

FEARLESS

Train strong mind.
Stay motivated.

TUUSA SPORTS



FEAR LESS

FEAR SHOULD NOT STOP A PERSON. IT'S
DIFFICULT TO BE FEARLESS, BUT IT'S
POSSIBLE TO FEAR LESS.



KEFI – GREEK (N.)
THE SPIRIT OF JOY AND ENTHUSIASM, IN
WHICH GOOD TIMES WITH AN ABUNDANCE
OF EXCITEMENT, HAPPINESS AND FUN



MENTAL TRAINING

DEVELOP:
CONCENTRATION, SELF-CONFIDENCE,
RECOVERY, BETTER PERFORMANCE,
COURAGE, CONSISTENCY, MIND
CONTROL, PRESSURE TOLERANCE

WAYS:
POSITIVE THOUGHTS, INTROSPECTION,
VISUALIZATION, CUE WORDS, POSITIVE
WORDS, BREATHING, WRITING
EMOTIONS, MEDITATION, IMAGERY





LIKE PHYSICAL TRAINING, MENTAL TRAINING, IT IS NOT ONLY UPHILL AND ALWAYS EASY. IF MENTAL TRAINING IS A NEW THING FOR YOU, IT CAN SEEM DIFFICULT AT FIRST. THE MIND WANDERING AND CONCENTRATION IS DIFFICULT. DAILY TASKS AND THINGS POP ON THE MIND AND YOU DO NOT KNOW WHAT TO DO AND QUESTIONED WHAT YOU DO.

TRAINING THE MIND IS OFTEN MORE DIFFICULT THAN PHYSICAL TRAINING. YOU MAY NOT IMMEDIATELY SEE THE RESULTS AND RESULTS ARE EASY TO IGNORE WHEN THEY CANNOT BE MEASURED IN THE SAME WAY AS KILOMETRES OR PACE. IN GENERAL, THE BEST SIGN OF DEVELOPMENT IS AN IMPROVEMENT IN THE GENERAL STATE OF BEING AND MENTALLY EASIER EXERCISES. HOWEVER, REMEMBER THAT AFTER YEARS OF TRAINING, THERE WILL BE BAD DAYS.

FINDING THE RIGHT WAY AND METHOD CAN TAKE TIME. NOT ALL HABITS WORK FOR EVERYONE. SOMETIMES OVER TIME, THE METHODS MAY CHANGE OR THEY MAY BE SITUATION DEPENDENT.



You've probably seen the comfort zone circle below before. The circle works for physical training as well as mental.





CUE WORDS AND PHRASES

I'm strong.

Winner.

I'm happy.

I can do this.

Nothing can stop me.

Now.

Happiness.

I know what I do.

Success.

Journey.

Passion.

I'm enough.

I give my best.

I love this.

I'm living my dream.

My vision is clear.

I'm fast.

What is your cue word / phrase?

Use positive words and phrases!

NO: "I don't want to fail"

YES: "I succeed"



MOTIVATION



INTRINSIC MOTIVATION:

Internal sources; fun, pride, sense of progress, achievement, curiosity, fulfillment, social contact

INTRINSIC MOTIVATION: behavior where you enjoy your being and doing

INTEGRATED REGULATION: behavior that has become part of your identity

IDENTIFIED REGULATION: behavior that helps you to reach important goals, even if it's hard sometimes

EXTRINSIC MOTIVATION:

External sources; pain, pleasure, praise, reward, fear

EXTERNAL REGULATION: behavior to avoid punishment or earn a reward

INTROJECTED REGULATION: behavior to be able to avoid guilt or shame





WHAT? WHY?



INTRINSIC MOTIVATION:



EXTRINSIC MOTIVATION:



INTRINSIC & EXTRINSIC MOTIVATION:



WHAT MOTIVATES YOU?
WHY DOES IT MOTIVATE YOU?
IS THERE ANYTHING ELSE THAT COULD
MOTIVATE YOU?
WHAT IS YOUR GOAL?
WHY DO YOU WANT TO GO THERE?
WHAT HAPPENS WHEN YOU REACH YOUR
GOAL?
WHAT IF YOU FAIL?
HOW IMPORTANT IS THE JOURNEY FOR YOU?

