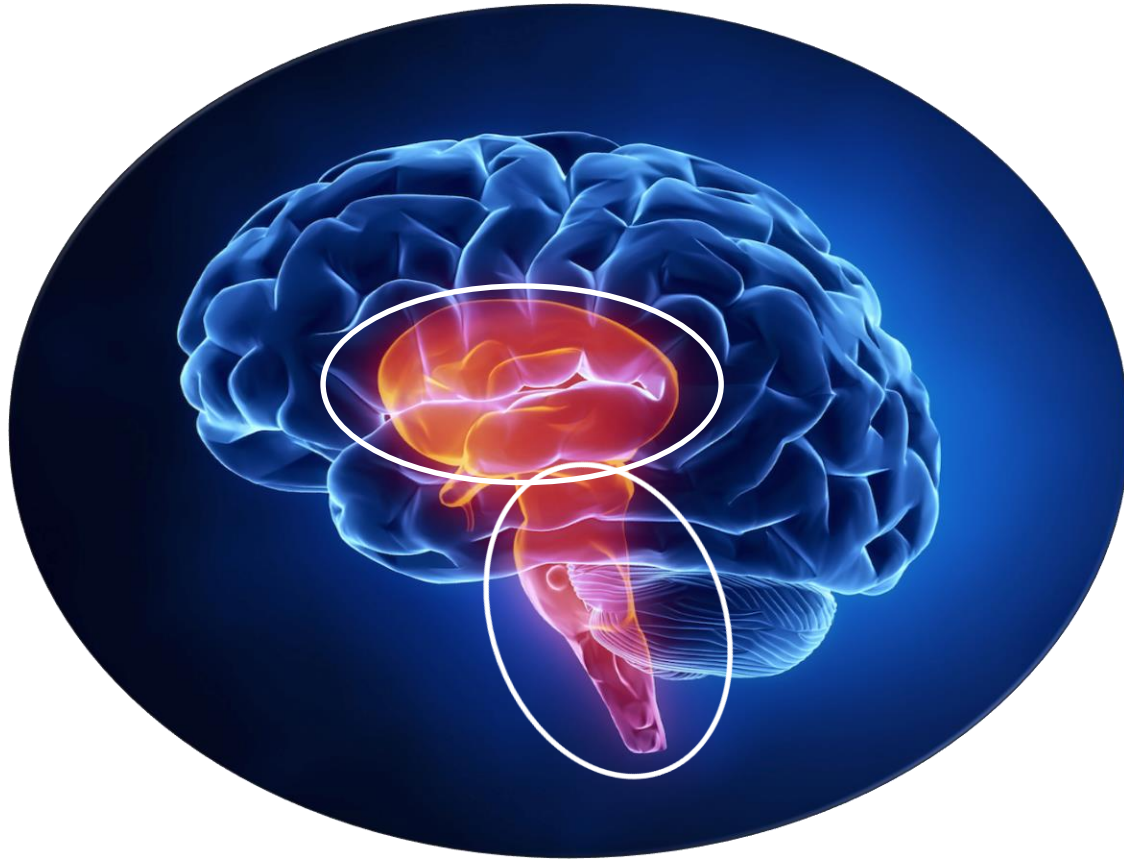




