

12 RITUALS FOR CHAMPIONS

an excerpt from the book: Making the Team: 64 Ways to be a Champion in School...Sports...Life



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12 RITUALS FOR CHAMPIONS

DO YOU HAVE THE CHAMPION AURA?

A champion has vision. A champion dreams of things that haven't been and believes they are possible.

-Dr. Jerry Lynch from wayofchampions.com

A Champion Says: I AM.

Use your greatest focus, determination, and passion to conquer the impossible.

The Champion's Rituals

These are repeatable acts that can be practiced every day.

Champion Ritual #1 68 Seconds

Champion Ritual #2 Speak Your Vision

Champion Ritual #3 Listen More & Better

Champion Ritual #4 Gratitude

Champion Ritual #5 Grin

Champion Ritual #6 Stalk Your Thoughts

Champion Ritual #7 Embrace Your Magnificence

Champion Ritual #8 Call an Audible

Champion Ritual #9 212 Degrees

Champion Ritual #10 Read Good Stuff

Champion Ritual #11 Have Good Taste

Champion Ritual #12 Do it Deliberately

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Champion Ritual #1

68 Seconds of Greatness

Champions live their vision for 68 seconds every single day.

A champion has huge visions. You aren't afraid to imagine winning the championship, becoming MVP, or helping a teammate become MVP. With your big vision you'll need to set a big intention to make it happen.

The 68 second principle

It's simple: Set a timer for 68 seconds. Center your mind by visualizing with great detail your vision of your perfect game, or your best life, or an incredible practice. Great detail means using all five of your senses to imagine your accomplishment in the present tense during these 68 seconds. **Hear** the crowd. **See** the finish line or the ticking clock or the end zone you're protecting or heading into or the basket you're shooting towards. **Smell** the sweat and turf. Taste the blood on your tongue or the sweat that's rolling down your face. **Feel** the way the wind blows in your face because you're moving so quickly or the way it feels to crash against the opponent as you move past him, or feel the leather under your fingers as you release the ball or hold it as you enter the end zone. Do this and see greatness beyond your wildest imagination for 68 Seconds Straight. Relentlessly imagine your gifts, talents, and skills in motion.

Seeing yourself "realistically"

Some people will tell you to be realistic. Whatever. Those people would be best off evolving a bit more. When teachers tell you to be realistic, they are talking about that very second. Sadly, most teachers and coaches have no idea about how quickly one can change oneself when in tune with universal principles. Here's the best way to see yourself realistically. Be able to see your full potential (greatness) at this very moment. When you see the champion you truly are at your core you can then let everything else fall away: self-doubt, mistakes, negativity, etc. Michelangelo said it this way: when he was sculpting the statue of David he saw the finished product in the clay before he began and then took away everything that was not David. So you MUST see the whole and finished product before you begin seeing yourself as the blob of clay and craft through visioning the incredible athlete you are within.

"I hated every minute of training, but I said: 'don't quit, suffer now and live the rest of your life a champion.'"

-Muhammad Ali

"The only limitations one has are the ones they place on themselves."

-Muhammad Ali

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Champion Ritual #2

Speak Your Vision

Champions use positive self-talk

A Champion knows greatness lies within. You aren't afraid to be great and to speak of it to yourself. You welcome the chance to let your teammates shine. With your great positive self-talk you'll be capable of more than you've ever imagined.

Self-Talk Principle

Anytime you use the words I AM they must always be followed by something positive that you wish to speak into being. By the same token, avoid saying I am sick (use instead I feel health showing up in my body) or I am having a bad game (My game is now excellent.) The statements claiming sickness or a bad game lower your vibration. Be aware of the words you use and what you set into motion. When shooting the ball always say "Make this shot," instead of "Don't miss," Or, "Catch this pass," instead of "Don't drop the ball."

Do this ritual daily. It's easy. Choose some positive words that you embody or wish to embody. Begin each morning by looking in the mirror and giving yourself an earful and a mouthful of compliments. Smile while you do it! A string of positive affirmations said out loud, silently or under your breath to yourself will help you find your best game. It actually changes your cells in a way that sets good things in motion.