**YOU ARE NOT THE SAME PERSON YOU WERE
YESTERDAY. YOU ARE NOT THE SAME
PERSON NOW AS TOMORROW. YOU GROW
AND CHANGE EVERY DAY.**



EUNOIA – GREEK (N.)
A PURE AND WELL-BALANCED MIND, A
GOOD SPIRIT, "BEAUTIFUL THINKING"



Motivation is a powerful tool when it is used correctly, it usually gets us moving. Many things around us can motivate us, there is not just one way to be motivated.

Motivation can change on the way to a goal.

If you work with someone towards the same goal, you may have completely different sources of motivation. Focus on yours.

TELL YOUR GOALS TO OTHERS - they can encourage you along the way

WRITE UP YOUR GOAL AND DIVIDE IT TO SMALLER ONES - give a chance for setbacks as well

PUT YOUR GOALS IN SOMEWHERE WHERE YOU CAN SEE THEM - this is how it reminds you when your motivation is low

WRITE WHY YOU WANT TO ACHIEVE YOUR GOAL - sometimes the goal may seem distant and the journey difficult, it is good to remind yourself of the reasons why you started

INCLUDE TRAINING IN YOUR DAILY ROUTINE, MAKE IT A PART OF THE DAY.

BELIEVE IN YOURSELF!





IT IS SAID THAT IF YOUR DREAMS DO NOT SCARE YOU, THEN THEY ARE TOO SMALL. NO DREAM IS TOO SMALL TO TAKE YOU FORWARD. SMALL STEPS CREATE A BIG JOURNEY.

DON'T STRIVE FOR PERFECTION, FOCUS ON GIVING YOUR BEST. THERE IS ALWAYS SOMETHING THAT CAN BE IMPROVED.

IF THE GOAL ALONE MOTIVATES YOU, BEWARE OF LOSING MOTIVATION PREMATURELY. THE JOURNEY IS OFTEN MORE IMPORTANT AND INSTRUCTIVE THAN THE DESTINATION. WILL WE EVER EVEN REACH THE GOAL?

A GOAL MAP IS OFTEN CREATED FROM DREAMS, DREAMS REMAIN BEAUTIFUL IMAGES IN MIND UNLESS YOU MAKE A PLAN FOR THEM. TURNING A GOAL MAP INTO A PROJECT AND PLAN CREATES A GOAL AND OPENS THE DOOR TO A JOURNEY.

YOU CAN DIVIDE YOURSELF INTO TWO PARTS, YOUR BODY AND YOUR MIND. YOU CAN PRACTICE THEM EACH SEPARATELY. YOU CAN ALSO PRACTICE THEM TOGETHER, AS THEY ARE BOTH UNDER THE SAME SHELL AND WITH TEAMWORK THEY CAN GO FURTHER THAN EITHER ALONE.

YOU CAN HAVE A LOT OF SUPPORTERS AND ENCOURAGERS, WHICH BRINGS MOTIVATION AND HELPS ON THE WAY FORWARD. IN THE END, THOUGH, YOU ARE THE ONLY PERSON WHO SHOULD BE YOUR GREATEST SUPPORT AND MOTIVATION.





BEFORE AND DURING THE PERFORMANCE



BEFORE:

MUSIC: can help take thoughts elsewhere out of excitement. Also suitable for those who have difficulty getting awake and tend to be too "calm". Create your playlist in time.

RELAXATION: Try to find a relatively quiet place where you can breathe in peace and escape from the hustle and bustle. Usually better suited for those who go overdrive.

TOUCH: If you are "too calm" rub your fist on your sternum to create irritation. If, on the other hand, you go overboard, ask for something to gently stroke your shoulders or give yourself a big bear hug and stroke your shoulders.

DURING:

Trust yourself.

Use cue words.

On long-distance, divide the route into smaller sections and focus on completing one section at a time.

Create games on your mind, to take thoughts away from fatigue.

Smile even if it is a fake smile at first.

MERAKI – [MAY-RAH-KEE] GREEK (N.)
TO PUT SOMETHING OF YOURSELF INTO
WORK. SOUL. CREATIVITY. LOVE.

INTERNAL WINNER:

You can do the exercise before going to bed or at some other quiet time when nothing interrupts or disturbs you. This exercise is great before an important sports performance, it can be learned during the training season and start in time before an important competition.