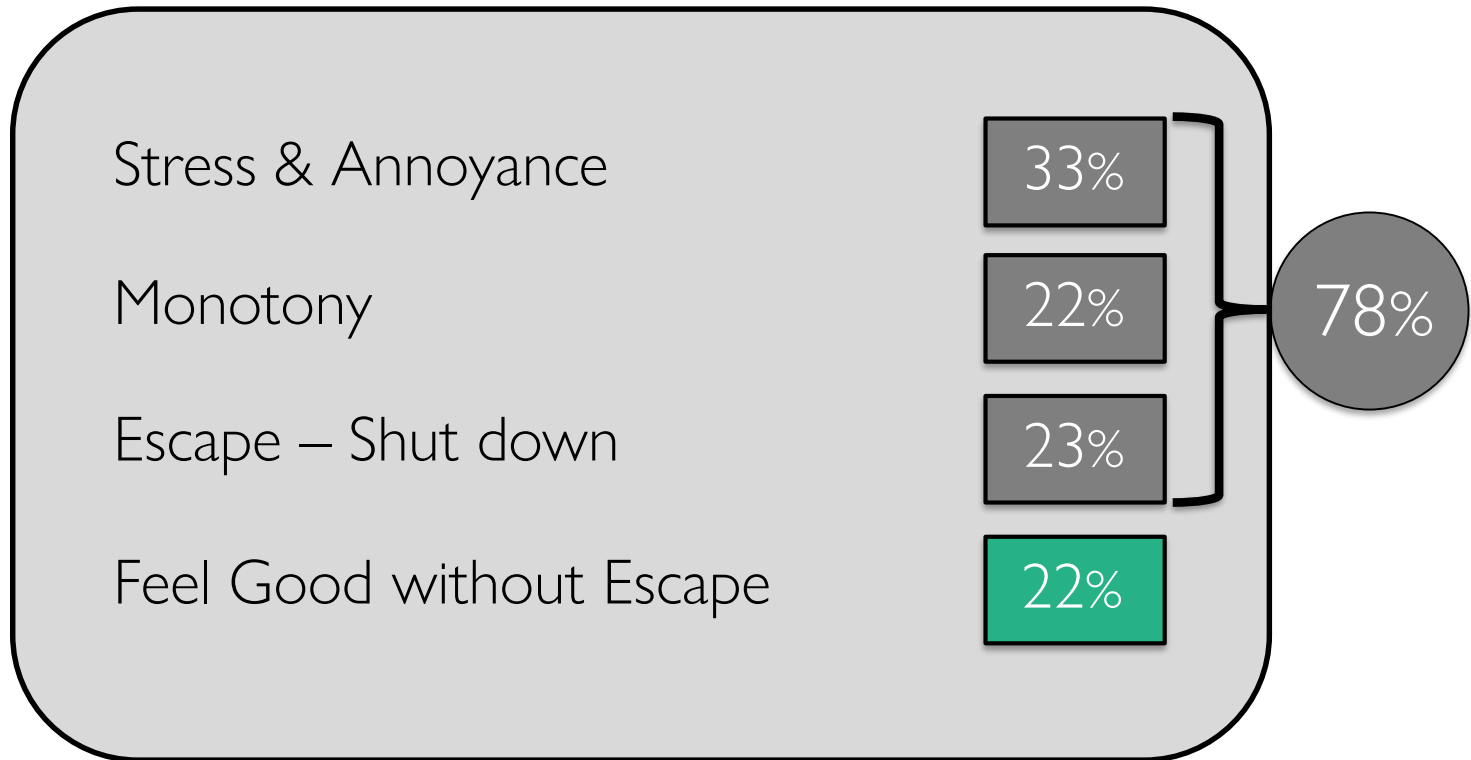
# The NFL's Mindset Movement is Spreading

