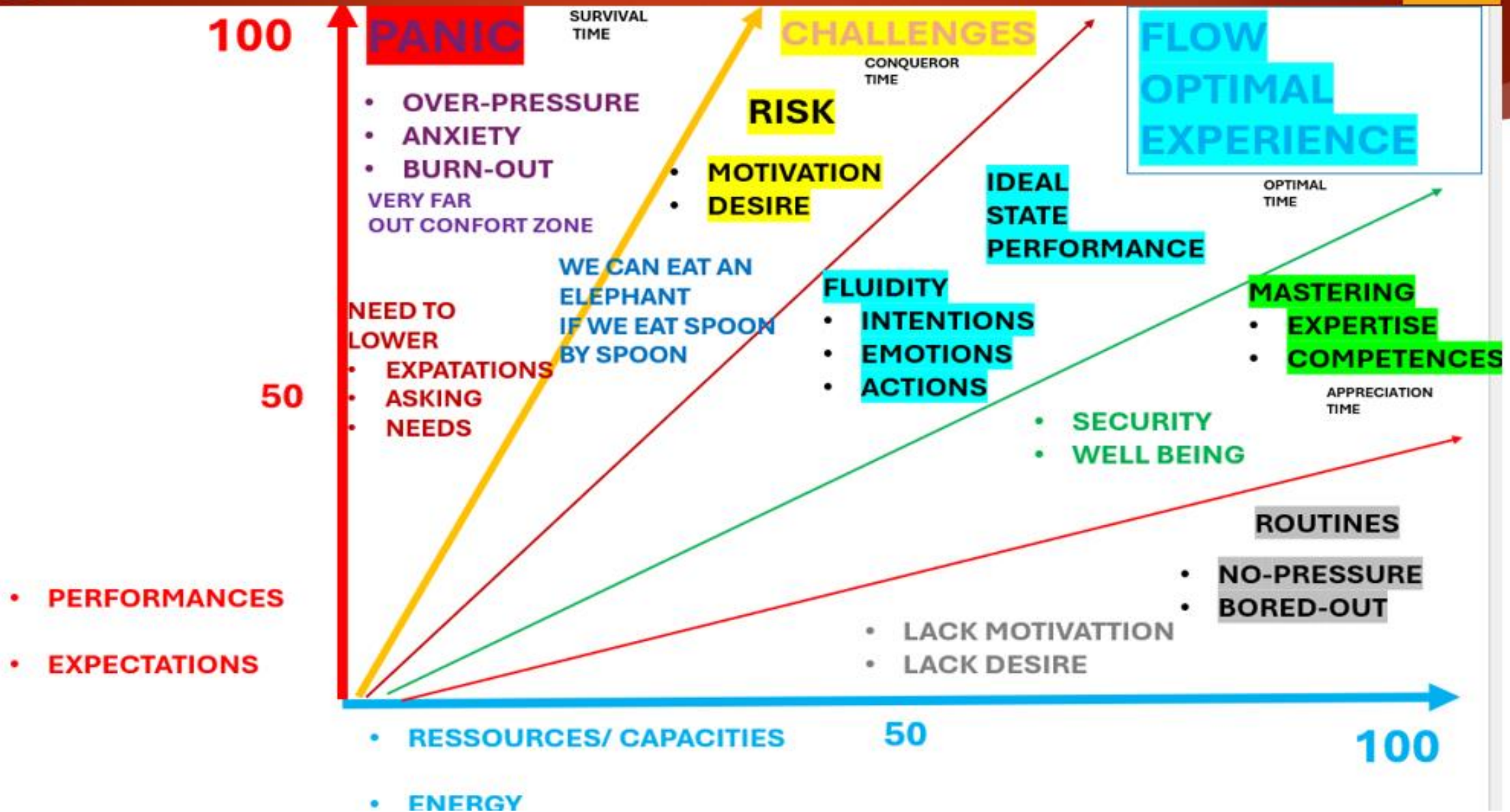


PRESENT =

- ME
- HERE
- NOW

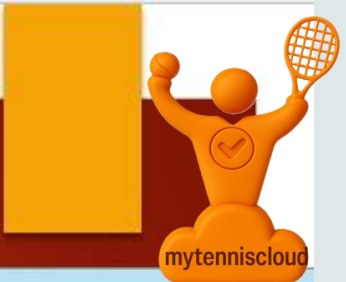


# PERFORMANCE ZONES PREFERENCES



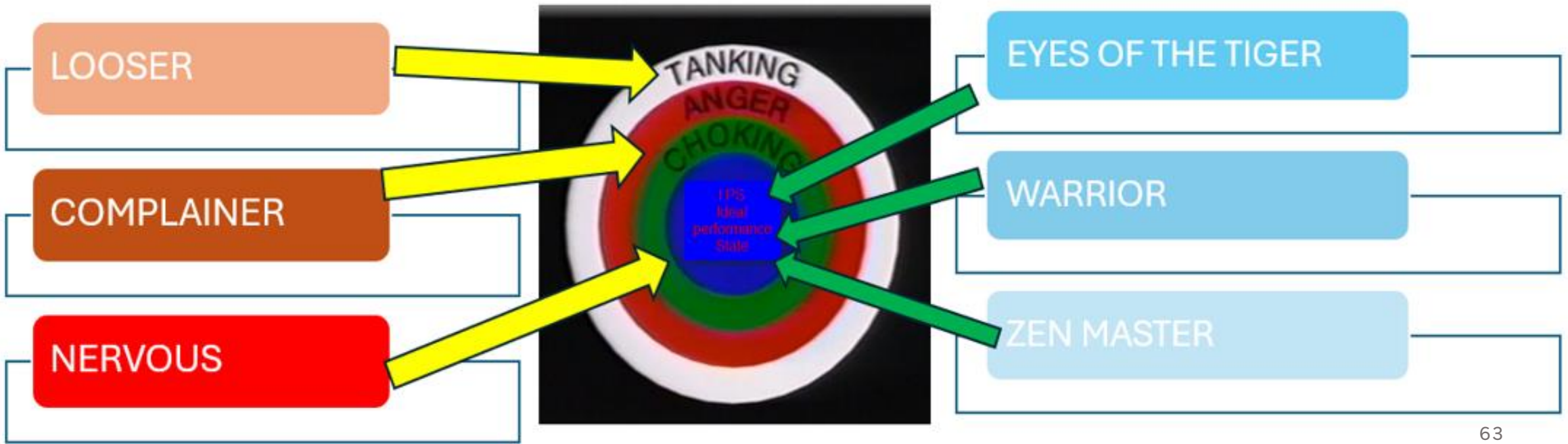


# BODY LANGUAGE PREFERENCE



## MIND BODY BEHAVIOR LANGUAGES

WWW.MYTENNISCLOUD.COM





# PLAYERS SUCCESS CIRCLE PREFERENCE

HOW DO YOU DEFINE SUCCESS ?