Take a good position and relax for 5 minutes. Close your eyes and create a calm and safe image or place, where you are good to be. It can be something imaginary or existing, as long as it's important to you, such as a summer cottage pier on a beautiful day, bird watching from your favourite chair, quiet park bench.

Experience what happens with all your senses, what you hear, see, feel and smell. When your emotional state is strong, anchor it, for example to your exhalation.

Now, go to the cinema in your imagination, sit comfortably and experience a good calm state. Start a movie where you see yourself performing an important task. See how your body is with a strong mind. Nothing can fail. If your mind starts to wander and you start to hesitate and feel bad. Exhale and return to the anchored state of well-being and created image. When you feel calm again, keep watching the movie. Watch it until you cross the finish line as a winner and proud of yourself.

Repeat cue phrases in your mind, such as; I control the situation. I am strong and capable.

Awaken yourself by stretching your limbs.





DOORS OF OPPORTUNITY:

The exercise may take some time, so do it when you can concentrate in peace and not be distracted. You can use the exercise to help to set goals.

Take a good position and relax. Breathe calmly for a while until you feel relaxed and ready. Close your eyes and see the corridor in front of you, which has doors on either side. Behind every door are different aspects of life you want to deal with. These can be your prejudices, excuses, issues of uncertainty, anything that slows you down. Open the first door and face the thing behind it. For example; "I don't achieve my goals because I don't like training in the dark and cold in the winter". Keep in mind the things that bother you about that thing and what you could do about it. How can you change things? When you have finished and are completely done, close the door. Go to the next door. It doesn't matter if you can't get through all the doors, you can come back to continue to exercise a second time. Some doors might need more work than others.

A STRONG BODY GOES FAR, BUT A STRONG MIND TAKES IT FURTHER.





IMAGE OF ENERGY:

Do the exercise while sitting if you fall asleep easily. This exercise is good, for example, in the morning or before exercise, especially if the mind feels tired and motivation is low.

Take a relaxed position. Take a few deep breaths in and out. With each inhale, feel how your lungs fill with clean and energetic air that takes oxygen into your bloodstream. With each exhale, you will feel the fatigue leaving your body and the peaceful well-being surrounding you. Move-in your mind to a pleasant experience or a place where you have felt successful.

If you do this exercise before a workout, imagine a previous race or workout that went well and where you felt good. See the event in your mind and experience it again. Inhale its pure energy.

Slowly return to reality, with each inhales, raise your energy levels. Stretch your limbs and move your body. Open your eyes and feel energetic and refreshed.

**THERE ARE NO FAILURES, THERE ARE
ONLY JOURNEYS.**





WRITING YOUR JOURNEY:

Take the paper and pen. You can also use a separate notebook.

Take a short time each day to write down your goals on paper. The more often you write it, the more it ingrains in your mind. Avoid words like; I would, I wish, when I. Be determined; I want, I do, I go. You can also write in perspective that you are already achieved your goal. How do you feel, what do you see, who is around you, etc.?

Also, write down what you have done during the day. Every day doesn't have to be progressive and successful, but try to find something for each day. It can be as simple as, drinking enough water, eating healthy, rested because my body needed it, did a workout even if I wasn't motivated.

If you want, you can always scroll back days and read how far you have already come. The journey can sometimes feel a long and your development may go unnoticed. Writing can also motivate you to do something small every day.

**LIVE FOR A MOMENT IN YOUR MIND WITH
FULL HEART, DON'T JUST IMAGINE WHAT
IT MAY LOOK OR FEEL.**





BEST PERFORMANCE:

Start doing the exercise well in advance of the race that is important to you. Repeat the exercise several times, this is how your brain registers the exercise and its effect. The exercise will help you, especially when fatigue starts to come a long way. You can also test this on your tougher workout during the training season.

Take a relaxed position and take a few deep breaths in and out. Imagine yourself on race day and the race itself. Pick up, in particular, the most challenging points for you, these can be potential uphill, last miles, drinking points, etc. Now, imagine how you run uphill lightly and energetically, how you have no problems in the last miles, how you feel energetic and your steps take you forward lightly. Make everything positive, see yourself as strong, good and successful.

