



GET THE EDGE

**Sports Psychology
NLP & Hypnotherapy**

EDGE

Thank you for choosing this eWorkbook "EDGE", a toolkit that will provide you with the essential brain training components to gain the mental edge against your competition, complementing your training camp and ultimately giving you and your team the win.

About me

My name is Lee Johnson, I am a huge boxing fan with over 15 years of experience in Psychology and Mental Health. I am the founder of SportsModeUK, a company working with fighters who wish to enhance their training camps with MindSet Coaching, a technique used to build the ultimate champion mindset.

What to Expect from this eWorkbook

I created this workbook by combining my knowledge and passion of psychology and boxing, it is designed to be a mixture of theory and practice using tried and tested techniques, so I hope that you find it informative and enjoyable.

To complete the workbook, all you need is the enthusiasm to learn and a pen and paper ready for the exercises.

Let's Get Started

| A&B

The type of psychology used in this workbook is known as Mind Coaching, a technique that is relatively simple to describe, but can be challenging to apply. It is simply helping someone to move from point A to point B.

Mind Coaching is perfect for people wishing to progress in their life and for those who are looking to achieve greatness.

One of the first objectives of Mind Coaching is to become aware of where you are right now and where you want to be:

“... to plan a path of greatness, is to know and accept your start position”



Exercise 1: Identify Your A & B

For this exercise I would like you to split your paper into two columns and label the columns with the below headers:

(A)Where am I now? **(B)Where do I want to be?**

For header, "Where am I now", think about your own "start" position, use the below topics to prime some ideas:

Next, decide where you want to be in life, your goal, your dream, write that down in the column labelled "Where do I want to be?"

Below are some ideas and examples that can help you get started:

Speed, Confidence, Titles, Weight, Strength, Location, Skills, Fitness, Finance, Relationships, Rest, Work... .

A: Where am I now?

Working Full Time
Manual Job which leaves me tired some-times.
Fitness could be better
Run 5k in 24 minutes
Suffering with low confidence, feel like nobody believes in me, however I love the sport.
Record 3-0

I am European Champion, feeling a bit stagnant.
Want to be stronger
I deserve a big payday now

B: Where do I want to be?

In 12 Months I will be working Part-Time in a less physically demanding job.
I will have sponsors and be running 5km under 21 minutes.
Believe I'm good enough to win a title
Record 6-0

Within 8 months I will be working with an S&C Coach and nutritionist, changing this will mix up my training and refresh me.
In 18 months I will be World Champion and have earned my big payday.

TIP: Make your goals S.M.A.R.T - this will maximise their power:

S - Be Specific

M - How can it be Measured?

A - Is it Achievable?

R - Is it Relevant?

T - When will this be achieved (Time)

NOTE: The brain thrives on specifics, once it knows where you want to be, opportunities and key people will manifest themselves.

The Unconscious Mind

Throughout the day, our minds are constantly busy with thoughts, feelings and emotions that are generated unconsciously.

We can perform actions or tasks on "Autopilot", where we do not consciously think, instead we automatically do.

To explain the unconscious mind further, think about when you first learnt to ride a bike, everything was a conscious thought, where you knowingly gave yourself instructions:

"Pedal, Pedaalll. Pedaalll, keep the handle bars straight, straight, pedaaall.... Boom I'm doing it"

Or maybe when you learnt to drive, consciously thinking:

"There's a corner coming up, check the mirrors, indicate, change gear, and manoeuvre."

With time and practice, these actions became natural to you, you no longer have to 'think', you just ride or drive, forming new unconscious patterns.

Unconscious patterns happen after you have trained your brain enough times, creating new neural pathways.



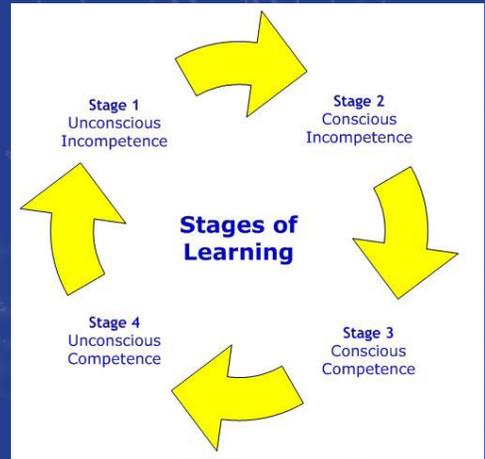
Why is this important to know?

