

FEAR - TAME THE BEAST 2.0

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WELCOME!

Fear is normal in sport and life. But sometimes it's too intense and stops the athlete from being the best they can be. Is it hard to learn new skills? Tired of mental blocks? Are you sick of not throwing a skill that you know how to do?

Welcome to Fear-Tame the Beast 2.0. This is your free tool so let's start crushing it. It's longer than the rest because it's the introduction. For six weeks you will receive videos, audio files, and pdfs in bite-sized (four minutes or less), easy-to-use lengths. I know that if this is all you do, it will help you beat the Fear Beast, overcome mental blocks, and eliminate balking.

In my 25 years as a pioneer of mental toughness training, I have learned that my athletes are BUSY! I've taken some of my most effective mental tools and distilled them down into perhaps the simplest, most comprehensive mental program for the athlete who wants to go all out. This one is a bit longer because it's the intro. But the rest of them are four minutes or less.

The videos and/or audio files can be reviewed anywhere. Download the free Teachable App to view or listen offline.

I've included PDF files for those who want a deeper dive.

Also included are reminder wallpaper backgrounds for you to use on your phone, tablet, or computer to remind you to stay vigilant in your Fear Beast battle.

Athletes can review the tools in sequence and revisit them whenever they need a refresher.

This program will help you dissolve negative pathways and build strong neural networks of success and confidence. Every tool we do will help prune the paths that aren't working for you, and build the ones that do!

The next page of this PDF is the write-up of your first tool.

If at any point in the program you have any questions or concerns, please do not hesitate to reach out to me directly!

I am always here for you.



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1A. BEGIN WITH THE END IN MIND

A SHORT LESSON IN BIOLOGY

Think of your mind like a little cow going out to pasture. Every day it walks the same way, creating a ground out path in the dirt. Your brain does that same thing. Every time you do a skill your brain fires a neural pathway telling your body how to feel and what to do. When you have fear or if you are balking on a skill, your brain keeps firing that pathway over and over. The more you fire a pathway the more it wires together.

We begin by making a firm decision of what fear you want to break through and who you need to be in order to break through it. What fear or mental block do you want to work through in this program? Is it a fear of something you used to do easily but are struggling with now? Is it fear of a new skill? Or is it fear of failure, where you just put too much pressure on yourself. Decide what your goals are for this program and write them down.

Next, think about the type of athlete you need to be while we are working through this fear together. On a piece of paper write the words *I AM*. *I AM* are two of the most powerful words in the English language. After the words *I AM* write 5-6 words that describe the athlete you want to be to work through this fear. Examples include: confident, brave, positive, and relentless. Write as many *I AM*'s as the numbers of days you train per week.

ACTIVATING THE HEART

A fireman running into a burning building, auditioning for a part in the school play, or even eating bugs on TV for a million dollar prize! We have all experienced times where intense passion triumphed over paralyzing fear. Think about any major obstacles you've overcome, it's much easier when your heart and mind are activated by strong desire or *WANT*. What is so important to you that your fears pale in comparison? In this first module, we are going to activate your heart so that it overrides your negative mind by creating what we call your *Heart Statement*. Your Heart Statement is a dedication to something more important than your fear. Your Heart Statement should start with "*Do it for*" or "*This is for*." It might be your greatest goal this season, "do this for Level 8", or you might dedicate over-coming your fear to your Grandma who is not feeling well, "this is for Grandma." Your Heart Statement is so powerful, it helps disconnect stuck negative pathways!

HOMEWORK

1. Be clear of your goals for Fear: Tame the Beast 2.0. Write the skills we want to target in this program on a piece of paper.
2. Post your *I Am*'s where you can see them. Write a word of the day on your hand or foot every day of practice. When you see this word take a deep breath and say to yourself, "I Am _____."
3. Post your Heart Statement where you can see it every day. Draw a heart in addition to your word of the day on your hand or foot. Remind yourself of your heart statement when you practice your targeted skill in the gym. Say your "This is for" or "Do it for" with determination in the gym.

The rest of this program will provide tools so you can make your goals, *I Am*'s, and Heart Statements happen. Let's conquer your Fear Beast together! Come join me for the rest of the program by registering at www.HeadGamesU.com