LEVEL OF PLAY  
EFFORT  
BEST GIVE

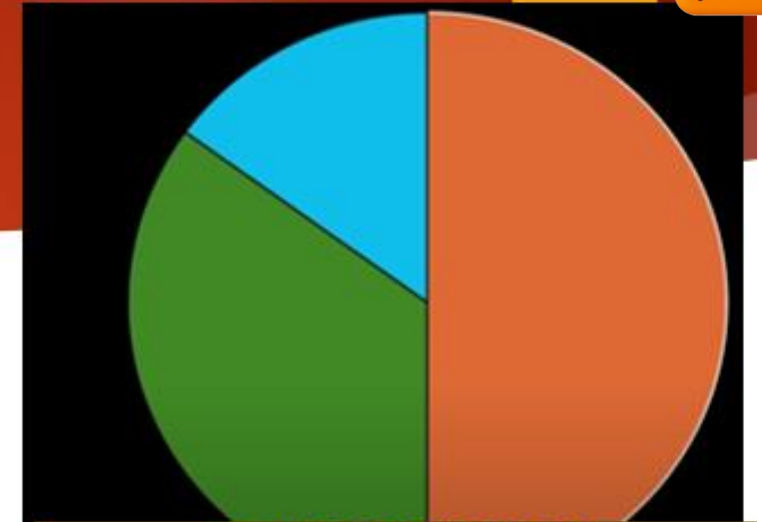
OUTMATCH  
THE OPPONENT



1. Is what I'm doing working?
2. What is my ideal formula?
3. How do we develop it?

**BALANCED CIRCLE BRING**

- RESILIENCE
- MENTAL WELL-BEING
- PURPOSE



ADAPTABLE FOR COMPETITION



ADAPTABLE FOR TRAINING



# FIXED MINDSET

# MINDSET CHARACTERISTICS

# GROWTH MINDSET

SET - YOU HAVE WHAT  
YOU HAVE

**SKILLS+INTELLIGENCE**

CAN BE GROWN AND  
DEVELOPED

HOW THEY LOOK  
PERFORMANCE FOCUS

**MAIN CONCERN**

LEARNING / GETTING BETTER  
PROCESS FOCUS

SOMETHING YOU DO  
WHEN YOU'RE NOT GOOD

**EFFORT**

AN IMPORTANT PART OF  
LEARNING

GIVE UP / CHECK OUT

**CHALLENGES**

PERSEVERE / WORK THROUGH  
IT - SHOW MORE GRIT

TAKE IT PERSONAL  
GET DEFENSIVE

**FEEDBACK**

LIKE IT / USE IT TO LEARN

HATE THEM / TRY  
TO AVOID MAKING THEM

**MISTAKES**

TREAT THEM AS A LEARNING  
OPPORTUNITY



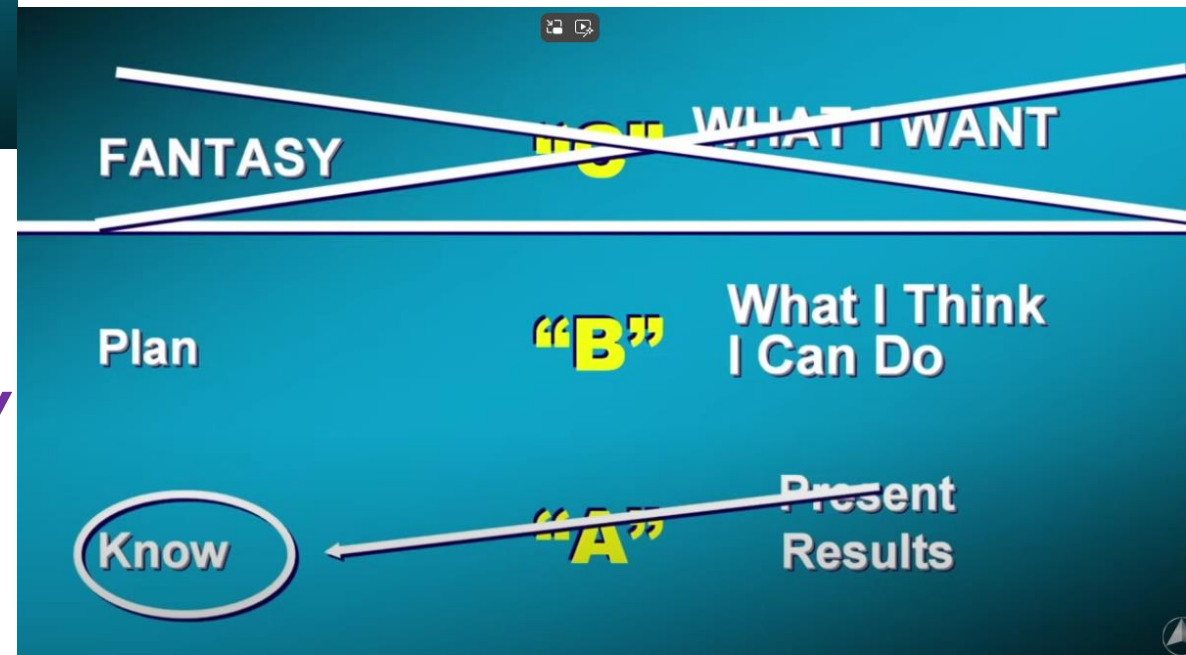
**MOST OF TENNIS PLAYERS ARE LIMITED BY THE WEAKNESS OF ATTENTION AND THE LIMITATION OF IMAGINATION**

**FANTASY**      **“C”** **WHAT I WANT**

**Plan**      **“B”** **What I Think I Can Do**

**Know**      **“A”** **Present Results**

**NOBODY GETS ENERGY BUT BEST TENNIS PLAYERS RELEASES ENERGY FOR WHAT THEY WANT THE MOST**





You Don't Know How  
C-Type Goal

"What Do YOU Really Want To Do?"

