A to B in a Formula 1 Car

Strategy to be at your best.

FORCE +GRACE

www.forceandgrace.com

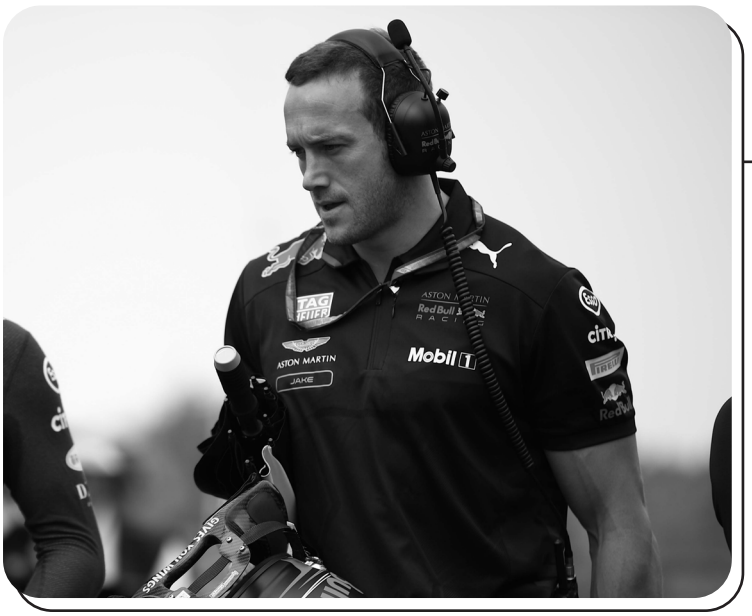
@jake_forceandgrace

I hope you enjoyed sharpening your mental strategy for getting from A to B. Next time you face a setback, you'll have this PDF in your back pocket.

Gratitude. A great attitude.

A great attitude requires you to take control of your brain's direction and association. We often let the mind go to specific places haphazardly when faced with a task that conjures up a negative memory. How do we practically background mental images that do not serve us and bring to the foreground images that will? It's time to Swish. The swish pattern is generative as it creates a new direction of focus. We now move toward a self-image of the type of person we want to become in a given context.

Follow these steps to get your reps in:



1) Identify an experience to be changed

What response or habit do you want to transform? For example, biting your nails...

Do you have any responses that you would like to re-wire? Would you like to attach a new response to an old trigger? What is the context where the trigger occurs?

2) Identify the inner movie and its internal representation.

What is the resourceful behaviour or state; describe it as full as possible. What is the cue picture, sound or sensation?

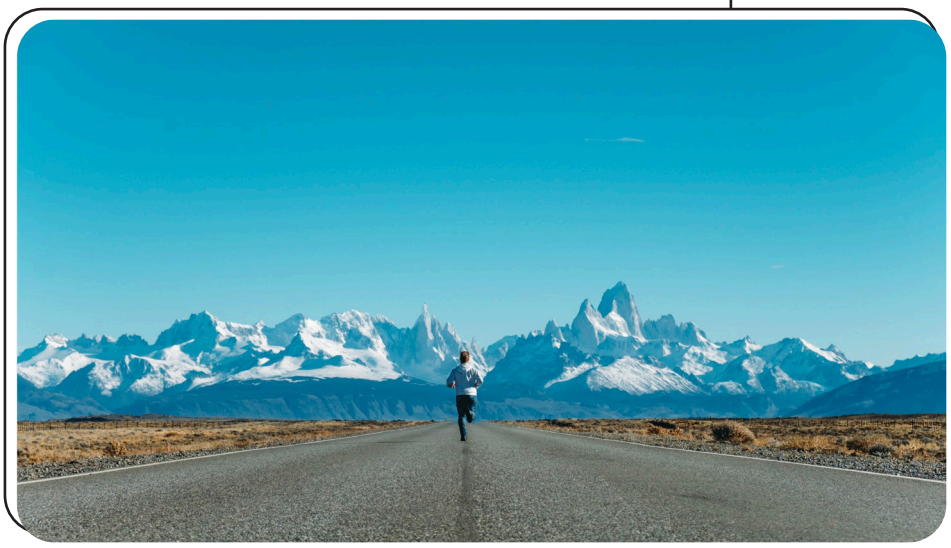
Imagine you are doing that, (e.g. you bring one of your hands up, and start to bite your nails, and smoke, etc. go through the motions). The cue representation sets off the old response. It's the button that triggers your response.

