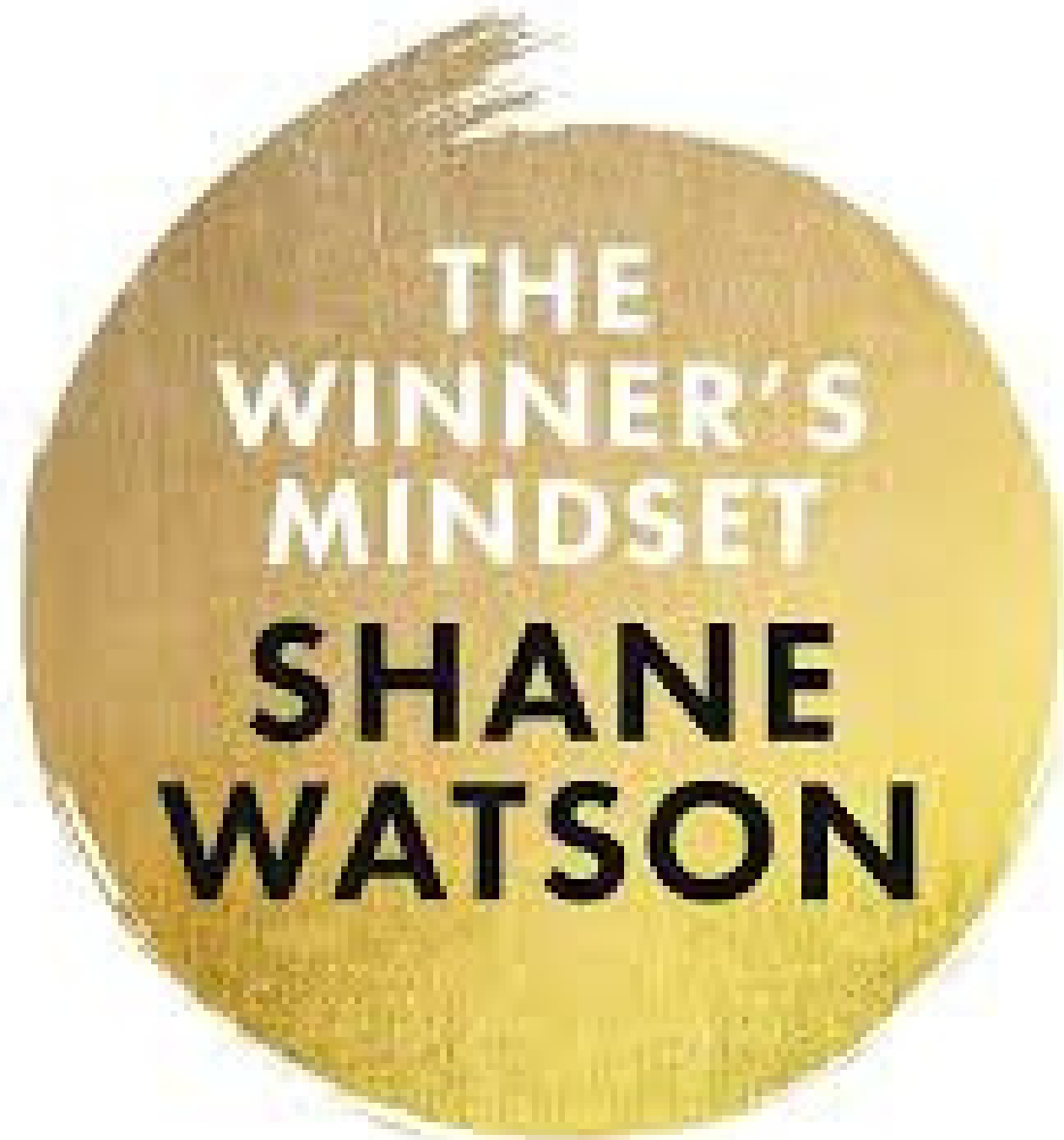


New and updated edition featuring
insights from cricketing greats



Bringing the best version of you
to every game and to life

Train your skills, train
your body, now it's time
to train your mind!
BICKY MONTANO
CRICKET COACH

Simple process to
be able to use in all
aspects of life!
KEITH LEE
CRICKET COACH

Till the day I retire
it follows every game!
NAROU PUNJIA
CRICKET COACH

The Winner's Mindset

Book Highlights

The Current Focus

The key to getting the best outcome is having the Current Focus

The “Current Focus” isn’t on the results but on the thing that you can control which is the Execution.

How Mindset Affect Performance

You want to stay totally present, be process-driven, and the thing you can associate fully is the execution of the process

Communication & The Power Of It

7% of your communication is done through the words that you use

38% of the communication is done with the tone of your voice

55% of any communication is through your body language

The Demon Of Expectations

We can be result-driven but not result-focused- A very crucial difference

Goals are important to push yourself but a fixation on achieving them no matter what is disastrous

The demon of expectations pulls your mind into how you are doing, the gap between where you are, want to be instead of what you need to do to stay on the task

The Rules Of Mental Road

#1 If you want to climb out of a hole, the very first thing you must do is stop digging

#2 The conscious mind can only actively process one thought at a time

#3 You can't not think about whatever is on your mind

#4 Your dominant thought controls your ability to perform, including your emotions

#5 You are in control of your dominant thought

#6 Glass half full or glass half empty? Understand the importance of perspective

#7 If you do what you've always done, you will get what you've always got. If you want something different then approach it with a different mindset

Comparison: The Value Of Self Critique

A journal is a really good resource to give structure to this systematic self analysis process

When you start comparing and critiquing regularly, you start to build much better mental skill habits

Critiquing assesses the outcome with no value judgment. It's about where did it go wrong and how can I do it better the next time

Transform Using Self-Talk

T stands for Transform.

Self-talk to transform yourself into a person defined by your A-game attributes, to imagine the shift in thinking

Essentially, it is an internal dialog to make sure the pendulum is moving in the right direction to bring the best version of yourself to your performance

If you were 7/10 in an attribute. After critiquing your performance. then the transformation process needs to happen

Where was I slightly off today? Where did it start to shift? Once you identify that, the next time you start to go in that direction again, you can redirect yourself to where you need to go

Disclaimer

**This is just a summary. For a better understanding,
reading the book is highly recommended**

This summary is as per my interpretation and learning

Please excuse any errors

Thank You For Reading

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