THE BODY MUST VALIDATE  
THAT  
THIS GOAL IS GOOD FOR YOU

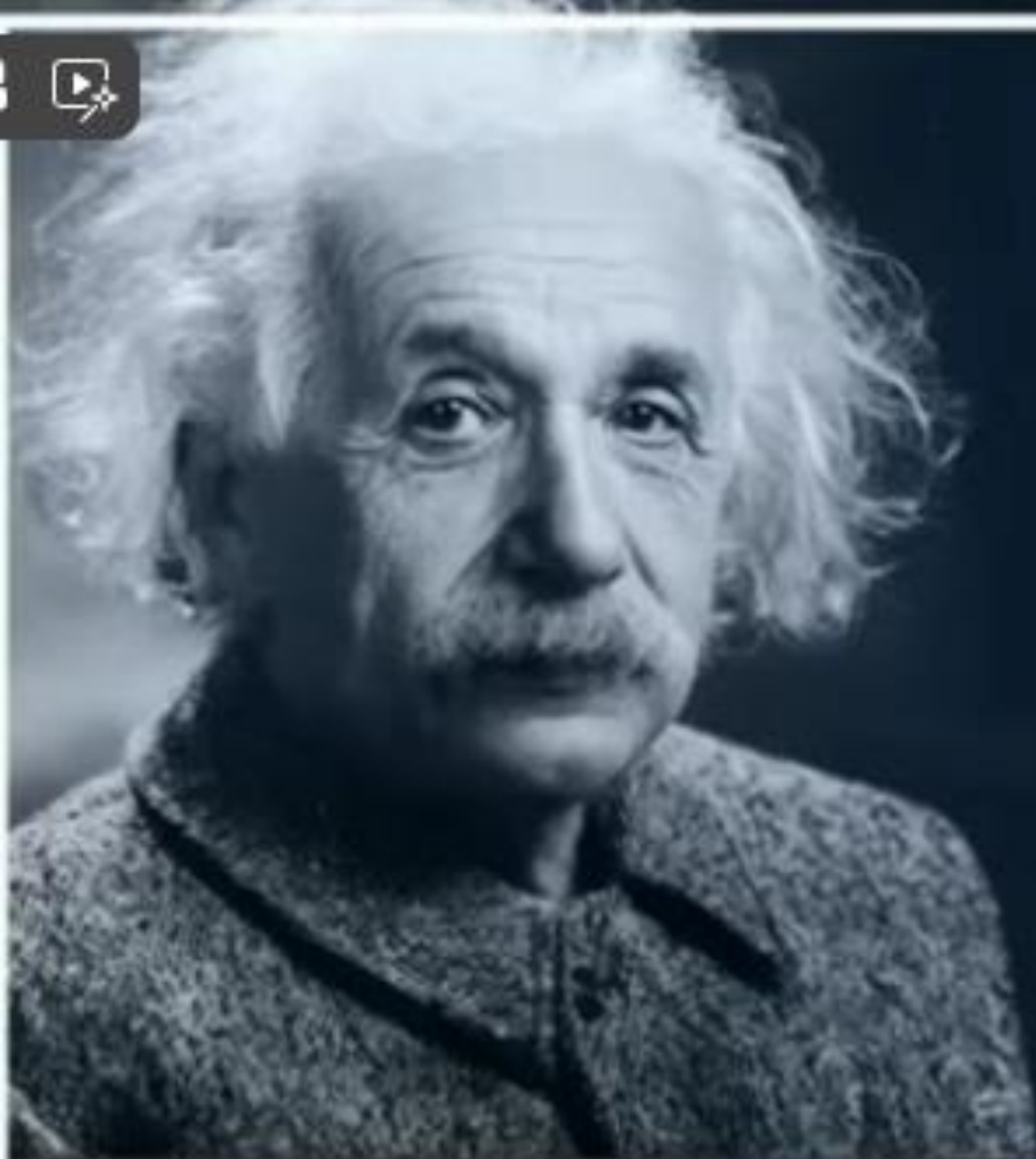
STRENGTH

Kick Your IMAGINATION Into High Gear

A-Type Goal

You Know How To Do It





"Everything is energy and  
that's all there is to it.

Match the frequency of the  
reality you want and you  
cannot

help but get that reality.

It can be no other way.

This is not philosophy.

This is physics."

Albert Einstein





POWER

THOUGHTS



FEELINGS



BODY

ACTING

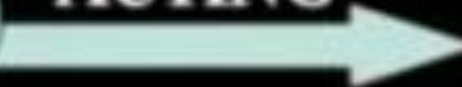
3.

**RESULTS**

ATTITUDE

1.

