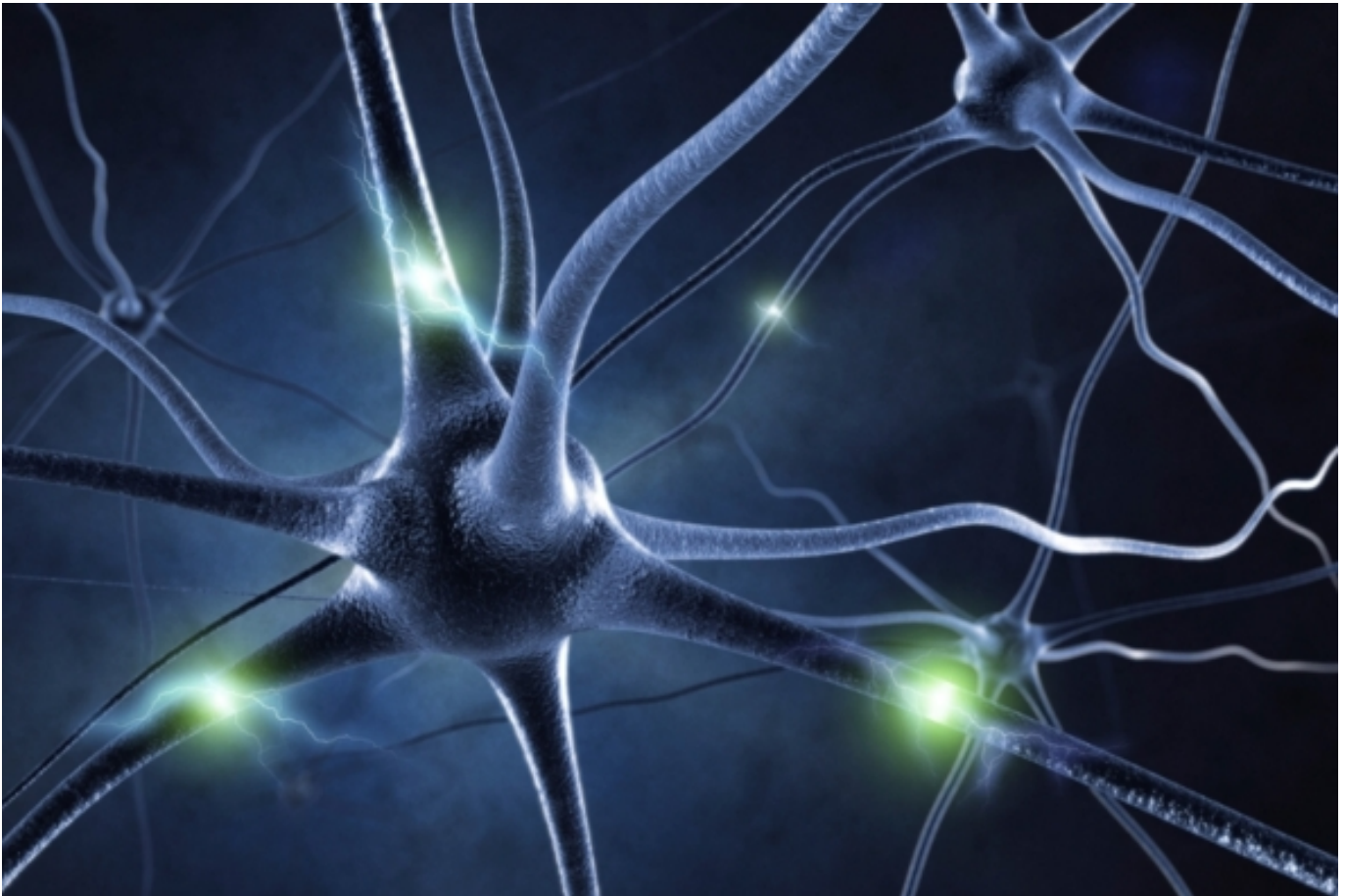




Fight Brain

QUICK START GUIDE: CREATING A MENTAL GAME PLAN



If you're currently training for a fight and you've committed to doing the hard work in practice day in and day out and your true desire is to dominate your opponent and conquer your competition, then the steps in this process can help give you an edge. These are the basic minimum steps to creating a powerful mental game to win your fight and become a better fighter.



