

Lisa Tamati

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PUSHING THE LIMITS

HOW TO

**MASTER THE
MINDSET OF A
WINNER IN 30 DAYS**

THE WINNERS MINDSET

What are the makings of a true champion?

The following are reflections on the mindset of a winner.

Enjoy!

Make hard work a part of your life's philosophy

We have all heard the saying work smarter not harder and that is true to an extent but I would suggest working smarter and harder are the real keys to success. No one ever become a master overnight, on just talent alone or on wanting to be a champ. The hard graft, the daily grind, the small rituals that daily take you, often in micro increments, towards success requires a 100% commitment.

Dedicating yourself to long hours of work and sacrificing those easy pleasures in exchange for arduous training sessions or hours of research and reflection or academic study, or those mind numbing repetitions required to perfect an instrument or movement pattern, are what it will take to succeed. As a great quote goes "Do today what others won't so you can do tomorrow what others can't".

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Make everyday a learning day

As humans, we're all programmed to learn from the day we're born until we reach our twilight years. While arguably no one remembers their first baby steps, we all had to learn how to put one foot in front of the other and make it across the living room into mum or dad's proud arms.

Now, imagine you gave up on conquering those first few steps as a toddler; can you imagine how you would have faced every other subsequent challenge that came your way?



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**...we all had to
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of the other...**

Learning is a part of life. Those who embrace the often frustrating and time-consuming effort it takes to learn new habits, routines or training methods are those who position themselves for long term success. So don't become complacent when it comes to your growth and development as an athlete, professional or an individual.

Always assume that there's more to something you've already mastered and look for ways to improve upon past achievements. This is what separates the champions from the runners-up.



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Be clear about motivations

From the early days of human evolution, our brains were wired to protect us. Primitive humans faced a plethora of daily dangers just to survive, and by survive I mean avoiding the claws of a long toothed sabre or some other terrifying predator. Depending on who you ask, not much has changed since those early days of our existence.

Fortunately, modern man lives in far less dangerous environments, yet our brains are still wired to avoid dangerous or uncomfortable situations, whether it be getting knocked over by a bus, a career setback or social embarrassment. That's where the all-too-familiar angst-ridden voice in our heads comes from. However, as intelligent and evolving creatures, we've got to apply reason and rationality to those unwelcome mental intrusions, especially when buying into them seems like the more convenient option.

When that voice starts to list all the reasons you shouldn't pursue a new journey in life, stop for a second and examine it. Pay attention to your thinking patterns and pre-empt negative thoughts with positive affirmations. Replace negative thought streams with rational and calm internal dialogue that addresses disarms fears and you'll soon find the courage to stay the course.

The same goes for the people you surround yourself with. People often don't want to see others succeed because if they do, then what does it say about them....? Stay true to your motivations, keep that internal dialogue going and always remain honest with yourself and that long list of excuses will soon transform into positive reinforcements that give you that extra oomph! when you need it the most.

Be willing to get knocked down

Getting get knocked down doesn't say much about you; it's how you get up that determines whether you will ultimately succeed, so see setbacks as opportunities for your personal growth. Instead of looking at the first bump in the road as an excuse to turn around and head home, use it as an opportunity to inform your game plan and adjust your strategy.

I can tell you that if it weren't for the many setbacks I experienced throughout my personal life and career, that I wouldn't be where I am today. In fact, I am thankful for those difficult and dark moments in my life, even when I don't necessarily want to repeat them, as they helped me to really understand who I am and what I am truly capable of and they helped hone a resilience that is key to winning.

Take heed of the lessons that lie hidden in your setbacks to uncover where things went wrong and go back to the drawing board - don't just quit! Any star athlete or business leader will tell you that if it weren't for the failures they encountered they wouldn't be in the positions they are today.

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Trust yourself, the experts aren't always right

I recall the absolute horror I felt when learning about my mum's aneurysm and finding out that if she lived she would likely have massive disabilities. We were told the damage was so extensive and with her advanced age we should put her in a rest home and make her comfortable that we could never care for you her alone at home. But I resolutely and utterly refused to accept that. I had no idea how but I knew I would do anything it took just for the chance for her to come back to us.



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It took tons of research, countless consultations with experts, heated arguments with naysayers and even battles with my own sense of despair and absolute exhaustion, but today, after pursuing every conceivable avenue, my mum is back.

She is able to enjoy a quality of life that no one thought would be possible doing everything they said she wouldn't. This, very personal experience has reinforced everything I believe and has taught me to fight against the odds when necessary. I knew I would succeed in my endeavours or die trying, walking into the blind unknown with just belief, hope and a fighters attitude and being prepared to do whatever it took.

I hope that you too may find that inner strength when the world seems pitted against you and your dreams and that your resolution to achieve your very best will carry you through in the end.

DO YOU WANT A WINNERS MINDSET?

If you answered yes, then you've already made the first step. I have spent many hours over my career building my mental game and experience and am now teaching others how to create the same type of mental toughness needed to become a winner.

To reach your full potential and achieve all your health and fitness goals I have put together a programme that will teach you how to push the limits in every aspect of your life.

I encourage you to take a look at www.lisatamati.com

"Invest in yourself and in controlling and educating your mind and you will reap the rewards of success whatever the goal or dream you have."

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