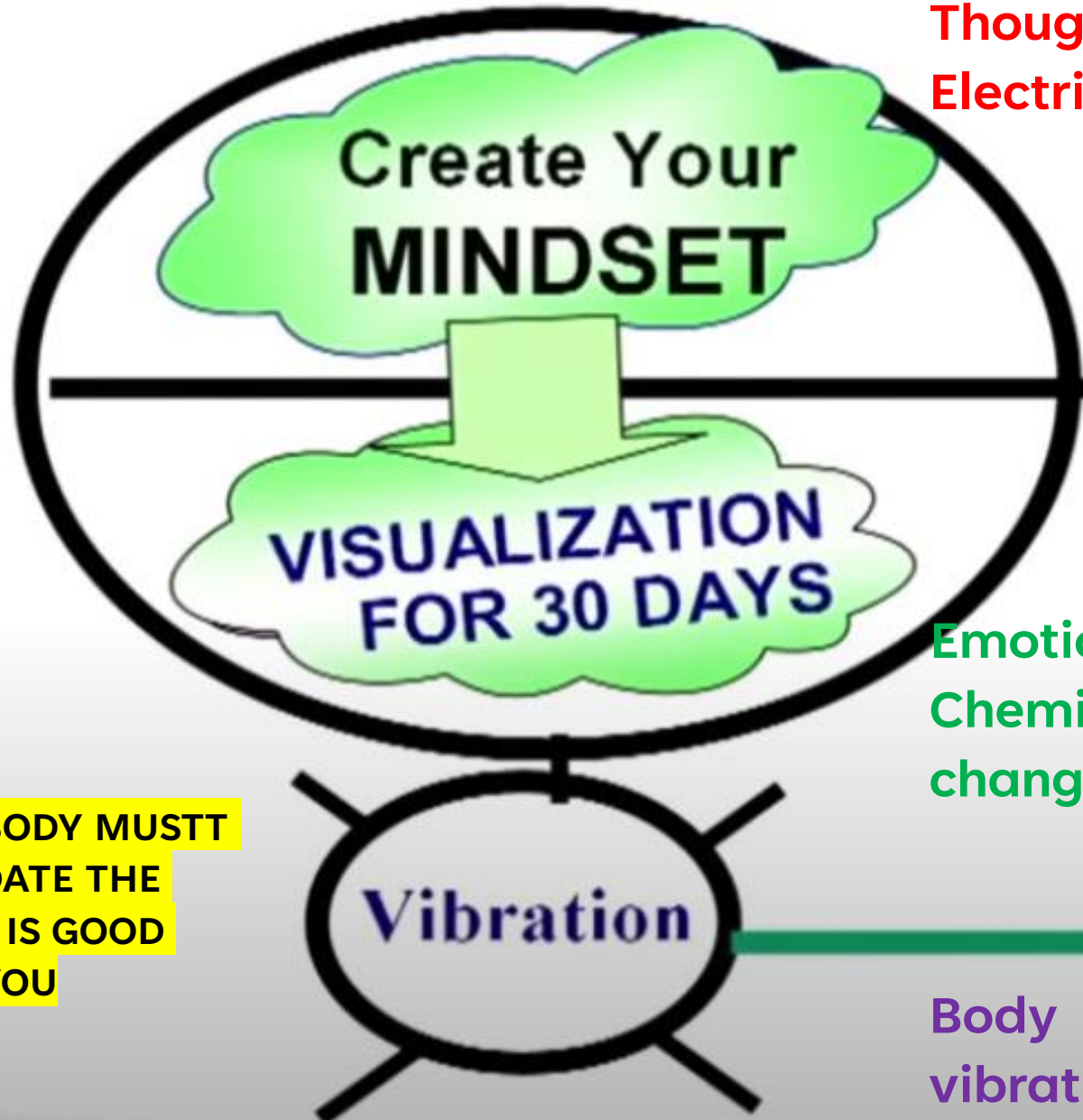
2.



A BELIEF = THOUGHT+ EMOTION



Thought  
Electric impulse



THE 4 A

- AUTHORISATION / DEEP INSIDE YOU
- ATTRACTION/ VIBRATIONS
- ASSUMING / WHAT PRICE TO PAYE ?
- ACTIONS /TRAINING
- + DELIBERATED PRACTICE

THE BODY MUST  
VALIDATE THE  
GOAL IS GOOD  
FOR YOU

Body  
vibrations

Result



# GOALS SETTING PREFERENCES



WWW.MYWINNING-MINDSET.COM

## GOALS = P.E.F

### 1. PICTURES (IMAGINATION)

SELF IMAGE



### 2. EMOTIONS

ENERGY

### 3. FEELINGS (SENSATIONS)

VIBRATION

FEEL LIGHTER ?

FEEL HEAVIER ?

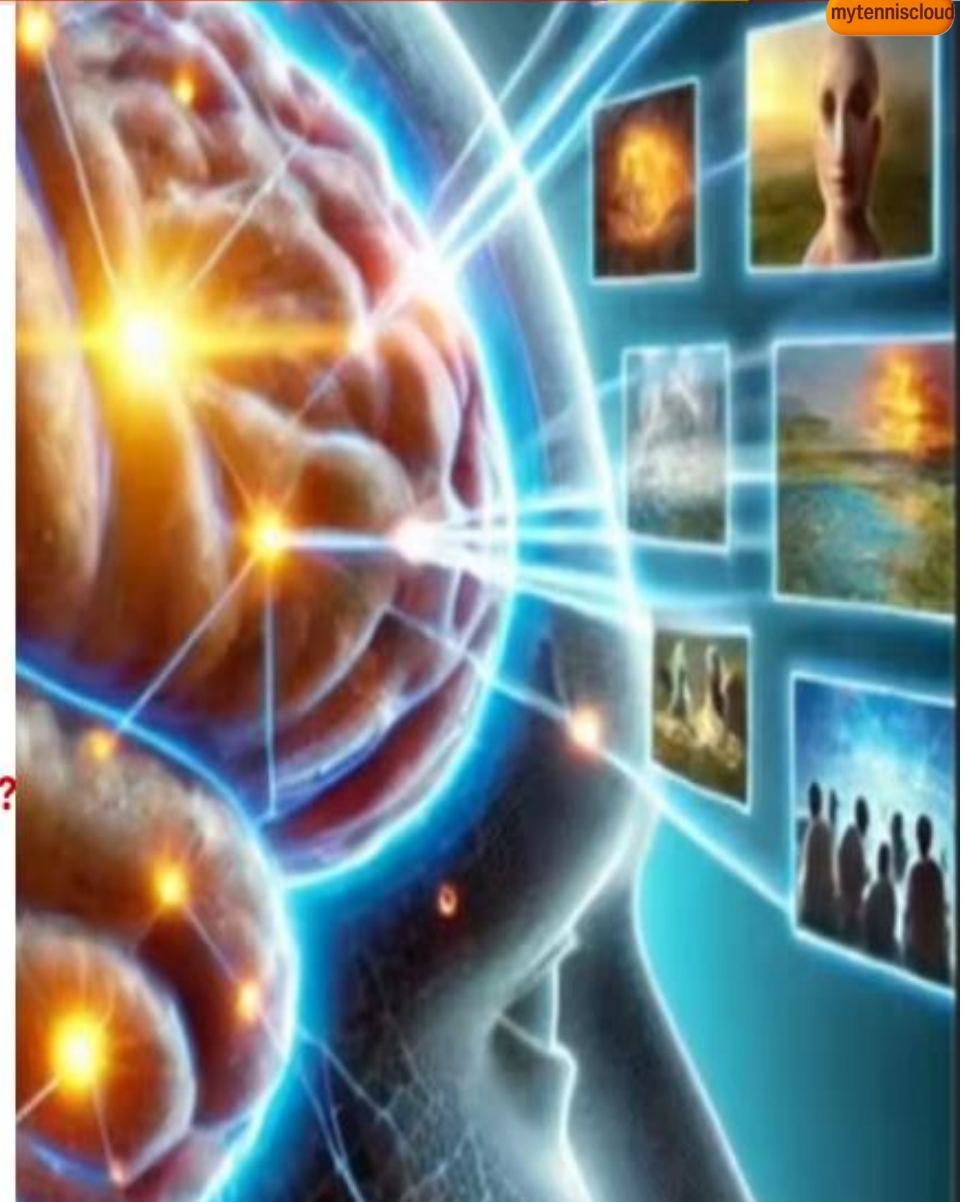
HOW ?

