

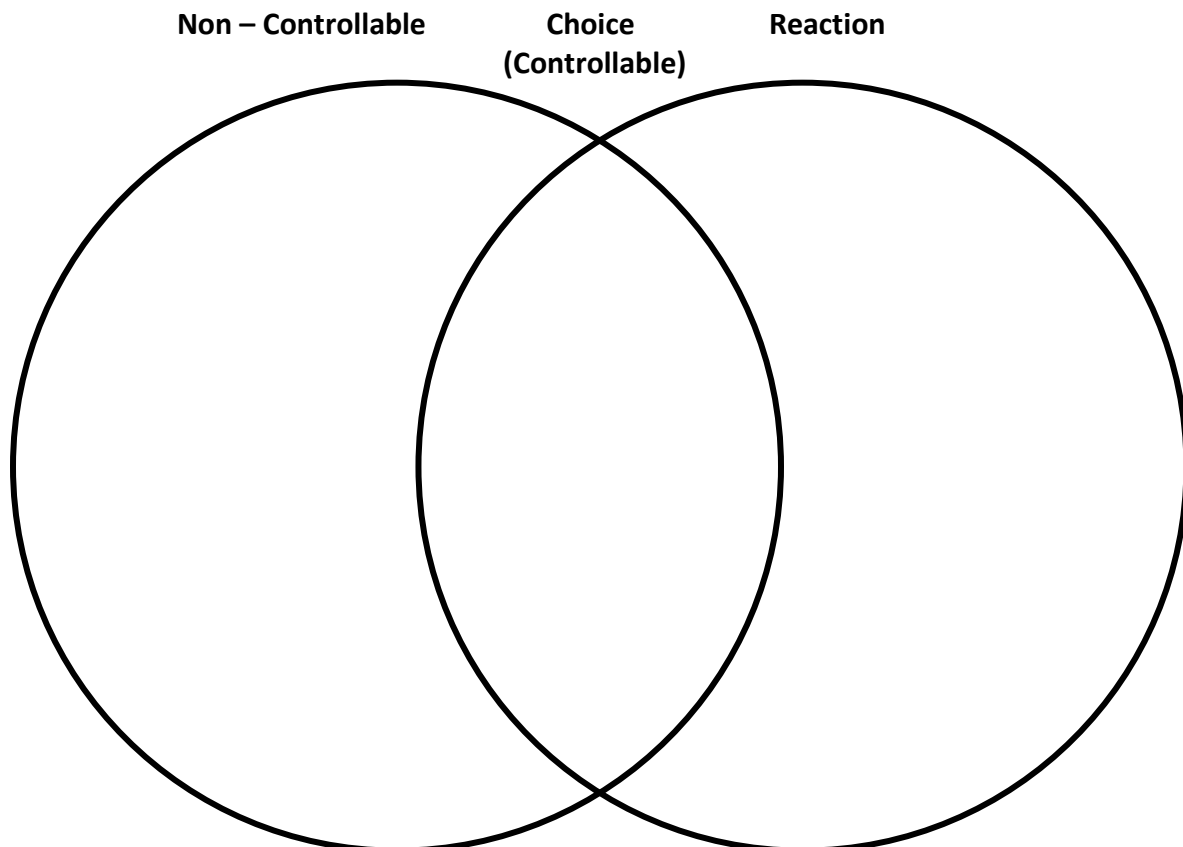
Stimulus + Choice = Reaction

I hope everyone is doing well and moving forward efficiently this offseason. Today we are going to focus on a common conversation within the world of baseball; Controllable vs. Non-Controllable. We often call this (Stimulus + Choice = Reaction). This is a formula we use within our Standards/Values category of the Diamond Series.

The first step after discovering and defining your purpose you will have to uphold personal standards to continuously move forward. Essentially the standards of our life create the choices we make daily. Subconsciously and consciously we will ultimately be the byproduct of our choices.

Baseball is a lot like life, we have a tremendous amount of situations that we quite frankly do not have control over. The mind is activated and pulled out of focus very easily and if we lack the awareness to bring it back into the moment we will often fall victim to the negative reactions that stem from emotional responses to uncontrollable stimuli. A few examples, we do not have control over an umpire, coach, parent or teammate. Within this belief, it is very important that you have control over yourself, attitude and effort. Outside of that, you control very minimally.

You do, however, have the power of influence. Your influence is felt through the energy and body language you project throughout the course of a game, practice or training session. This is a very important trait to understand. For not only your teammates but the opponent and anyone that may be watching your event. As we dive into what we have control over and what we do not keep in mind your influence...You never know who is watching.



Within the above diagram, write down all the things **you do not have control over**.
i.e. , weather, scouts, umpire etc...

In the middle write down all the things you do have control over.
i.e., attitude, energy, effort, teamwork

Within the Reaction category, fill out the differences between reactions of positive and negative choices made after non-controllable situations.
i.e, Non-Controllable = Poor weather

Choice 1.) When the weather is poor, if I react by speaking poorly about it with teammates I usually find myself feeling tired or sore.

Choice 2.) When the weather is poor, I make sure to warm up a little longer to get my body and mind activated to control and dominate the moment.

Reaction: After “Choice 1” I feel sluggish and upset. Compared to “Choice 2” where I find an edge to compete against the competition.

This is an exercise to build awareness of how you will handle your moments. We use a technique known as *When/Then* after you have established the events you don't have control over and what choices you're capable of making.

-When the weather is bad...Then I will make sure to get to the field a little earlier to warm up properly and activate my body and mind.

-When the umpire is making bad calls...Then I will control my body language and eliminate my reactions.

I hope these techniques help you guys out as you navigate through the daily stimulus. As stated at the beginning of this article we must understand we do not have control over much. In fact, most things we don't have control over at all. This can be very peaceful or frustrating depending on how you perceive situations. Once we can see through the frustrations of not getting what we want all the time then we can compete with peace. Humans want to make progress. We want to feel growth, and most of the time this comes from solving problems. As you go throughout your off-season and in the season you will encounter many problems. You will have homework, long nights and early mornings. Weather will constantly change and umpires will always be different. Coaches and parents will bring emotions to the field that might not match where you're at mentally or emotionally. Your job is to own YOU. You must establish concrete standards that you will live by to withstand all the variables thrown at you. What are the top physical standards that allow you to trust and feel prepared? What are the top mental standards that keep you centered? Own the values you carry with you that allow you to compete at your highest level consistently and what traits make you a great teammate. Stick to the process of constant growth and ride the wave of uncertainty.

Best of luck,

Harvey Martin

Social Media: @themindstrongproject Podcast: Mindstrong Project (iTunes)

Website: www.mindstrongproject.com