Just like your body, your brain can be trained through repetition, the posh word is Neuroplasticity.

To explain Neuroplasticity a little further, think of a dirt track - the more you ride over it, the more permanent and established it becomes.

A golden nugget to remember is that we can change our neural pathways, and how we do that is by consciously programming ourselves.

“Neurons that fire together wire together.”



It is also important to highlight, that learning takes time and effort. Anything that you are good at now, is due to the time and effort you have invested, I mention this, to remind you of reality and not the Insta-bullshit of the 5 minute abs and unlimited filters. You CAN put the effort in, and you CAN Re-programme yourself.

Programming Yourself

Your brain cannot distinguish between reality and your imagination:

Let me give you a few examples:

You watch a horror film and feel scared, you know it's a film and nothing is going to happen, but the brain produces sensations in the body that makes you feel jumpy and develop Goosebumps.

You fanaticise over the latest hot stuff wearing sexy underwear on TV, and your body responds in a certain way.

You imagine the taste and smell of your favourite food and saliva instantly builds up in your mouth.

What does this mean?

Through the Mind Body connection you have the power to create new neural pathways without the need of the actual life experience.

The most standout example I can recall is when Conor McGregor became the only UFC 2 x weight champion and a journalist asked in the post-fight conference:

“What does it feel like, now that you have both belts?”

Conor responded by saying:

“It feels familiar, I saw it so clearly”

This is the reason why visualisation is so powerful, it allows you to imagine the scenario you desire so strongly that you can begin to change the neural pathways in your brain and eventually make your imagination, your reality.



Exercise 2: Visualisation

Find a comfortable space and read the below guide on how to visualise. Once familiar, close your eyes and practice.

1. Imagine the scenario you wish to happen
2. See it through your OWN eyes (Do not look at yourself from the 3rd person view)
3. Work through your FIVE senses, make the feelings intensify.
Make the picture BRIGHTER
Make the Sounds LOUDER
Increase the FEELINGS in your body
Build up the TASTES and SMELLS
4. Pay attention to the feelings in your body, you will notice that they move around in a certain direction (Energy in Motion = Emotion) whichever way it moves, SPIN it FASTER, FASTER, BIGGER AND BIGGER
5. Repeat daily.



Pressure

Every species in the animal kingdom discharges emotion in its own way. However, when it comes to humans, especially in the western world, we have been conditioned to hide our true emotions and certainly not to discharge them. This is why a lot of injuries happen.

Imagine a sealed bottle of fizzy drink, it gets shaken by life and more rigorously on a run up to a competition, tension increases, muscles get tighter, making it easier to pull/injure.

It is very important to release the pressure, like slowly releasing the gas from the bottle.



Exercise 3: Release

On your paper, write down all of the things that help you unwind... .
Once done, you now have a list of tools that can help you vent and release pressure.
If you didn't write anything, let me give you a tip:

A method which is proven to work is known as Journaling, a technique that works by venting the pressure in the form of writing.

All you need to do is take a piece of paper and write down all of the things that are bothering you, be as outrageous as you can, don't worry about punctuation and grammar, it is about discharging the thoughts that are causing the pressure.

This is by far one of the most effective ways, with a lot of research to back it up... I mean, who do you really want to tell the weird and bizarre thoughts that go around in your head to?

Of course there are trained practitioners like myself who are paid for the privilege, but even then, people will hold back on the darkest of shadows within their minds.

