

**MIZUNO WORKSHOP**

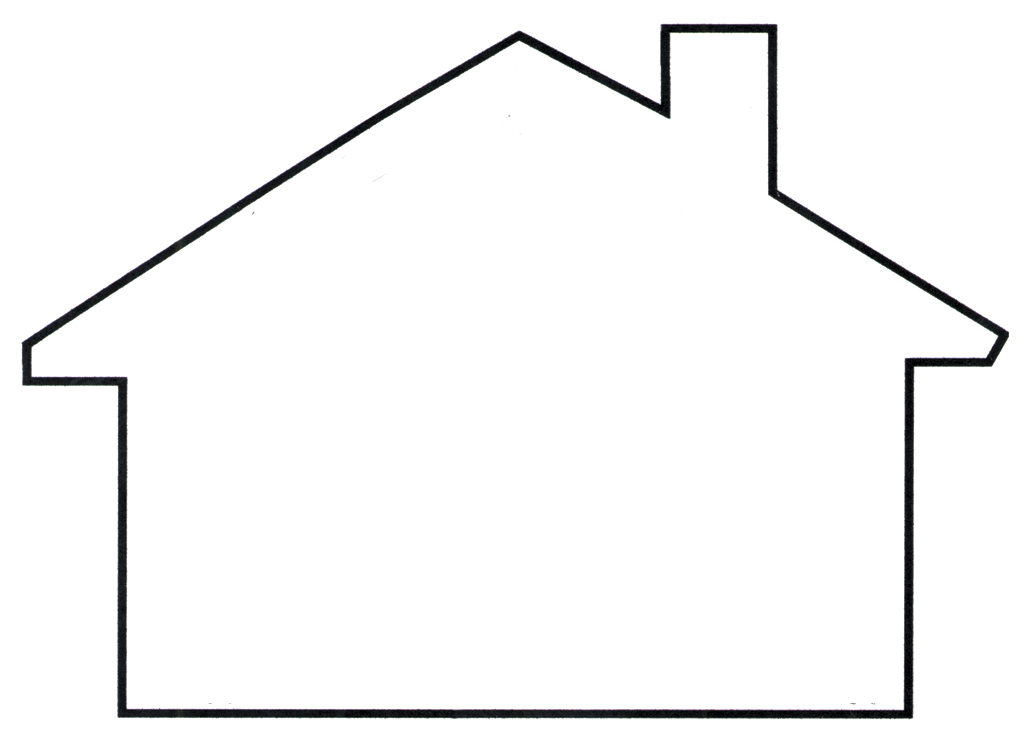
**Performing Without Limits –** *Get out of Your own Way*

**PRESENTED BY:**

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**MIZUNO WORK COMFORT ZONE HOUSE**



**BELIEF EXERCISE**

**BELIEF THINK/FEEL BEHAVE/PERFORM**

**Circle Your Mental Performance Barriers**

* **Will I finish/Can I do this/Am I good enough**
* **Pressure**
* **Fear of success**
* **Fear of failure**
* **Anxiety**
* **Unknowns/uncontrollables**
* **Low confidence**
* **Lack of motivation**
* **Unrealistic expectations and goals**
* **Negative self-talk**
* **Excuses**
* **Poor past performance**
* **Excessive emotions**
* **Poor focus**
* **Not having fun**
* **Judgments**
* **Burn out**
* **Worrying what others think**
* **Will I get hurt emotionally or physically**

1. Identify a performance struggle that you are having with your volleyball. The struggle may be something outside of your volleyball “comfort zone”.
2. Which mental barriers do you associate with this struggle?
3. Write down the most powerful mental barrier you identified… ie. If one of the identified mental barriers was eliminated or made manageable, which one would give you the most relief and improve your performance the most? That would be the one you would want to focus on.

1. What is an alternative to having the mental barrier become a reality? What could happen in the place of the mental barrier manifesting?
2. What is one thing you CAN actively do to start breaking down that mental barrier?
3. How would your performance change if that mental barrier was gone? You can use words or pictures to describe that performance change.

**INNER MIND FITNESS**

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**Intention Paper**

**THOUGHTS**