WHAT ?

WHEN ?

WHERE ?

HOW MANY ?



# THE POWER OF IMAGINATION BY EMILE COUET

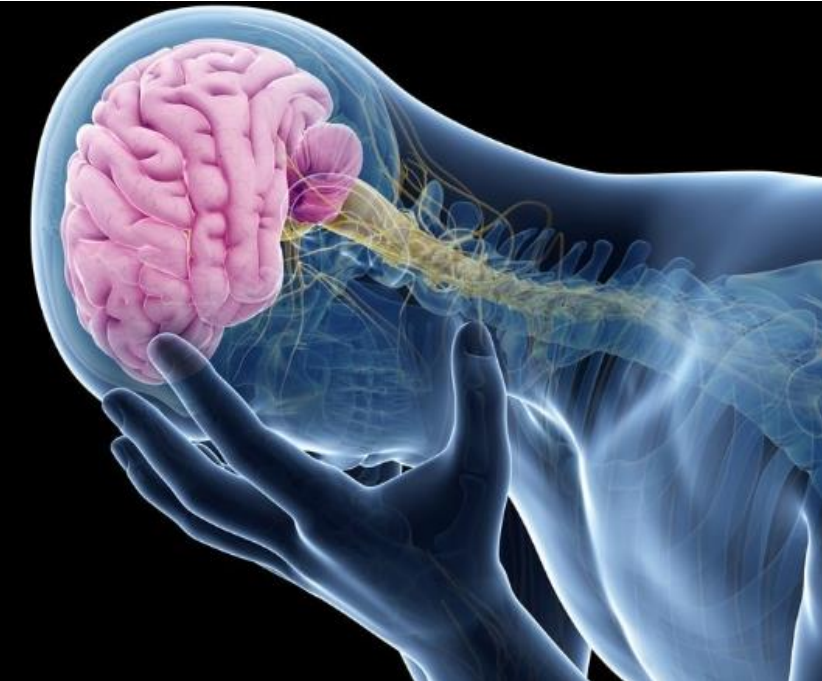


- ANY THOUGHT IN THE MIND BECOME REALITY( reasonable)
- ANY THOUGHT THAT ONLY OCCUPIES OUR MIND BECOMES TRUE FOR US AND TEND TO TURN INTO ACTION(printed)
- CONTRARY TO WHAT WE ARE TAUGHT ITS NOT OUR WILL THAT MAKES US ACT ,BUT OUR IMAGINATION
- IT'S NOT THE WILL THAT IS MAN FIRST FACULTY BUT THE IMAGINATION
- WHEN THE WILL AND IMAGINATION ARE FIGHTING ,ITS ALWAYS THE IMAGINATION WHO WIN WITHOUT ANY EXCEPTION
- IN THE CONFLICT BETWEEN THE WILL AND THE IMAGINATION,THE FORCE OF THE IMAGINATION IS IN DIRECT RATIO TO THE SQUARE OF THE WILL( force will is 10 ,then imagination force is 100)
- WHEN THE WILL AND THE IMAGINATION ARE ALIGNED ,ONE DON'T ADD TO THE OTHER BUT ONE IS MULTIPLIED BY THE OTHER(our job is to delete fight between will and imagination and help imagination to multiplied the will )
- Imagination can be led( by the person or a coach)



# UNCONSCIOUS PERFORMANCE BLOCKAGES

**1**  
PLAYERS IDENTIFIED  
THEMSELVES TO THEIR RESULTS  
INSTEAD OF THEIR TRUE IDENTITY



**2**  
PLAYERS COMPARE THEMSELVES  
TO OTHER PLAYERS  
AND DIMISHED –LOWER THEMSELVES

1) TO HATE A TRAIT OF CHARACTERE OTHER HAVE  
AND THEY NOT RECOGNIZE IN THEMSELVES

2) TO ADMIRE A TRAIT OF CARACERE THEY FEEL LACKING  
AND THINK THEY CAN'T COMPET AGAISNT  
THEM COS OF THIS TRAIT

**3**  
TO FEEL FEARS BASE ON THE ILLUSION ON WINNING –LOOSING  
THEY SEEING THAT WILL HAPPEN WILL HAVE  
MORE DISADAVNATGES THAT NENEFICES SO FEARS WILL APPEAR