3) Develop a desired outcome movie or representation

If you no longer (bite your nails/smoked etc.) i.e. had this response, how would you see yourself as being different?

How would that be valuable to you?
What will be different? How will you be different?
What would it mean to you?
What would your desired self-image look, sound and feel like?

Is the desired outcome movie juiced up so that your brain feels that it is "real, compelling, and attractive"?



4) Link the two representations

"Begin with the cue picture of the first trigger, step into the movie and be there. Put the you for whom this is no longer a problem, in the middle of that picture. Have you embedded that desired image into the cue picture? Good!

5) Prepare to swish

“In just a moment the trigger cue picture will fade out and move far back into the distance and at the same time the dot that contains the desired image will very quickly get bigger and brighter and closer. As the cue picture gets smaller and darker and at more distance (use the cinematic features that drive your responses), let the new picture swish in and completely fill the screen of your mind. Do all of this very quickly, in less than a second”.

6) Swish!

“Do it. Quickly fade out the images … let them move back into the distance and quickly watch the dot explode into the centre of the screen … watch it get very big and bright and close”.

7) Swish five times

“Have you finished? Good. Now close your eyes and blank out the screen. Or, open your eyes and look around”.

“Now, let’s do it again. Go back to the linked pictures and repeat this process four more times. Clear your mental screen after each swish.

8) Test

Now let’s test this to see if it works. After all, that’s the important thing.

I want you to just allow yourself to think about the triggering cue picture that used to set you off and put you into the reactive state. Got it?
Notice what happens.
As you think about that old trigger, does your brain now immediately go to the new picture? Good. That means you’re done. You have successfully swished your brain, so that it now has made a link. Your brain now knows where to go.

Presence (focus)

Time is emotion – When we use future based language and thoughts we generate anxiety based states. Equally, when we look back and use past tense language and thoughts we generate depressive states. Neither of which are terribly conducive to helping you move on quickly but rather keep you ruminating over events you can no longer change.

Activity

Practice body checking for 5 minutes and mindful breathing for 1 minute. These rituals create the conditions for accessing flow. The state that lets you perform at your best even when the situation may be at its worst.

Try and find a physical action that you can build into a ritual.

With racing drivers we use the time when they may be “suiting up”. Getting changed into overalls, slipping on their gloves and putting on their helmet. Each item brings focus to a different part of the anatomy. Then we finish with one minute of breathing as lightly and slowly, and as comfortably as possible. This helps lower the heart rate.

Physical actions you might be able to build on are, putting on trainers before a run, or getting dressed for work.

Your body doesn’t do tomorrow or yesterday. It only has now. Tuning into physical locations of the body dampens down the analytical thinking that can stifle performance.

Lose your mind and come to your senses.

Responsibility and Ownership

Control vs Influence

You have four powers in this world. What you think, feel, say and do. They are all that you are truly responsible for. Everything else you may have a responsibility to. It is a subtle yet critical delineation. The line between the two is called our sanity line, and for good reason. The mix up of being over-responsible with others' thoughts and feelings while simultaneously being under-responsible with our own, is a challenge I've seen from the best athletes in the world to Fortune 500 CEOs.
When this happens we call it "giving away power". Giving away power at a time where you need to propel forward and learn from setbacks is limiting your potential.

When you exercise greater authority over your two internal powers (thinking and feeling) the two external powers (speaking & doing) begin to carry far greater influence. The paradox is that greater control requires greater "letting go".

Trying to control others = less influence
Letting go of others thoughts and feelings = greater influence and authenticity.

This supports bounce back-ability in that we don't get hung up on "our loss".

Self-esteem - Conditional vs Unconditional

Separate your self-worth (esteem) from behaviours. You are more than actions, behaviours and achievements.

The Gold Ring. You are the gold, not the ring. No matter what shape or form you take. You are valuable, your essence is the key.

The Gold, Not the Shape it Forms

If you have children, think back to when they were born. Or if you don't, think about a newborn baby. What can they do? Other than poop, sleep and cry... they can't do a lot. If I ask you how valuable they are. What would you say on a scale of 1-10?

Most would say 10, of course, or invaluable... they couldn't put a number on it. If that is true for a newborn baby, it was once true for you. Somewhere along the way, we forget this fact.

Your value, which is how you esteem yourself is inherent. You are inherently valuable. Your confidence comes from the behaviours that confide in your ability to keep learning. It is your capacity that grows or retracts based on your mindset.

So, I will say it again, you are the gold not the shape it forms. The value is in the gold. no matter what form you take. Remember it.