

Perspectives for Developing a Personal Philosophy

The Warrior's Mindset - Embrace the challenge, life is a challenge

The difference between an ordinary man and a warrior is that a warrior takes everything as a challenge while an ordinary man takes everything as a blessing or a curse.

Love of Learning comes first. Immerse yourself in the topic and value mastery. Be a student of what you do. Everything else will follow once you are on that path.

Do something to improve everyday

Adversity, challenges, stress force us to be better. Instead of avoiding these things, put yourself through them so that you can grow into something more. Approach motivation vs. Avoidance motivation

Tennis: The most important point in a match is the next one. It's the only one you can control and you want to put yourself into it 100%.

Tennis: Even while you're competing, realize that your performance is building up to something. Avoid the immediate gratification / emotional response of the moment in favor of the one you want to have when it is all over.

Fight the opponent, not yourself.

Understand the process and be dispassionate in your work. "Sweep the floor daily." Continue to tweak your process and make it better.

The 4 Agreements

1. Be impeccable with your word
2. Don't take anything personally
3. Don't make assumptions
4. Always give your best effort

Opponents make us better. Respect them. Thank them for the battle. Without them, you are nothing.

Wanting to be better than others is a failing of the ego. Instead, be better than YOU were yesterday.
Why do you have to be better than other people?

Controlling your breathing and body language are the keys to the mind-body connection you need to perform your best. Value that ahead of technical and strategic changes.

You don't win by focusing on winning; you win by doing all of the little things well. The little things are the process. Trust the process.

When in doubt, simplify.

To be truly great, you must be humble.

Choose to be tougher

Discipline leads to Freedom (in many forms)

- Daily and weekly habits
- Consistent bedtimes

Find "meaning" in your work. Why do you do what you do?

Know your Identity as a player and use all aspects of it to break your opponent mentally

"It's all good mental training" - every challenge you face is just good mental training

When faced with a challenge, break it down into smaller and smaller chunks that you can more easily tackle.

I don't lose. I win and I learn.

I'm not a failure. I'm simply experiencing failure.

Don't fear failure. "Part of what it takes to be courageous is overcoming the constant battle between the desire for what we want and the fear of failure. Most of us don't expose ourselves because we are fearful," writes Pippa Grange.

When facing pressure, don't try to calm yourself down. Turn your nerves into excitement.

Don't wait for the storm to pass, learn to dance in the rain. A great viewpoint on dealing with adversity - get in it and work on it.

There is no good weather and bad weather. Learn to marvel at all forms of weather. Go play in the rain and the snow.

From Grit:

Talent + Effort = Skill

Skill + Effort = Achievement (and maybe Mastery?)

Do something to get 1% better today. Make today a great day...and then do the same tomorrow. A string of great days will lead to a life of achievement.

Be compassionate with yourself. Forgive yourself for mistakes and move on to be better in the next moment.

Extreme ownership: Own every aspect of your performance and own the result. Only through this perspective will you be able to improve.

Perform "as if..." As if you could not fail. As if you were the most confident player in the world. As if...

Know what is important when competing - the controllables. Stay focused on the mission and understand the critical path to getting there.

Track your goals and progress. It is the only way to know that you are improving.

Don't fall into the trap of only wanting to play people better than you. You need to practice beating people who are not as good as you or else you won't do it as well when you have to play them in a tournament.

We are not in control of our thoughts; they are responses to our environment and/or events we are experiencing. We must recognize that they are there and why they are occurring (natural selection).

Beware assigning the essence of good or bad (or other judgments) to people, institutions or other things. These are just things. Essence is an over-simplification and can lead to bad decisions. Examine actions instead.

Self-talk: Productive and Rational. Positive and optimistic (about the process)

Mindfulness can lead to liberation and clarity of thought. An awakening akin to "The Matrix" can be achieved. You can see things for what they are.

Scientific theories have been proven to a certainty of high probability (99.9%) and are our best understanding of the world; there is also no available evidence to invalidate the theory.

Principles

- Radical transparency
- Radical truth
- Choosing comfort over what is right will always lead to the team underachieving
- The needs of the team must come first: every decision should be made with the thought of "is this the right decision for the team's interests?" "Will it make the boat go faster?"
- Mental maps help us make good decisions - framework
- Need to be open-minded to new ideas and truth
- Evolve or die

Bob Bowman - 4 phases

1. Discovery
2. Imagine
3. Challenge
4. High Performance

Coach-athlete partnership is the most crucial element in the process of achieving results
You're not doing your athlete any favors if you're not being 100% truthful with him/her

Aristotle

Happiness comes through virtuous activity of the soul (being the best version of yourself (your highest self) will make you proud and satisfy your soul and being)

In your behavior, be between excess and deficiency. Operating at the extremes causes imbalance. This is where virtue lives - in the space between excess and deficiency

Solitude creates clarity, creativity, and moral courage. Create more of this by reducing the number of inputs in your life (aka technology updates, notifications, etc.). You can live without being so connected. You won't be missing out on anything that really matters.

WIN - What is Important Now

Be First - the first to smile, the first to say hello,...

Be in it to win it

Behavioral Change

Creating, Preserving, Eliminating

Active Questions: Did I do my best to...

Most people don't know why they're doing what they're doing. They imitate others, go with the flow, and follow paths without making their own.

They spend decades in pursuit of something that someone convinced them they should want, without realizing that it won't make them happy.

Don't be on your deathbed someday, having squandered your one chance at life, full of regret because you pursued little distractions instead of big dreams.

You need to know your personal philosophy of what makes you happy and what's worth doing.

—Derek Sivers

Ask athletes, "what's possible?" What's possible for you to achieve? What's possible for you to bring more excellence to? What's possible in this moment? The question has a lot of applications.

"Never give up. Don't quit before the miracle." Anne Lamott

You need unshakable self-belief

"I think there is always this self-belief. You have to keep reminding yourself that you're there for a reason and that you are better than the other guy. As hard as the moment is that you are in, the more you have to remind yourself, the more you have to talk to yourself." -Novak Djokovic

Learn to sabotage your opponents games - bring their level down. That's easier than always having to raise your level.

Bob Bowman's 10 Golden Rules

1. Have a Vision
2. Be all in
3. Be a risk taker
4. Have a game plan
5. Live the vision daily
6. Have a team
7. Stay motivated over time
8. Use adversity as an advantage
9. Perform with confidence
10. Celebrate success

Learn to trust your subconscious (Self 2) when performing. It knows how to perform. The conscious mind (Self 1) is what gets in the way. Quiet the mind and learn to trust. Be non-judgmental and neutral. Neutral thinking keeps the mind calm.