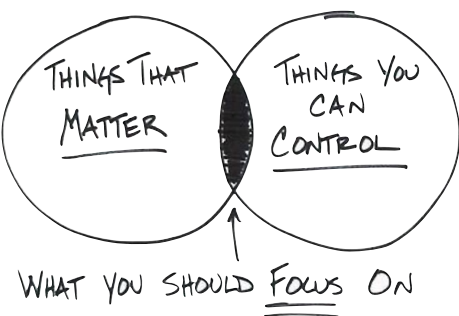


BOUNCING BACK: OVER COMING ADVERSITY

TURNING PROBLEMS INTO CHALLENGES.



"No excuses. No explanations. You don't win on emotions. You win on execution"

Tony Dungy

Emotions are **IMPORTANT**, in fact they are **ESSENTIAL**. **BUT** we need to keep them working on our side...

OUR FRUSTRATIONS COME FROM LOSING CONTROL.

When others impact our performance or we make mistakes that list out performance it can cause our emotions to take over.

LOOK TO CONTROL THE CONTROLLABLES

CONTROLLABLE 1: OUR PROCESSES

CONTROLLABLE 2: OUR EMOTIONS

FOCUS ON THE PROCESS (THE PART YOU CAN CONTROL)

- **ESTABLISH A PROCESS GOAL FOR EACH RACE:** Reconnect with what will enable you to succeed, don't just focus on winning the race but on the skills that will enable you to win.
- **DRAW ON WHAT YOU DO WELL:** Draw from sources of confidence, what enables you to move forward in the fleet.

5 STEPS TO TAKE CONTROL OF YOUR EMOTIONS

1. **STEP BACK (BREATH - REFOCUS)**
2. **ANALYSIS (WHAT'S GOING ON)**
3. **PLAN (WHAT NEXT)**
4. **REFOCUS (LOOK TO OUR PROCESS GOAL)**
5. **DO (JUST DO IT)**

TO ACCEPT FAILURE

- **UNDERSTAND WHY** we have failed
- **LEARN** from our failure
- **IMPROVE** on our failure

TO DO THIS WE NEED TO BE **HONEST**
AND **ACCOUNTABLE**,

WHICH REQUIRES US TO BE
MENTALLY TOUGH

DEVELOPING RESET TRIGGERS

Allow yourself to get angry/frustrated this is a natural reaction. But then move forward. A good technic to applying this reset is to find something physical to trigger yourself out of an emotional mindset.

- Deep breath
- Close your eyes
- Clap your hands
- Touch your head.

What ever you find helps you