Example: "Laura YOU are a superstar, who is quickfooted, great hand-having, straight A making, healthy food eating, magnificent, athletic, caring, passionate, and awesome person!"

Write your words or phrases here:

"As a man thinketh so shall he be." -James Allen

This mirror concept will be something to change the way you are in every way. It is a lightning-fast method to recognize your champion status.

"I'm looking at that Man in the Mirror.
I'm asking him to change his ways.
I'm Gonna Make A Change
It's Gonna Feel Real Good!"
Jamon.....

-Michael Jackson's song Man in the Mirror
written by Siedaah Garrett



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Champion Ritual #3

Listen More and Better

Champions are present and take corrections well

“Listening is a magnetic and strange thing, a creative force. The friends who listen to us are the ones we move toward. When we are listened to, it creates us, makes us unfold, and expand.”

-Karl Menninger

Champion listening demeanor: Look coach in the eyes and actually listen when he or she is talking to you, keep arms uncrossed, shoulders straight, head up, with a pleasant expression and a slight nod from time to time.

Champion Ritual #4

Have an Attitude of Gratitude

Champions use these words often: Thank you. Thank You.

Say thank you to your coach and teammates after practices and games. If you never saw them again would they know you appreciated them? Be genuine about it. Thank teammates when they make YOU look good. In the book Attitudes of Gratitude by MJ Ryan, she writes: “When we are in touch with a profound sense of gratitude, we connect to all of life, recognizing the miracle in the tallest tree, the smallest bug” ...and the miracle in the most frustrating teammate and the most irritating coach. (This last little blurb was added by the authors.)

Champion Ritual #5

Grin

Champions Are Enthusiastic and Upbeat

Today, give a stranger one of your smiles. It might be the only sunshine he sees all day.

~Quoted in P.S. I Love You, compiled by H. Jackson Brown, Jr.

The Grin Principle

Recognize that your gift is a gift. Your talent is a gift. And be joyful about it! Smiling has numerous benefits for you and those around you. Don't sweat the small stuff. Instead, just grin and make things better.



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Mark Stibich, Ph.D. says the scientific benefits of smiling are:

***Smiling** makes us more attractive. ***Smiling** Changes Our Mood ***Smiling** Is Contagious ***Smiling** Relieves Stress ***Smiling** Boosts Your Immune System ***Smiling** Lowers Your Blood Pressure ***Smiling** Releases Endorphins, Natural Pain Killers and Serotonin (makes you feel better) ***Smiling** Lifts the Face and Makes You Look Younger (this one is for your parents)

Champion Ritual # 6

Stalk your thoughts

Champions Have Awareness

Are you a positive, motivated, disciplined, intense, focused, hustling competitor? Yes you are! It is important that the thoughts you keep in your head are ones that help you take the actions that help you become the champion you are meant to be. "I make all my free throws." "I swim faster than anyone in the pool." "I catch all the passes." or "I throw the best passes." "I block all the toughest shots."

Be Mindful of your thoughts.

They have a strong effect on those around you and are a reflection of who you are and who you will become. Listen to your own thoughts. Make sure they reflect the real you the champion within.

James Allen, in his book **As a Man Thinketh**, writes about the power of thoughts.

"Good thoughts bear good fruit. Bad thoughts bear bad fruit."

James encourages readers to 'think with a purpose behind your thoughts and actions to become strong' in all things. He also writes that, "doubts and fears should be rigorously excluded."

Basically, *Be Fierce* in all you do. Failure is part of success so why dwell or worry about it. Learn from it and go forth with your passion and the belief in yourself as a champion.

Remember, you already are.

Champion Ritual # 7

Embrace your Magnificence

A champions seeks the stillness and convenes with the Divine.



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You were born a champion. Now recognize your greatness. Here's how.

The best way to know what your thoughts are and to be less controlled by them is to meditate each day. This is a ritual that top athletes, scientists, and artists partake in and it works.

Why shy away from being a champion? It's okay to be amazing! Embrace your magnificence. You were born to be a champion. Show fierce instead of fear in the face of the battle. Embrace your competition because they make you better – they reveal your best self

Champion Ritual # 8

Call an Audible

When champions talk, their words are worth hearing.