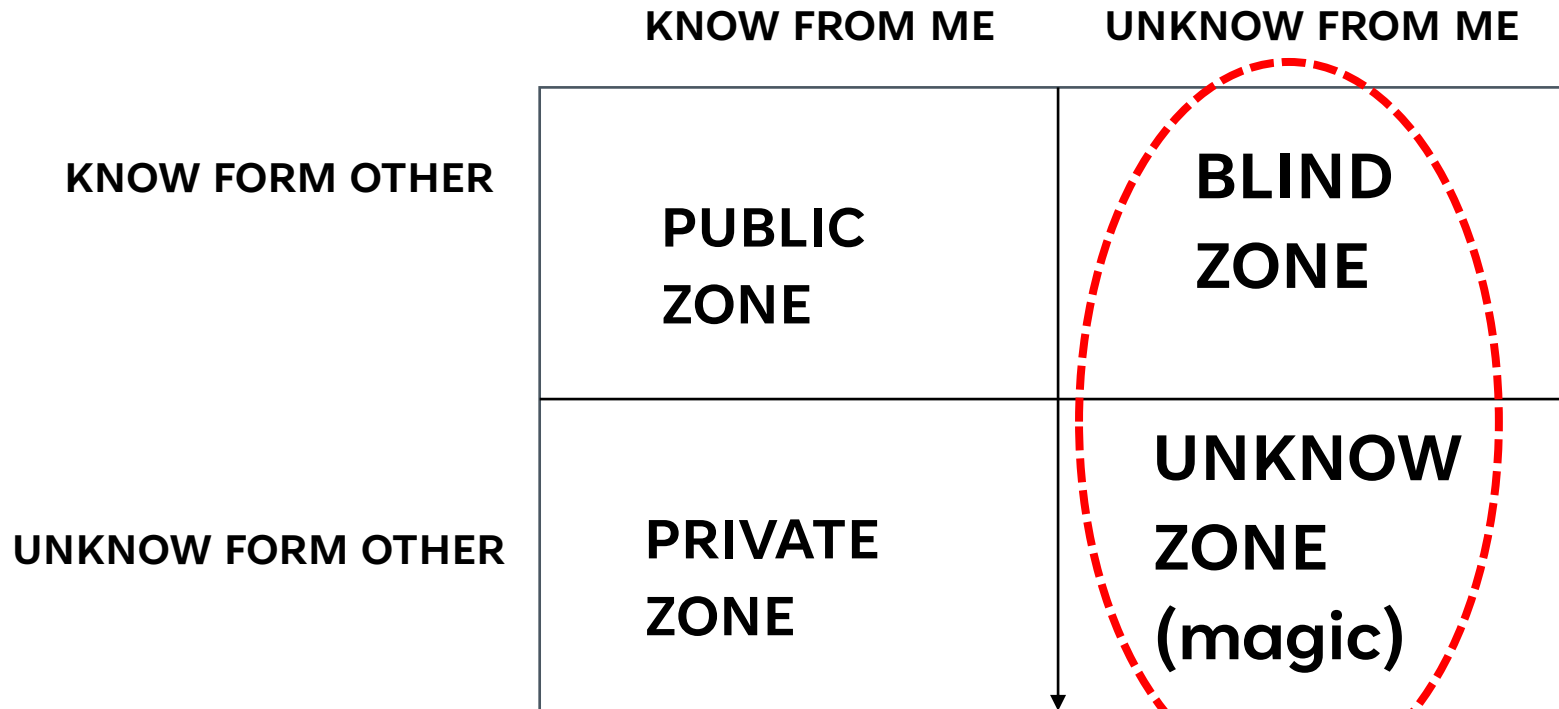
**4**  
SEEING AND FEELING OF BELONGING  
TO THE LEVEL/ RANKING THEY WANT TO PLAY OR THEY ARE NOW

**5**  
EXPECTATION TOO HIGH INSTEADF OF IMAGINATION AND VIRATIONS



# SELF CONSCIENCE ZONES

## 6 QUESTIONS TO UNLOCK CAPACITIES



**NEED TO BE COACH TO UNLOCK CAPACITIES**

**AND BLOCAKES**

- IDENTITY
- VALORS

1-WHAT CHOICE I HAVE NOW THAT I NEVER HAD BEFORE ?

2 – WHAT ENERGY AND CONSCIOUSNESS CAN I BE AND HAVE FOR MY FUTUR BE REALISED IN TOTAL JOY AND FLUIDIITY?

3-WHAT IF THE RIGHT THING IN THIS SITUATION THAT I DON'T UNDERSTAND ?

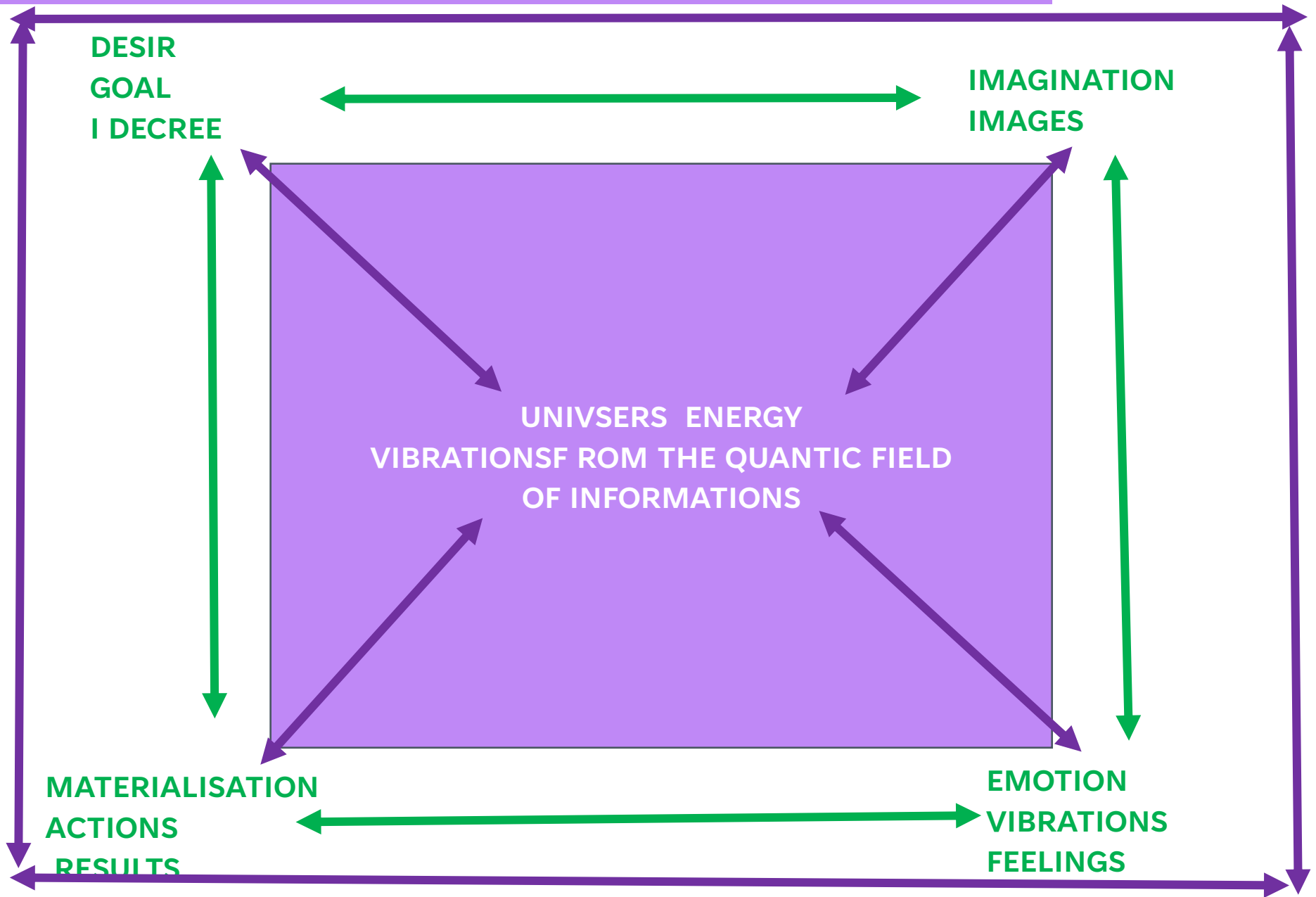
4 –WHAT SORT OF OPPORTUNTIES CAN I HAVE TODAY ?