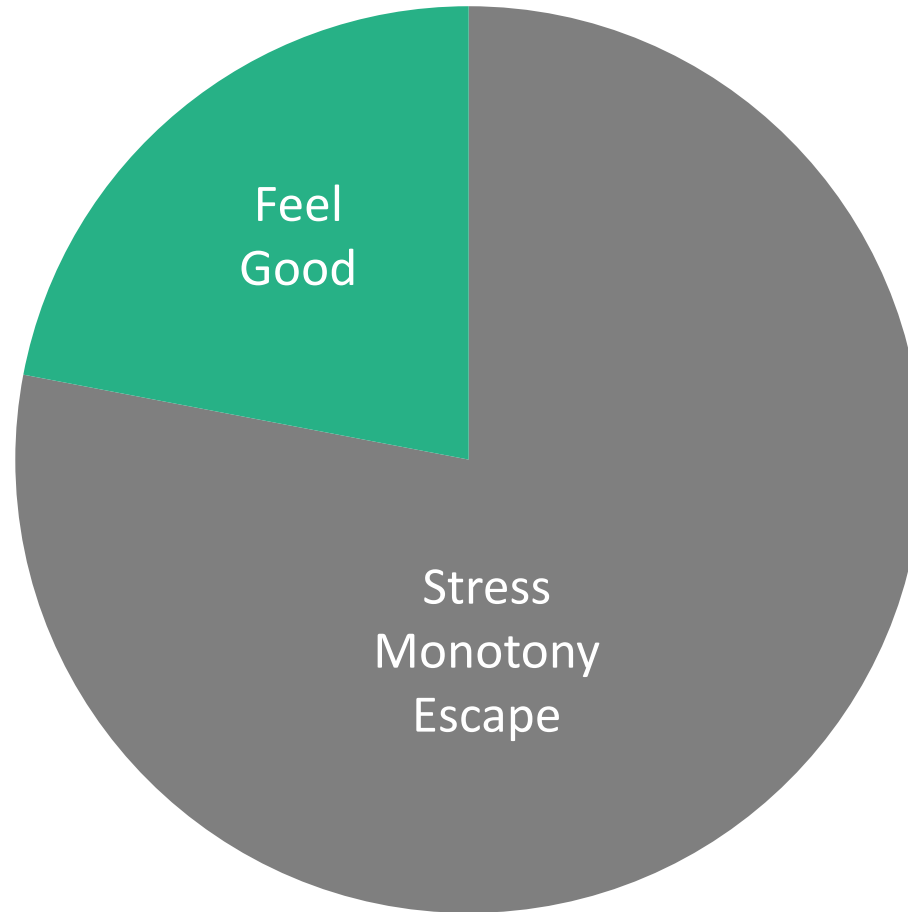


# Mindset



# Mindset Test





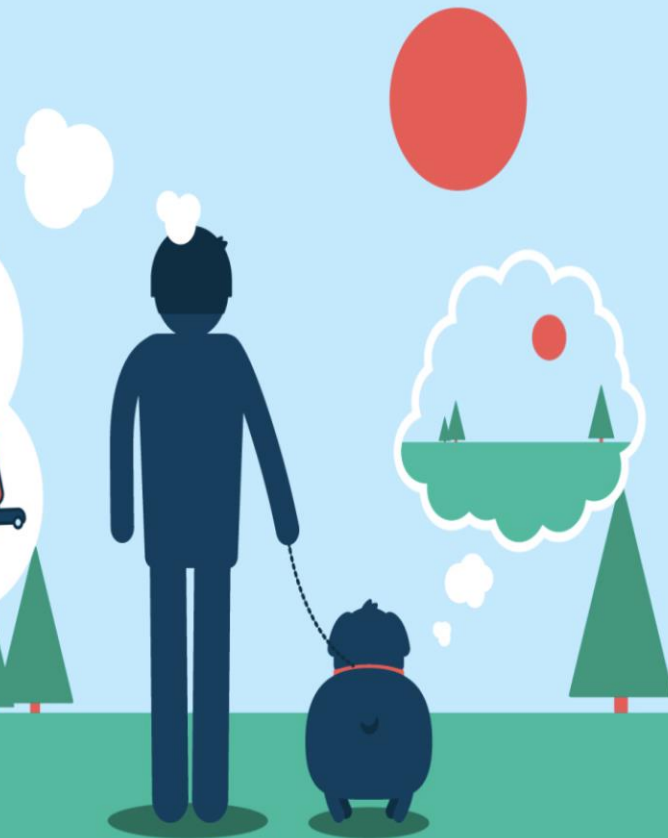


- Focus
- Sleep - Energy
- Resiliency
- Procrastination
- Sunday Blues



# Keep Your Mind Still







# Expectations, SEE, & Control













## Kerr's Winning Formula — Joy, Mindfulness, Compassion, Competition



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## Lotus pose on two

The Seahawks believe their kinder, gentler philosophy is the future of football

By Alyssa Roenigk | ESPN The Magazine

Originally Published: August 21, 2013



Peter Yang for ESPN

Meditation? Yoga? No yelling or swearing? Russell Wilson is on board.

## Falcons' mindfulness training is paying dividends

ATLANTA-FALCONS

By D. Orlando Ledbetter - The Atlanta Journal-Constitution



Falcons head coach Dan Quinn gives wide receiver Justin Hardy a hug after his touchdown reception against the Cowboys Sunday, Nov. 12, 2017, in Atlanta.

