Mental Toughness for Creating Outrageous Achievement

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KEY Question:
How Can You Develop the Mindset of a Champion?

Mental Toughness
“The ability to perform at or near your personal best, on a consistent basis, regardless of the circumstances.”

Principle # 1
➤ Be Driven by a Pursuit of Excellence

Ask Yourself ➤ Do I expect excellence and have a burning desire to achieve it?

QUESTION ➤ What do you expect of yourself as…

... Practice Owner?
... Manager?
... Staff?
... Spouse?
... Parent?
... Your health?
... Your spirituality?

Decide What Really Matters to You!

In what ways will your life be different by achieving your dreams and goals?
Principle # 2

➤ Commit to a Focused Plan of Action … without Tolerations

Ask Yourself ➤

“Are my activities and energy laser-focused on the promotion of goals that express my desire for excellence?”

What in the World Are You Tolerating?

“What do you tolerate?”

“Who do you put up with?”

“What are the ‘anchors’ on your tail that weigh you down?”

Focused Plan of Action - 3 Steps

1) Create a Dream List (Outcome Goals)
   “What do you want to achieve?”

2) Write Down Your Goals (Process Goals)
   “Be specific”

3) Develop a Plan of Action (Practice Goals)
   “Identify obstacles”
   “Set a target date for attainment”
Principle # 3

➤ Develop & Maintain Self-Confidence

"Do you believe in yourself and your potential and do you communicate this confidence?"

Left Brain Thinking

- Think in words and numbers
- Analytical, technical, judgemental
- Talks continually
- Beta states of mind – fast brain waves

- More stress = faster left brain activity
- Lots of 'voices' in head ("You can't do that")
- Less focus, more confusion
- Too much thinking = sub-optimal performance

Right Brain Thinking

- Sounds, images, feelings
- Creative, artistic, imaginative
- Alpha & Theta states of mind (slow, quiet state)
- Focused in the 'Now' ➔ 'Reality'

- Optimal & Peak Performance
- Flow, Power
- 'Mental Quiet'
- Focused thinking
- Present 'in the moment' vs. "What if?"

Critical Process ➔

Developing the ability to switch from Left to Right Brain activity to create mental quiet and increase self-confidence

But how?
1) Practice Focused Breathing

2) Monitor Your Self-Talk (Positive or Negative?)
   - What do you tell yourself under pressure?
   - Are you thinking about what could go wrong?
   - Listen for the negative, self-defeating messages you tell yourself!

3) Practice ‘Thought-Stopping’
   When you hear a negative message, tell yourself to “STOP”
   Create new, positive neural pathways for outrageous success

4) Listen for the ‘What ifs?’
5) Rewrite Your Internal Dialogue

Negative Dialogue:
- "They aren’t going to like me"
- "I have to be perfect"
- "What if I look stupid?"
- "What if I make a mistake and they laugh?"

Positive Dialogue:
- "I am ready to go for it"
- "I am prepared"
- "I’m committed and ready to do my best"
- "It’s time to be courageous"

2 Most Powerful Words
- "I choose…"

Event + Response = Outcome

Principle # 4
- Take Charge of Your Life

Principle # 5
- Discover *Hope* Out of Hopelessness
“One of the most responsible things you can do as an adult, is become more of a child.”
~ Dr. Wayne Dyer

Take chances
Become creative & flexible
Change “What if” thinking to “So what!” thinking
Allow for spontaneity in your life – start dreaming again
Give yourself permission to laugh, have fun, relax

Principle # 6
➤ Practice Perseverance

3 Obstacles to ‘Hanging Tough’

1. Lack of commitment to your dream/goal
2. “Talking” instead of ‘Doing’
3. Waiting for the ‘Perfect’ time

MY CHALLENGE TO YOU

1) Be Driven by a Pursuit of Excellence
2) Commit to Action without Tolerations
3) Develop and Maintain Self-Confidence
4) Take Charge of Your Life
5) Discover Hope Out of Hopelessness
6) Practice Perseverance
About Dr. Nick

As a Performance Psychologist and Coach I have specialized for over 34 years in helping professionals, entrepreneurs, and creatives achieve a life and career that they never imagined possible, helping them dramatically increase their self-confidence, overcome fear and develop the ability to consistently perform at or near their personal best regardless of the circumstances.

I specialize in providing coaching, consulting and speaking services that focus on enhancing the performance of my clients and helping them achieve their dreams and goals without fear or anxiety.

In addition to coaching and speaking, I have had the privilege to author *The Assertive Communicator; From Panic to Peace; Stress, Resiliency & Taking Charge of Your Life*; and the upcoming *Creating an Outrageous Life*.

How Can I Get More Information?

To find out more about my services and resources designed to help you achieve your absolute personal best without fear or anxiety, contact me at

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