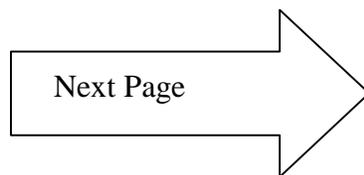


Goal Setting – Self Image Psychology:

1. Putting your goals in writing enhances your chances of achieving those goals by 1000x.
2. This year we will state our goals in positive affirmations in the present tense.
3. Your brain cannot tell the difference between something vividly imagined and something real. For example, did you ever wake up from a dream thinking that something actually happened? Have you ever been alone in a house, heard a noise and immediately your heart rate goes up, your hair stands up and you think someone is in the house (yet you know no one is there) – your imagination.
 - a. Example: “I feel great swimming a 100 meter freestyle in 55.9”
4. If your brain cannot tell the difference between something real and something vividly imagined and you see a written goal (written in this manner) enough times you start to believe you’ve already done it. If you’ve done it once in your mind, it’s a lot easier to do it a second time.
5. Rehearse races in your mind trying to imagine how you’re going to feel.
6. WE MOVE TOWARD AND BECOME LIKE THE PICTURES WE HOLD IN OUR MINDS.
 - a. Amanda Weir when asked: “Did you know you would make the Olympic team?” The answer was: “Yes, I just didn’t know which Olympic team it would be.”
 - b. If you can see yourself at a certain level and you can trick your subconscious mind into believing it, you’ll move toward those pictures.
 - c. If you believe that you’re an Olympian: What do Olympians do? *They work hard, they eat right, they sleep right, they goal set, they work dryland hard, and they take advantage of opportunities without making excuses.*
7. From the time you’re born until your 16 years of age, you hear about $\frac{3}{4}$ of a million times, “you can’t.” That is a lot to overcome. The more times you can put positives into your subconscious, the better your chances for success. Garbage in = Garbage out.



8. You take things in at a conscious level, you store them in the subconscious, then your creative subconscious can help bring about what you've stored at the subconscious level.
 - a. If the last thing you think about before a race is "I hope my goggles don't fall down on the dive," then what is going to happen? The goggles are going to fall down even if it's never happened before. We move toward the pictures we have in our minds eye.
 - b. **VERY IMPORTANT:** When you get on the blocks before a race, you should get on the blocks with the attitude, "I can't wait to see how fast I'm going to go." If you get up thinking, "What if I don't go fast." OR mom or dad is not going to pay for this trip if I don't swim a best time; you might as well step down. It means you have a picture of someone going slow. **WE MOVE TOWARD AND BECOME LIKE THE PICTURES WE HOLD IN OUR MINDS** (good or bad).
 - c. Form an image of what you're trying to accomplish, not what you're trying to avoid.

9. If you are setting a goal to qualify for a meet: Don't just set a goal to qualify for a meet b/c you may qualify, then fail to swim fast at the meet. Set a goal to qualify for a meet + swim a personal best or to place, etc. In other words, always think at least one or more steps beyond that goal.

Quotes & Thoughts from Maxwell Maltz

- **Often the difference between a successful person and a failure is not one has better abilities or ideas, but the courage that one has to bet on one's ideas, to take a calculated risk—and to act.**

- **Realizing that our actions, feelings, and behavior are the result of our own images and beliefs gives us the level that psychology has always needed for changing personality.**

- **When you see a thing clearly in your mind, your creative "success mechanism" within you takes over and does the job much better than you could do it by conscious effort or "willpower."**

- **Within you right now is the power to do things you never dreamed possible. This power becomes available to you just as you can change your beliefs.**

- **What is opportunity and when does it knock? It never knocks. You can wait a whole lifetime, listening, hoping, and you will hear no knocking. None at all. You are opportunity, and you must knock on the door leading to your destiny. You prepare yourself to recognize opportunity, to pursue and seize opportunity as you develop the strength of your personality, and build a self-image with which you are able to live—with your self-respect alive and growing.**