CHICAGO SUN-TIMES

CHICAGO TEAMS CUBS BULLS BLACKHAWKS

## More Tantra than taunting: Cubs' T-shirts about yoga, not Cards



# The Daily Habit Of These Outrageously Successful People

The Huffington Post | By Carolyn Gregoire   



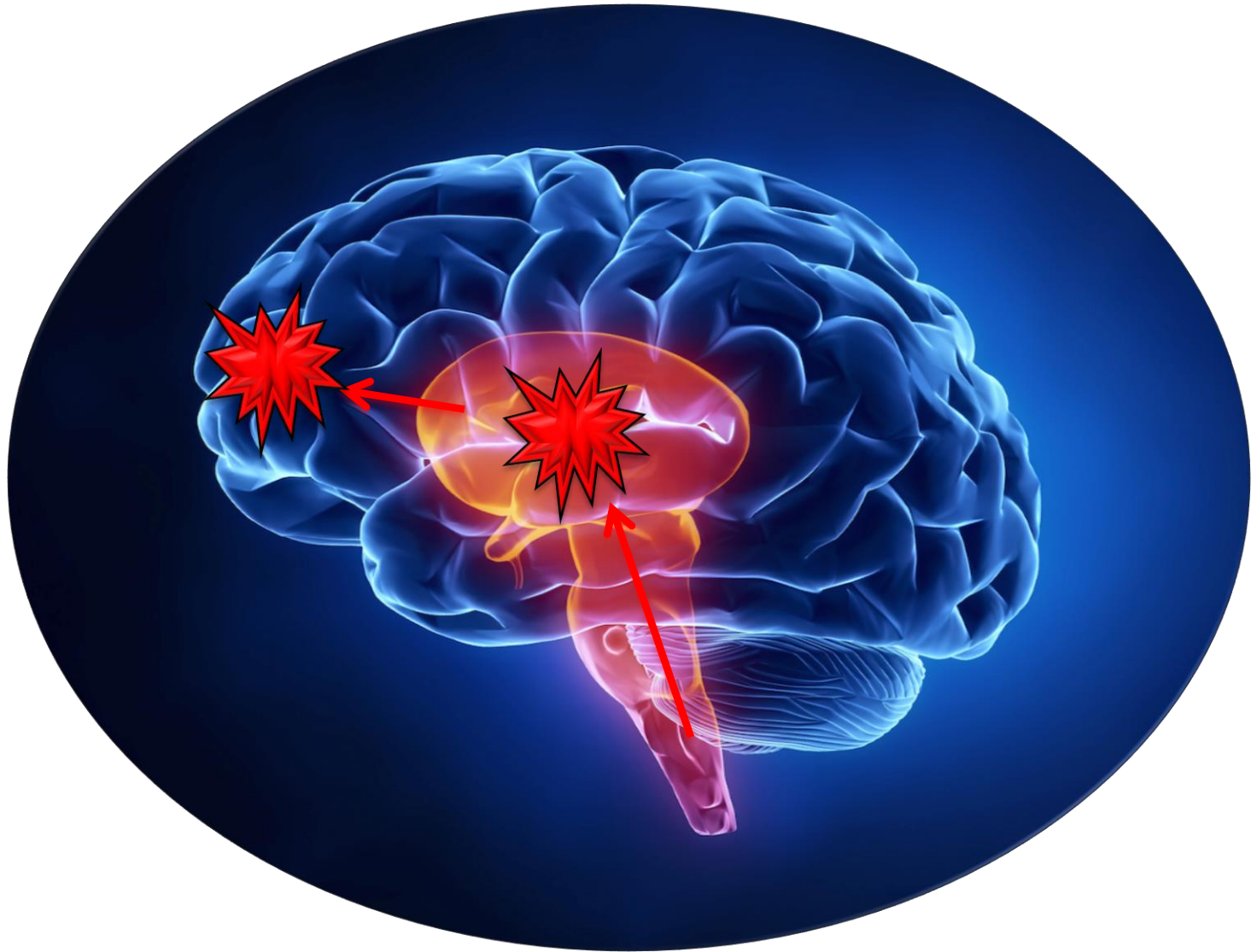
"Meditation more than anything in my life was the biggest ingredient of whatever success I've had." That's what Ray Dalio, the billionaire founder of Bridgewater Associates -- the world's largest hedge fund firm -- explained in 2012.