5- WHAT MARVEILLOUS MEETING WILL I MAKE TODAY ?

6 – WHAT ITWILL TAKE FOR X THING TO MANIIFEST IN MY LIFE ?

**THIS QUESTIONS HELP TO CHANGE THE PARADIGM**

# SQUARE OF SUCCESS



DESIR  
GOAL  
I DECREE

IMAGINATION  
IMAGES

UNIVERS ENERGY  
VIBRATIONS FROM THE QUANTIC FIELD  
OF INFORMATIONS

MATERIALISATION  
ACTIONS  
RESULTS

EMOTION  
VIBRATIONS  
FEELINGS

# THE 4 KIND OF THOUGHTS AND PREFERENCE



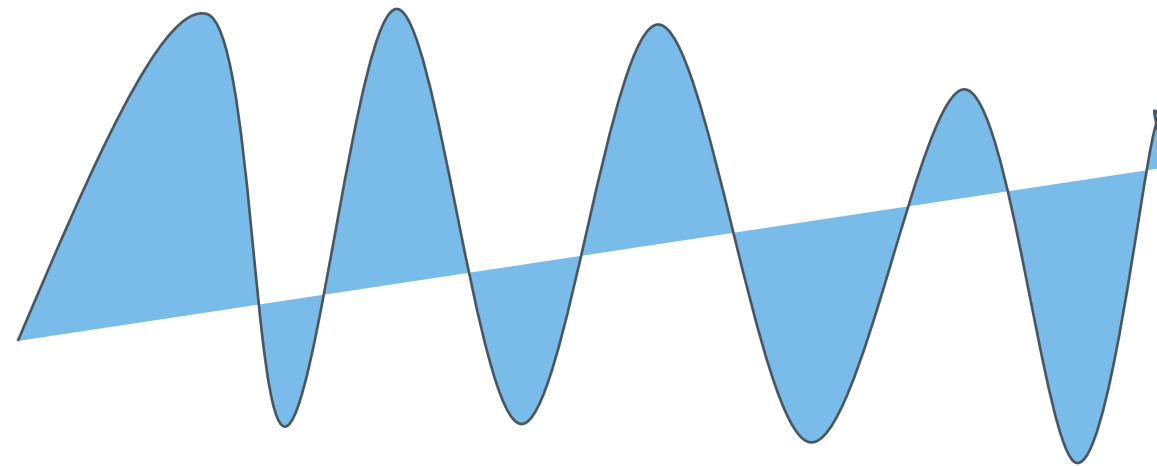
5% WILL / DESIR CONSCIUOS	IMAGINATION UNSCONSCIUOS 95%	RESULTS GAIN
+	-	-
+	+	++++
-	+	+
-	-	----

# RESILIENCE

## WHAT IS RESILIENCE FEELING ?



**NOT KNOWING  
I WANT TO KNOW**



**KNOWING  
I KNOW HOW TO DO IT**

**THE LEARNING SPACE**

**Feeling = frustration**

The resilience feeling mean not how quick you want to go from I want to know to knowing how to do it but how long you can tolerate to stay between the learning space



# HEART-BRAIN COHERENCE

## 3 STEPS TO HARMONIZE YOUR HEART AND BRAIN

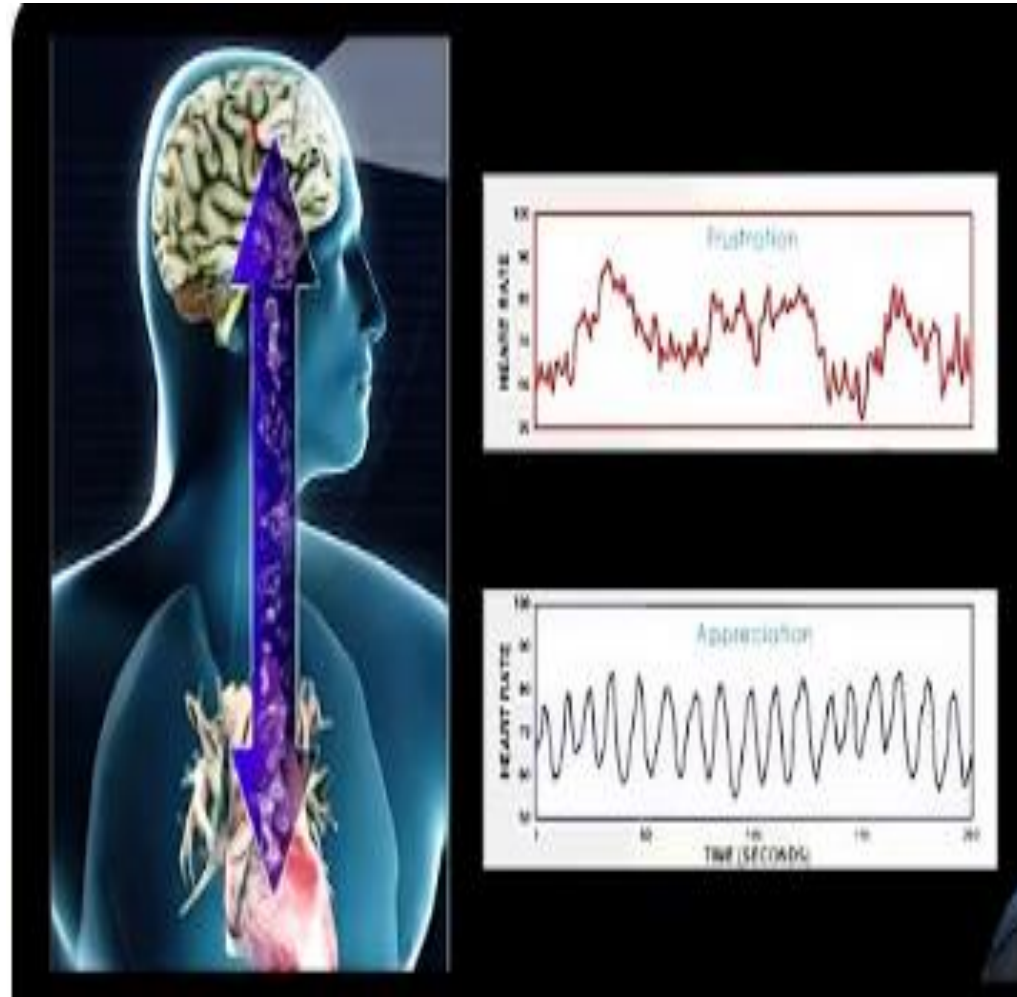
1 SHIFT YOUR AWARENESS TO YOUR HEART BY CLOSING YOUR EYES AND GENTLY TOUCH YOUR HEART

