

The Psychology of

WINNING

CHAPTER 8 POSITIVE SELF-DISCIPLINE

Name: _____

"All other winning qualities... are worthless without self-discipline."

Dennis Waitley

READ About It:

Habits are hard to break, says Waitley. Why is that? _____

Name some of the things that prisoners of war (POWs) did with self-discipline. _____

Get CRITICAL:

Read the paragraph on French skier Jean Claude Killy and how he won the giant slalom in "his imagination first." How did he use his imagination to win? _____

Which group (I, II or III) had the most success in their free-throw shooting contest? Why do you think they did the best? _____

What's the difference between simple practice and tight, clear *visualization*, according to Waitley? (HINT: *Perfect practice makes perfect!*) _____

APPLY what you've learned:

What's a form or combo you want to perfect? _____

Set a timer, and spend five minutes a day for the next week *visualizing* yourself doing each move perfectly, with power, with speed, with intensity. Concentrate and see yourself moving with perfection. And at the end of the week, try out that form or combo. *Did you get improve? How does it feel?* _____