





















# ROCKSTAR ATHLETES

- 1. Strength & Conditioning
- 2. Skills Training
- 3. Nutrition/Hydration
- 4. Recovery Strategies
- 5. \_\_\_\_ (MOST IMPORTANT)





# MINOSET

### BELOW THE LINE

#### FIXED MINDSET

GROWTH MINDSET



Avoids challenges

Shy away from things you don't know

Unable to handle criticism or feedback

Gives up easily

Believes failure is the limit of ability

> My abilities are unchanging

> > When frustrated, gives up



I can learn anything I want to do

> Views feedback and criticism as an opportunity for growth

Resiliant to adversity and strong mental fortitude

My abilities can develop and grow

Looks for the positive in every situation

# MINOSET

While mindset is the foundation to becoming a rockstar athlete, it also is a key component to your overall health and well-being.

### POWER OF THE POSITIVE

**Source: John Hopkins University** 



#### Negative emotions weaken immune response.

Studies have found that people with a negative outlook are two-thirds more likely to have a heart attack than someone with a positive outlook.

#### Strong link between positivity and health

Studies have proven that a positive attitude can improve your health and overall life satisfaction.





ROCKSTAR LEAUER

# CLOSE YOUR EYES

# ABOVE THE LINE

Gratitude

Positivity

Happiness

**Empowerment** 

Love

Comfort

Authenticity

Peace

**Fulfilled** 

Grace

Joy

# BELOW THE LINE

Negative

Stress

Anger

Frustration

Fear

Suffering

Guilt

Hate

Defensive

# ROLE PLAY TIME



# NO EYE CONTACT NO FACIAL EXPRESSION TALK QUIETLY LOW ENERGY

( SLOW MOVEMENT )

GOOD EYE CONTACT SMILE TALK WITH ENTHUSIASM HIGH ENERGY



# We value people who can positively change our state of being.

#### **Emotions (Internal)**

- Pay attention to your state of being
- Where are you functioning?

#### **Perception (External)**

- Identify how you are interacting with others
- What emotion/feeling are you projecting?

# YOUR CHOICE

How you react and treat others

(EXTERNAL)

is a direct reflection of how you feel.

(MTERNAL)

### BE HONEST WITH YOURSELF.

Are you living above or below the line?

# 8 STEPS TO BEING A ROCKSTAR LEADER



# CLOSE SOLA ESES (SES, AGAIN)

# STEP 1: TAKE CARE OF YOURSELF

#### **Self-Reflection**

What do you need to be the best version of you?

- Identify your goals
- Understand the why behind your goals
- Focus on what you are working towards

## STEP 2: FOCUS ON YOUR STRENGTHS

#### **Understand Your Strengths & Weaknesses**

- Recognize your areas of improvement seek support or accept
- Focus on your strengths

#### **Our Belief System Dictates Our Behavior**

• Sub-Conscious Mind: Words, Pictures, Feelings, Beliefs, Actions

# STEP 3: BUILD RESILIENCY

#### **Adapt to Stressful Situations**

- Accept that change is a part of life
- Maintain good relationships
- Be a proactive problem solver solution seeker

### STEP 4: FOCUS ON THE POSITIVE

## Practice Reframing Choose to view a problem from a different perspective.

- Focus on what you have, not on what you don't
- Focus on possibilities and solutions, not on roadblocks

## STEP 5: MOVE WITH IMTENT

#### Pay Attention: Non-Verbal Communication Matters!

- Body Language, Expression, Tone of Voice, Energy
- Most experts agree 70-93% of all communication is nonverbal.

#### **Smile More**

 University of Kansas study found that smiling—even fake smiling reduces heart rate and blood pressure during stressful situations.

# STEP 6: RECOGNIZE & CORRECT

#### **Choose to Change**

When you identify you're interacting below the line, change immediately.

- Deep Breath
- 90 Second Rule
- Sleep On It (24-Hour Waiting Period)

### STEP 7: MIRROR YOUR ROLE MODEL

What would \_\_\_\_\_ do in this situation?

Find someone you admire and model after them

- Same values, passion, and state of being
- Become a role model of functioning above the line

### STEP 8: EMPOWER OTHERS

#### **Speak with Intent**

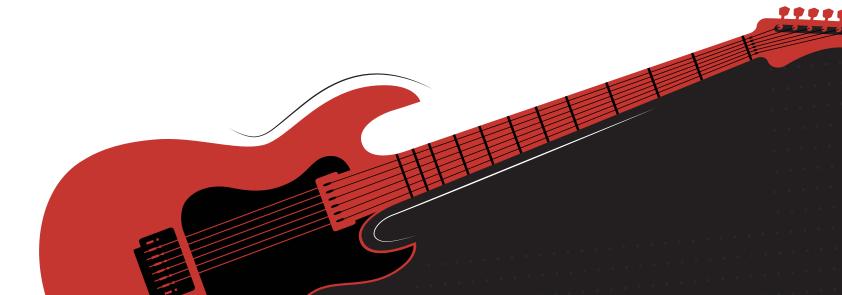
Acknowledge things outside of yourself that are positive, beautiful and empowering.

- May change their state of mind positive force
- Make you feel great
- Must be sincere

# 8 STEPS

- 1. Take Care Of Yourself
- 2. Focus On Your Strengths
- 3. Build Resiliency
- 4. Focus On The Positive
- 5. Move With Intent
- 6. Recognize & Correct
- 7. Mirror Your Role Model
- 8. Empower Others

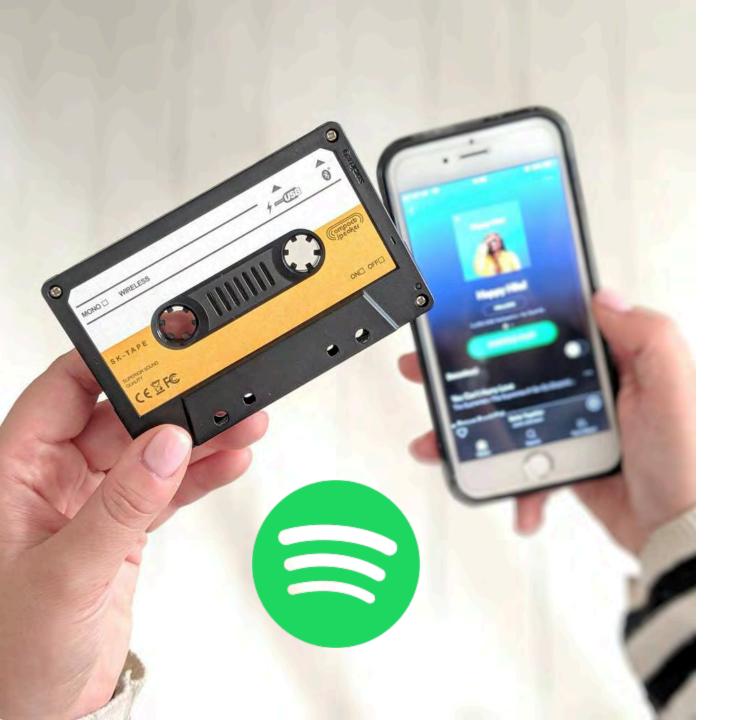
# INSTRUMENTS (Free Stuff)



### POSITIVE LITTLE NOTES

Be the reason someone smiles today





# MIXTAPE

Positive Vibes Spotify Playlist

# GOOD LUCK ROCKSTARS!