# Meditation Experience



# Emotion





# Emotions Defined













**Kelly McGonigal**



Separate – My brain projected a chemical (emotion)

Embrace – Welcome and experience the emotion (It's Okay)

Evaluate – Ask “what’s controllable & productive”

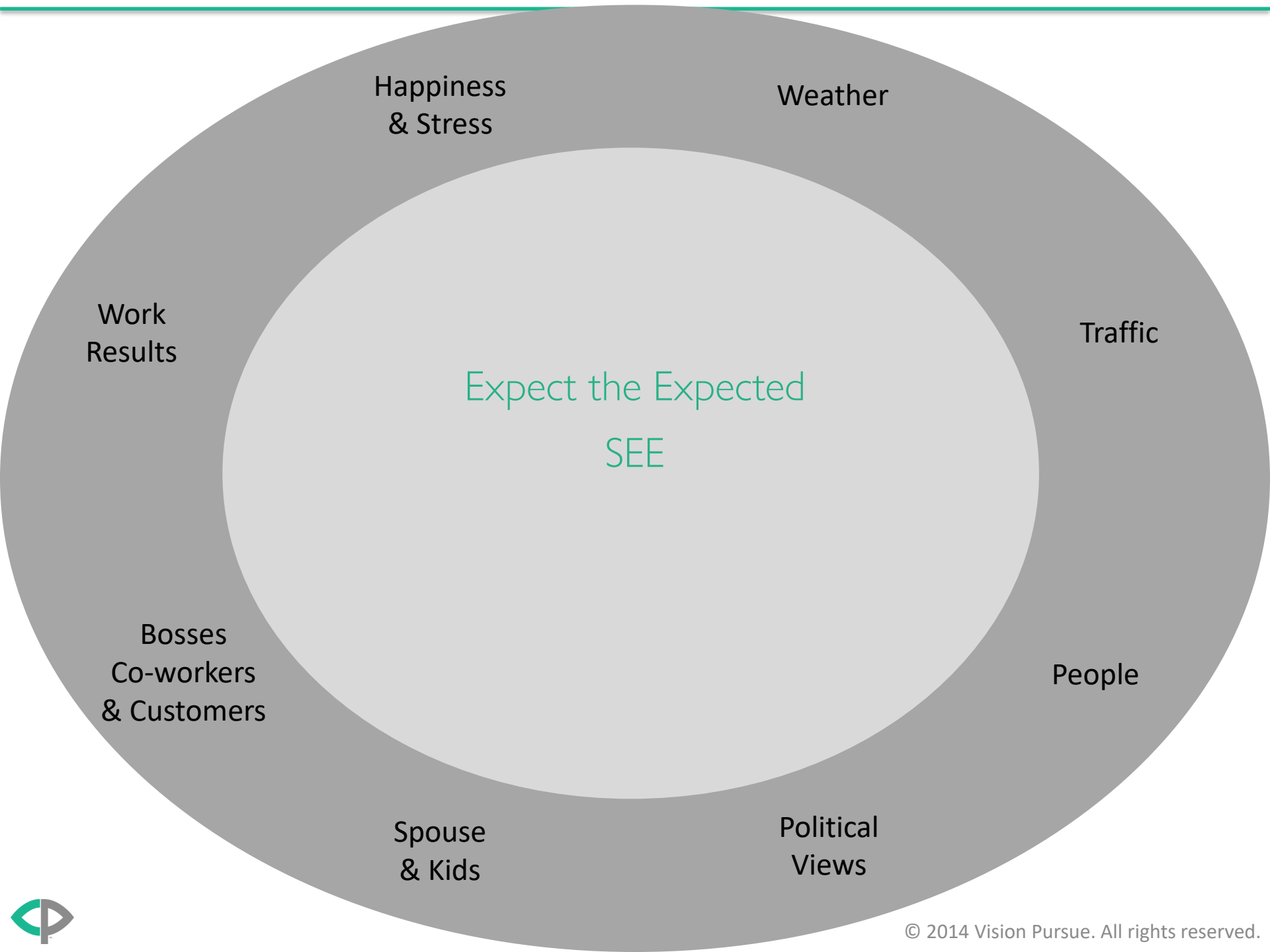
# Expectations

- Expectations & Reality



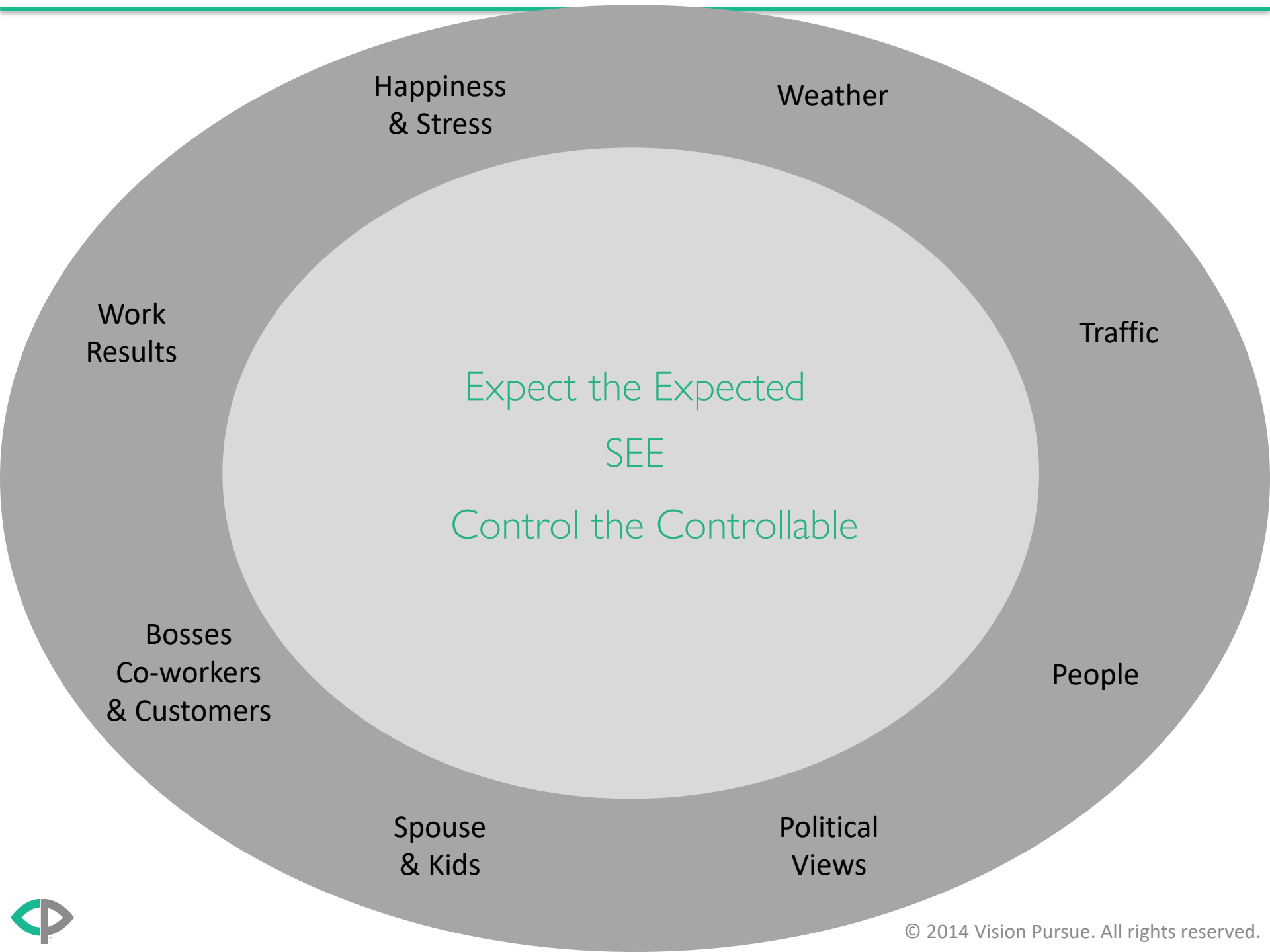






# Control?





Discuss the typical response to these situations

1. Bad traffic
2. Bad trade – bad day
3. Difficult person
