

# MENTAL STRENGTH TRAINING

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**EPISODE 49**



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# MENTAL STRENGTH TRAINING

"When we develop our mental strength  
we can do almost anything."

1. THE ART & PRACTICE OF SELF-DEVELOPMENT
2. STOP PLAYING THE VICTIM
3. FIGURE OUT YOUR F-BOMB
4. LEADERSHIP DEVELOPMENT
5. MENTAL REHEARSAL

## 1. THE ART & PRACTICE OF SELF-DEVELOPMENT

Self-Improvement

- "Improvement" implies there is something wrong with us

Self-Development

- "Development" implies growth

- SWOT (Strengths, Weaknesses, Opportunities, Threats) Analysis
- Make self-development your own
- "There is no failure, only feedback."
- Practice not Perfect

## 2. STOP PLAYING THE VICTIM

- Being the victim disempowers us so that we can't change
- Accountability = "What else can I do to rise above my circumstance and get the results I want"
- The victim mentality is often afraid of succeeding (When you succeed you are given more responsibility)



### 3. FIGURE OUT YOUR F-BOMB

F-Bomb = FEAR = mentally rehearsing an outcome we don't want



- Understand where the fear comes from
- Fear is often something we make up in our mind

### 4. LEADERSHIP DEVELOPMENT

- A leader owns their results and accepts responsibility
- Be aware that people are watching you
- "You have to be able to lead yourself first before you can lead other people"



### 5. MENTAL REHEARSAL



Mental Imagery

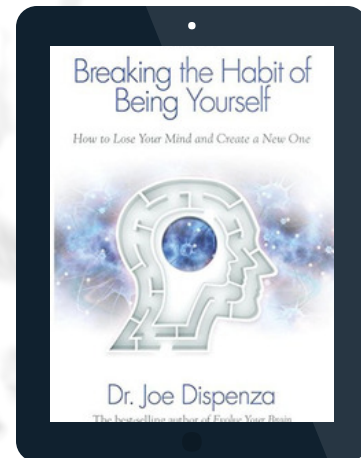
Mental Rehearsal

- It's not just an image. It's all the senses.
- Mental habits take time and practice
- There is an unequal amount of time spent practicing mental strength vs technical skills

**"Every compartment of your mind is to be programmed by you. If you don't take rightful responsibility to program your own mind, the world will program it for you"**

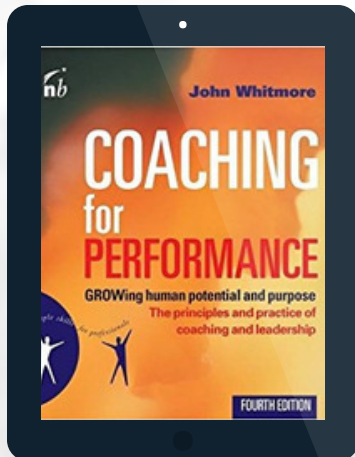
# Breaking The Habit of Being Yourself

by Dr. Joe Dispenza



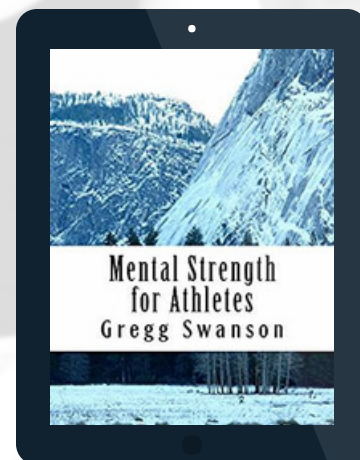
## Coaching For Performance

by John Whitmore



## Mental Strength for Athletes

by Gregg Swanson



## Develop the Mental Strength of a Warrior

by Gregg Swanson