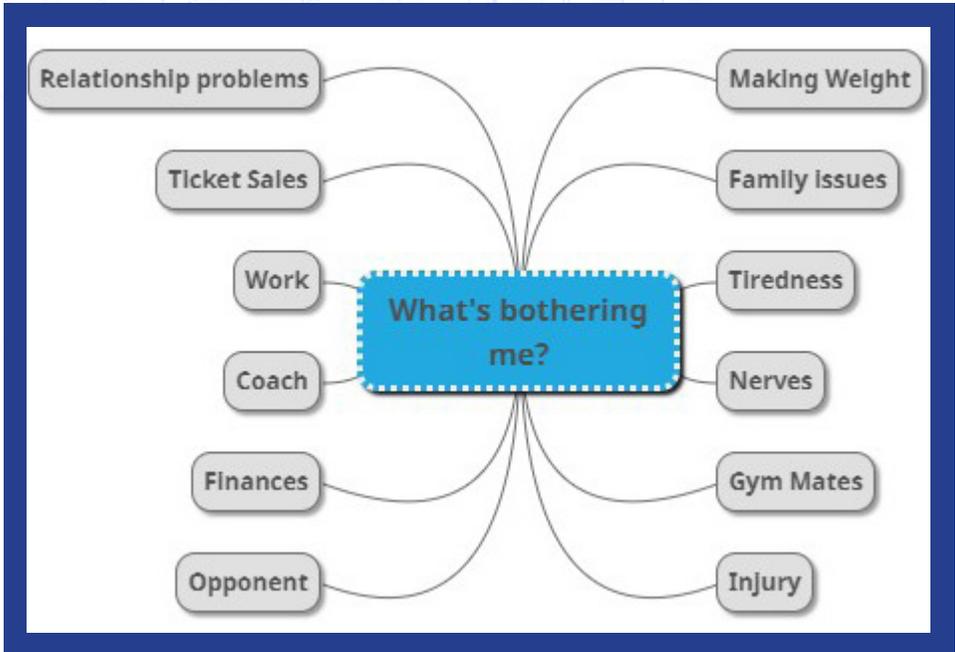
There is though, a life changing experience in bringing up some of that darkness and letting it be dissolved by the light.

The next exercise will give you some structure in this process.



Exercise 4: Offload

1. Draw a spider diagram, and note down all of the things that are bothering you, for example:



2. Start by choosing the one thing that is bothering you the most and then vent it out with pen and paper.

3. Once you have offloaded, destroy the paper any way you wish.

TIP: Knowing that it will be destroyed allows you to open up more and also has a cathartic affect.

Make it Smaller

Spending time noticing how you think is an important practice that can improve all aspects of your life:

“Mind is everything. What we think, we become.” Buddha

The art of reducing the size of a situation, problem or goal, can make a seemingly impossible situation possible and even enjoyable.

When listening and closely observing elite fighters, they all do this very well.

A good example is Tyson Fury.

Many times, I have heard Tyson Fury describing Deontay Wilder in their upcoming bouts in a small way, for example:

“He’s just another man with 2 arms and 2 legs”

“He has only knocked out tomato cans”

“He is a little skinny spaghetti hoop man”

Tyson Fury didn’t have a BIG image of a 6.7” chiselled fighter who has a better KO ratio than Mike Tyson and George Foreman, instead he made the image smaller and distorted it so it gave him the EDGE.



Exercise 5: Make things Smaller

Find a comfortable space and read the below exercise. Once familiar, close your eyes and practice.

- Think of something that is causing you stress or an image which you have perceived as big.
- Be aware of the image in your mind (draw it if it helps) and give it a stress level between 1 and 10
- Now start to play around with the image for a few minutes:

If it is big, make it small.

If it's bright in colour, make it black and white.

If you see it up high in your mind, bring the image low.

If there is a loud noise make it quiet

Distort the image to a cartoon like effect

Example: If you are thinking about standing across the ring from your opponent, imagine them smaller, blue, with a big pot belly and big clown feet looking like a Smurf, whilst circus music is playing in the background

- Has the level of stress reduced? Mark it out of 10 once again.

Hopefully this exercise has allowed you to reduce the size of your stressor (measured by the 0-10 scoring) and has allowed you to see that you have the power to change your thoughts and feelings... I recommend repeating the exercise a number of times.

To Recap

1. It is vital in your quest for excellence to understand where you are now and where you want to be, also known as **DDD**.

Decide what you want

Have the **D**esire to archive it
and..

Develop the resources to make it happen.

2. Know that you can reprogram your mind through neuroplasticity, and visualisation is a great way to do it.

3. Know that everyone creates pressure within themselves. However, repressing this pressure can lead to mental health issues, injuries and illnesses, so it is very important to release, keep light minded and relaxed.

4. Make things smaller, we all create images. We do have the power and skills to change them, enjoy playing around with these images and being silly, it will imprint in your brain positively.

Well done for completing this eWorkbook, you have started the journey to create the ultimate winning mind-set and most importantly the mental Edge over your competition!

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