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STEP 1. SET A CRYSTAL CLEAR GOAL TO WIN

Whenever we vaguely focus our attention on the future, we get back vague results. It's not until we ask ourselves, 'what do I really want?', that we start to add specific detail and precise direction to our vision of the future.

“You could think of your mind like a laser guided missile and your goal is it's target and to hit that target you have to focus precisely on that specific goal.”

– Paul McKenna

Here's an easy way to get crystal clear on your goal to win. Imagine for a moment that you could fast forward through time to the exact feeling of just having won your fight. You've heard the bell ring and you won. The referee is raising your hand in victory over your opponent. Feel how amazing that's going to feel. And now, think, how did you do it? How did you finish your opponent and secure victory? How specifically did you win? Roll the tape backwards and notice the detail of how you've won. That's your goal.

- Write/text your goal in the following format: I, Jeff Jordan, will submit my opponent by flying armbar at UFC 202 on August 20th, 2016.
- Commit to this goal, write/text and say it every day repeatedly until you achieve it.
- Do not continue to the next step until you've done this.



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STEP 2. DISCOVER WHY IT'S SO IMPORTANT FOR YOU TO WIN THIS FIGHT

The truth is, your why is powerful. It's the whole reason you fight. And let's be honest. Fighting isn't easy. It's constantly challenging, grinding, painful and if you're like most fighters, it's made you want to quit. Your why is what drives you to fight and it's probably the reason you're reading this now.

*“When you find your why,
you find a way
to make it happen.”
– Eric Thomas*

Your why is the story you get to tell. It might be telling your kids that their parent is a winner. It might be the feeling of personal achievement, recognition, respect or money. Only you truly know why you fight and why it's so important for you to win. Embrace your why. Practice telling the story of why you were able to win, why you were able to triumph, why you were able to defeat your competition to win.

- Ask yourself why is so important for me to win this fight?
- Ask yourself what will winning this fight give me?
- Imagine that after you've won this fight, the announcer asks you, “Why were you able to defeat your opponent and win this fight?” What would you say?
- Assemble your ‘why’ into a story and practice telling it to yourself and everyone else.



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STEP 3. VISUALIZE WINNING YOUR FIGHT

Visualizing winning your fight regularly is essential to creating your future. The process of mental rehearsal may seem somewhat unclear when in fact it's very simple and just like any other skill that you can improve upon with dedicated practice.

“Champions aren’t made in the gyms. Champions are made from something they have deep inside them: A desire. A dream. A vision.” – Muhammad Ali

Mentally rehearsing or visualizing winning your fight is very simple and can be very intense. The key to practicing this skill is to dedicate at least 5 to 15 minutes, block out all distractions and wrap your mind around the one single goal of winning your fight.

- Create a mental movie where you're the star.
- Use all of your sense. What will you be seeing, hearing, feeling and smelling?
- Write it down. If you really want to get good at this, write down the details of your winning fight into a short story that you can rehearse.
- When you've found the time to be totally undisturbed, put your devices on silent, take a few deep breathes to focus and relax a bit.
- When it's safe and you can be totally undisturbed, close your eyes and visualize the details of your winning fight.
- Practice. It may seem foreign in the very beginning but if dedicate even 10 minutes a day consistently to visualizing the story of your winning fight, you'll notice the benefits rapidly.



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That's it.

By practicing these three steps in the **Quick Start Guide: Creating A Mental Game Plan**, you'll be building confidence, building expectation, building momentum in a clear direction, you'll be rewiring your brain, powerfully engaging your neurology, and stacking the deck in your favor to win. And in the process, you'll become a better fighter.

If you have questions about these steps, feel free to contact on Facebook at [FB.com/fightbrains](https://www.facebook.com/fightbrains).

If you're searching for faster results, visit FighBrain.com/win to schedule a free 15-minute quick consultation.

Let's do this!

Jeff Jordan

Mindset Coach

CHt, NLP