



Think Like a Winner and Enjoy Success

By Dr. Linda Hancock

ABOUT THE AUTHOR

Dr. Hancock has written a regular weekly column entitled “All Psyched Up” for newspapers in two Canadian provinces for more than a dozen years. Over the years, her readers and clients have said that they have benefited from her common-sense solutions, wisdom, and sense of humour. Dr. Linda Hancock, the author of “Life is An Adventure...every step of the way” and “Open for Business Success” is a Registered Psychologist who has a private practice in Medicine Hat. She can be reached at 403-529-6877 or through email office@drlindahancock.com

Published

July 3rd, 2012

Over the years I have had the opportunity to work with many professional and semi-professional athletes. They chose to see a psychologist for a number of reasons including financial, relationship, and emotional problems. Even though they had been highly successful in their chosen fields, they knew that these and other distractions could threaten future wins and their entire careers. They therefore knew that they needed to resolve any issues they were facing in their personal lives in order to do well in their sport.

You see, in order to succeed as an athlete, you need to be in excellent shape both physically and psychologically.

Some people think that all you need to do is train so that your body can give a peak performance. Others believe that practice and honing necessary skills will result in the gold medal but there is more to it than this.

We have all witnessed long-shots who have surprised everyone by beating out the favourite and taking first place in a competition. What made the difference did not only involve physical factors or technique but could be attributed to a specific mindset and the ability to focus.

You see, if you want to win, you need to have a strong desire to do so as well as the confidence that winning is possible. When you compete without a winning attitude you are like a Lamborghini without the keys!

Imagine what would have happened if Tiger Woods went around as a child saying, "I'll never be a good golfer"? We wouldn't even know his name.

Can you think of any athlete who won anything without believing that it was possible?

You don't have to be a professional athlete to use success strategies. If you want to succeed in any area of your life, you can increase your chances by using the same concepts that they use. Begin by developing an achievable goal. Then develop a step-by-step plan that you can follow to learn the skills necessary for success. Mix in a winning attitude and you will soon be able to enjoy the success that you previously only wished you had.

Most people talk about all the things that they don't want instead of the things that they do want.

Try replacing "I can't" with "I can" and "I won't" with "I will". You will be amazed at how quickly life improves!

It's time to adopt a winning attitude.