Take a few more deep breaths in and out. Open your eyes and know that you are a winner.

**YOU TRAIN FOR HOURS, DAYS, MONTHS,
AND YEARS IN YOUR BODY, SO WHY NOT
PRACTICE WHAT CONTROLS EVERYTHING.
YOUR BRAIN.**





NEW SKILL:

Use the exercise when you want to learn a new skill or improve performance.

Take a relaxed position and close your eyes. Take a deep breath in and out a few times.

Start making a movie about yourself. Decide what skill you want to improve or what skill you want to learn. Make this skill a movie, imagine what you would look like when you perform a skill perfectly. You can look at yourself from the outside.

See how you complete the skill. How is it different from your current performance? You can edit the movie in your mind as many times as you want until you are happy with the performance.

Experience the movie with all your senses. Go through the movie several times. The more often you watch and feel a movie, the faster the skill will automate and you can start performing it in real life with more confidence in your mind.

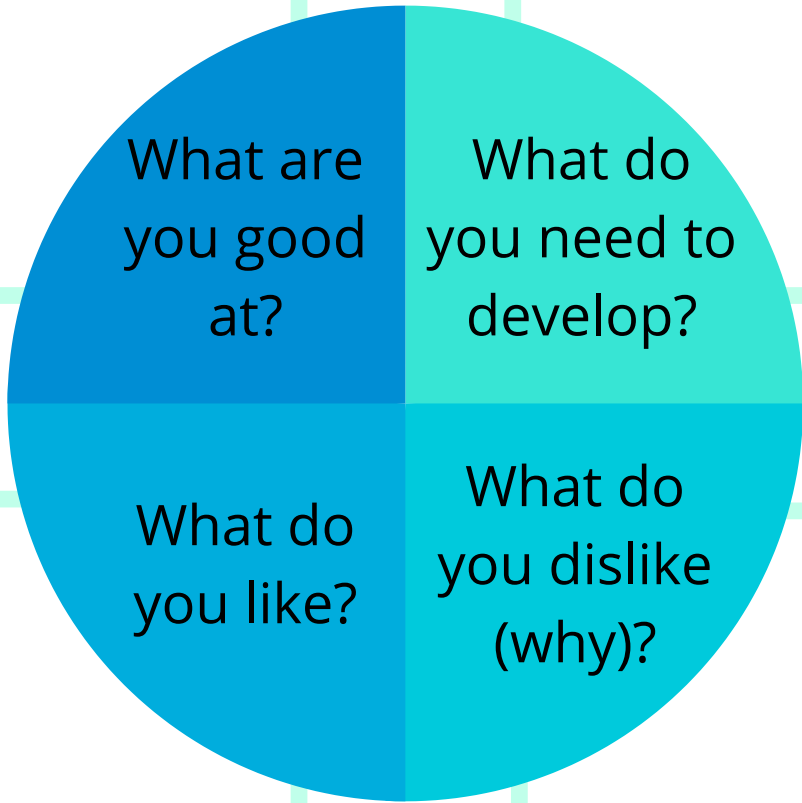
**WHEN YOUR MIND KNOWS WHAT IT DOES,
SO DOES YOUR BODY.**





Empty rectangular box for writing.

Empty rectangular box for writing.



Empty rectangular box for writing.

Empty rectangular box for writing.





THE TRAINING CONSISTS OF MANY DIFFERENT FACTORS AND SUB-AREAS WHICH BECOME PART OF EVERYDAY LIFE. JUST AS IN OTHER TRAINING, MAKE A PLAN, KNOW WHAT YOU NEED, CREATE YOUR RITUALS, IMPLEMENT THE TRAINING, KNOW YOUR FEELINGS AND GROW.





30 DAYS OF MENTAL TRAINING

For the next 30 days, try to do a little mental exercise every day. It can be the use of cue words, writing, meditation, visualization or whatever. The exercise can be short or long. Write briefly below what form of exercise you used, describe how you feel using smiley face, before and after - exercise. This will also teach you which tools work best for you.

Exercise	Before	After





Don't get discouraged even if the exercise doesn't always work out as well as you'd like!

Exercise	Before	After





Can you see the progress?

Exercise

Before

After





BE FEARLESS
BE YOU



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