Be a positive audible force in practices AND games. This means giving your teammates and even your coaches positive reminders about how to play their best. It will help you stay positive and improve your team's play. For example, "Hey Kara, I'm looking for 12 rebounds from you tonight." "Donovan, let's block tough and help Blake get 100 yards tonight." When on the bench, your power is your voice. Even a superstar raises his or her stock by being the best cheerleader on the team. Your voice can be used in class and in the hallways.

Champion Ritual #9

212 Degrees

Champions go the extra degree

Some athletes have a sense of intention and extra energy in their movements. They innately understand the concept of a ticking clock on a sports field or on the court. They are the ones who will dive into the stands to save a basketball, chase a wide receiver down the field even when it seems impossible to catch him, or leave their feet for the impossible save, fly ball, block, interception or winning touchdown reception. It's that extra hustle style that sets champions apart.

At 211 degrees, water is hot. At 212 degrees, it's boiling. And boiling water converts to steam. And steam can power a locomotive. That one little degree of difference is the difference between good and great.

<http://www.youtu.be/uRDNLTMaZqo>

Go the extra degree and you'll be rewarded.

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Champion Ritual # 10

Read Good Stuff

Champions keep their minds programmed and updated for greatness

When you read good stuff it can give you an insight and insights can turn into new ways of competing, new ways of healing, or new ways to be a champion. In his book **The Way of the Champion**, Dr. Lynch writes: "These inner battles are fought with weapons of the heart or what I like to call 'the stuff of champions', the right stuff. In this sense, being a champion is a spiritual practice of embracing and connecting to the 'right stuff', sacred virtues."

Sacred Virtues Dr. Lynch names:

Courage, compassion, commitment, fortitude, integrity, patience, perseverance, passion, responsibility, respect, relationship, selflessness, suffering, surrender.

When you become a student of the game you will embody the great players of the past and future because they too will read great stuff.

Champion Ritual #11

Have Good Taste

Champions know what's great. They can discern excellence from mediocrity. Champions have immaculate taste.

Ira Glass has one of my favorite quotes for champions regarding good taste:

"Nobody tells this to people who are beginners, I wish someone told me. All of us who do creative work, we get into it because we have good taste. But there is this gap. For the first couple years you make stuff, it's just not that good. It's trying to be good, it has potential, but it's not. But your taste, the thing that got you into the game, is still killer. And your taste is why your work (and your game) disappoints you. A lot of people never get past this phase, they quit. Most people I know who do interesting, creative work went through years of this. We know our work doesn't have this special thing that we want it to have. We all go through this. And if you are just starting out or you are still in this phase, you gotta know its normal and the most important thing you can do is do a lot of work. Put yourself on a deadline so that every week you will finish one story (improve one skill or move). It is only by going through a volume of work that you will close that gap, and your work will be as good as your ambitions. And I took longer to figure out how to do this than anyone I've ever met. It's gonna take awhile. It's normal to take awhile. You've just gotta fight your way through."

So, in summary, use your good taste to close the gap between where you are now and where you wish to be. Set your mark for the end of what it feels like to be great. Then keep your good taste.



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Champion Ritual # 12

Do Deliberate Practice

When student athletes want to be the best they must consider how they can practice deliberately.

In the book, **Talent is Overrated**, Geoff Colvin writes: “Deliberate practice is the difference between greatness and mediocrity. People with Deliberate Practice – may often appear as the one with the ‘god-given talent.’”

Examples of Deliberate Practice for You That Can Help You Be a Champion on the Court or Field

1) Conditioning

Explosive training and agility or explosiveness or stamina, or quickness or speed training

2) Basic Skills

Shooting a basketball, hitting a baseball, hitting a golf ball out of the sand, catching a football, Setting a volleyball, spiking one

These basic skills require a fast response since games change and when working on a team or against an opponent no two situations will be identical.

Colvin says that being aware of yourself while you do this training is important. How much are you pushing yourself? What are you accomplishing and are your results on track with what you need for progress?

WHAT NEXT?

Please visit our Making the Team website: www64ways2.com
Order Making the Team: 64 Ways to be a Champion in School...Sports...Life
the ebook is only \$4.99 for a limited time.