4. Criticism

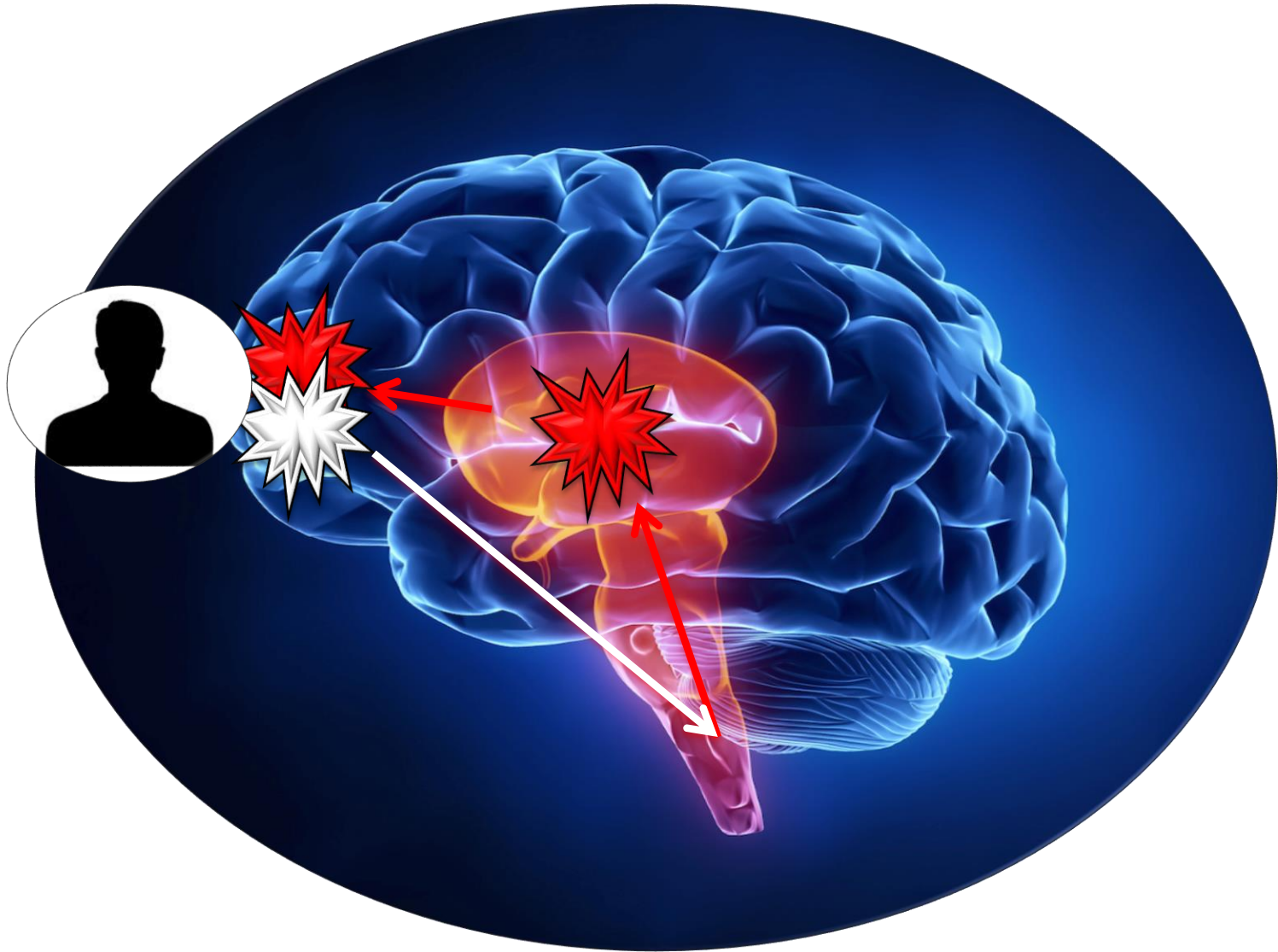


Apply Expect the Expected – SEE – Control the Controllable (own it)

1. Bad traffic
2. Bad trade – bad day
3. Difficult people
4. Criticism



# Expectations, SEE, & Control





# Mental Training

