

THE MINDSTRONG PROJECT PRESENTS "SYSTEMS"

Happy New Year Everyone,

We hope that the offseason is going well and you all are enjoying the holidays. Also, hopefully, you have had time to dive into a little more of what we do and finding ways to optimize your systems. As we head into 2019 it seems fitting to speak on exactly that- YOUR SYSTEMS. As it is commonly termed New Year's Resolution, you will see many references towards this societal push the next few weeks. This is a great concept and definitely a time of year to celebrate, but more importantly, let's take this time not to resolve but to reflect. The definition of "Resolution" is the action of solving a problem, dispute or categorized as making a firm decision to do or not to do something. Although this creates great incentive and push, how do you know what to solve if you don't know how to reflect? How do you know how to make a decision if you don't see the problem? As we usually mention the number one ingredient to this mental performance is the enhancement of your self-awareness. Where we are creatures of habit, it is very difficult to make the decision to change but even harder to execute. It's next to impossible to make any decision if you don't understand where to take the first step. So we want to take time right now and reflect on what we've already built in 2018, from here we can make adjustments and decisions that serve us better in 2019.

The SYSTEMS of the Diamond Series serve as our second base. This is where we place all of our routines and habits. We are going to feed off the goal sheets from last month's article and take that deeper into understanding our days. As a performer, you have to have systems in place that you can trust and more importantly sustain. Before diving into your daily routine or debrief sessions at the end of your day we must understand our triggers.

-What is it that holds you back?

-What takes you off your routine?

-How do you adjust or adapt to new situations?

What is your routine?

*What sets you up in the morning to have success during your day?

(Nutrition, meditation, exercise, reading)

*What is your daily routine to execute?

(Homework time, phone time, training time)

*What sets you up in the evening to unwind?

(Gratitude practice, family/friend time, reading, meditation, walks)

*What is in your control that allows you to feel best during your day?

Take this time to write down your daily routine:

Morning-

1.)

2.)

3.)

Daily routine-

1.)

2.)

3.)

Nightly routine-

1.)

2.)

3.)

If you're able to fill in these spaces with the reflection of what has worked in 2018 then you have given yourself the chance to make the necessary decisions to improve and create a resolution. We must understand that humans have the capacity to create one to two habit changes at a time. Research shows once we try to change three or more habits we have less than a 50% chance of success. We will always have new changes we wish we could make right now, but deciding what we can effectively evolve and enhance is crucial for our development.

As we send off, take time to write down or think about what went well in 2018 and what didn't go well. Reflect on the lessons you learned and the people you met. The knowledge you gained and the wisdom you experienced. The holidays offer us time. It gives us the time to sit back and leave our daily requirements with the ability to step outside of ourselves and see what makes us happy and what optimizes our performance. Whatever the platform, we are all performers. At every walk of life we are

required to perform and before you can make the next move we must establish the foundation through the lessons we've learned. Right now is the present moment. As you read this you are in the present. Peak performance happens right here in the NOW. The too much thought of the future creates fear, whereas too much thought of the past creates guilt. Your goals take time, your visions take time and along the way, you will stumble. We must not spend too much time in the past or we find that feeling of guilt. We must also not spend much time in the future of what could be or we build too much fear. Our mission is to own the moment and spend each day setting yourself up for success with that morning routine. Learn from your daily lessons and find time to debrief before bed.

With this article in mind, you can now see that every day is a New Year's Resolution and every evening is a Reflection. So our challenge to you is not to resolve but to reflect. As you reflect you will allow yourself the ability to resolve. Keep going!

Hope all is well,

Harv