2 SLOW DOWN YOUR BREATHING RHYTHM – EXHALL LONGER THAN INHALL

3 FEEL THE FEELING BETWEEN YOUR HEART AND BRAIN CONNEXION OF GRATITUDE-CARE-KINDNESS EMOTIONS

## PASSIVE BENEFITS

- Boost immune system
- Reduce stress level
- Boost general well being
- Boost resilience to changes



## ACTIVE BENEFITS

- Boost intuition
- Boost imagination
- Boost affirmation

# SECRET MINDSET MANTRA TO SUCCESS IN TENNIS



I TAKE A DECISION THAT IM ALWAYS VERY HAPPY AND GRATEFULL TO  
THE LEVEL I PLAY  
AND THE RESULTS I GET

BUT

IM NOT SATISFIED BECAUSE I KNOW  
IM CAPABLE OF DOING BETTER AND GET MORE RESULTS.



DESIR RELZASE THE ENRGY TO SUCCESS



# Question to find limiting beliefs



Every behavior have a reason  
BUT Can be hard to find out WHY ?

Ask the player :

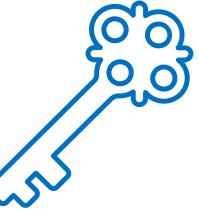
What will be the inconvenient or disadvantages to get what you desire ?  
Or achieve what you want ?

**HELP TO HIHLIGHT THE LIMITING BELIEFS AND THE  
CONGLICT BETWEEN THE VALUES AND THE BEHAVIOR.**

# 2 KEY'S TO PLAY IN THE ZONE



## ALL THAT HAPPEN BEFORE THE MATCH



- FIND/ KEEP YOUR OWN PERSONAL DEEP MOTIVATION
- YOUR OWN EXPECTATION BUT KEEP STRECHT YOUR GOAL
- KEEP YOUR OWN POSITIVE AND STRONG SELF IMAGE
- KEEP YOUR OWN INTENTION-ACTION PROFILE



## WHEN YOU STEP ON THE COURT AND START HIT THE FIRST BALLS

- ORDER YOUR **ASR** (SEARCH ENGINE) TO FOCUS ONLY ON THE BALL
- KEEP YOUR OWN ROUTINES BETWEEN POINTS (relax body, mind, breath, plan, ready)
- KEEP THOUGHTS ONLY ON BALL, RESULT, BALL, BALL YOU ARE POSITIVE
- KEEP THOUGHTS BALL , BALL , RESULT, BALL ,BALL,BALL, BALL YOU ARE IN THE ZONE

# PERFORMANCE BOARD VALIDATION TEST



**BODY  
FEELINGS  
SENSATIONS  
ACTIONS**

**WILL  
DECISION  
CHOICE**

**IMAGINATION  
SELF IMAGE  
INTUITION**

**MOTIVATION**

**PLEASURE  
AVOID  
INTRINSIC  
EXTRINSIC  
WARRIOR  
HEROS  
ARCHITECT**

**VALUES**

**SPORTS  
FAMILLY  
HEATHL**

**NATURAL MOTORS  
MOTIONS  
INTENTION  
EMOTIONS  
ACTION**

**INTENTION  
EMOTION  
ACTION**

# PERFORMANCE BOARD VALIDATION TEST



BODY  
FEELINGS  
SENSATIONS  
ACTIONS

WILL  
DECISION  
CHOICE

IMAGINATION  
SELF IMAGE  
INTUITION

## AFFIRMATIONS

IM CONFIDENT  
IM EXCELLENT PLAYER  
IM A CHAMPION

CHARACTER, YOU DISLIKE IN OTHERS

ARROGANT  
SELFISH  
LUCKY

IS IT OK FOR YOU TO HAVE OR PEOPLE  
FIND THIS CHARACTER IN YOU  
THIS 3 CHARACTER

ARROGANT  
SELFISH  
LUCKY

CHARACTER, YOU ADMIRE  
IN OTHER PEOPLE

STRONG  
BRILLANT  
FOCUS

IS IT OK FOR YOU TO ADMIT  
YOU HAVE THE SAME 3 CHARACTER  
IN YOU

STRONG  
BRILLANT  
FOCUS

# PERFORMANCE BOARD VALIDATION TEST

BODY  
FEELINGS  
SENSATIONS  
ACTIONS



WILL  
DECISION  
CHOICE

IMAGINATION  
SELF IMAGE  
INTUITION

## FEARS

DO YOU THINK THERE WILL BE MORE  
DISVANTAGE THAN  
ADVANTAGE FOR YOU TO LOSE ?

Yes

Yes

Yes

No

No

No

Do you think there can be the same  
Amount of advantage and disvantage  
than when you lose ?

Yes

Yes

Yes

No

No

No

# THANK YOU AND QUESTION TIME



mytenniscloud

