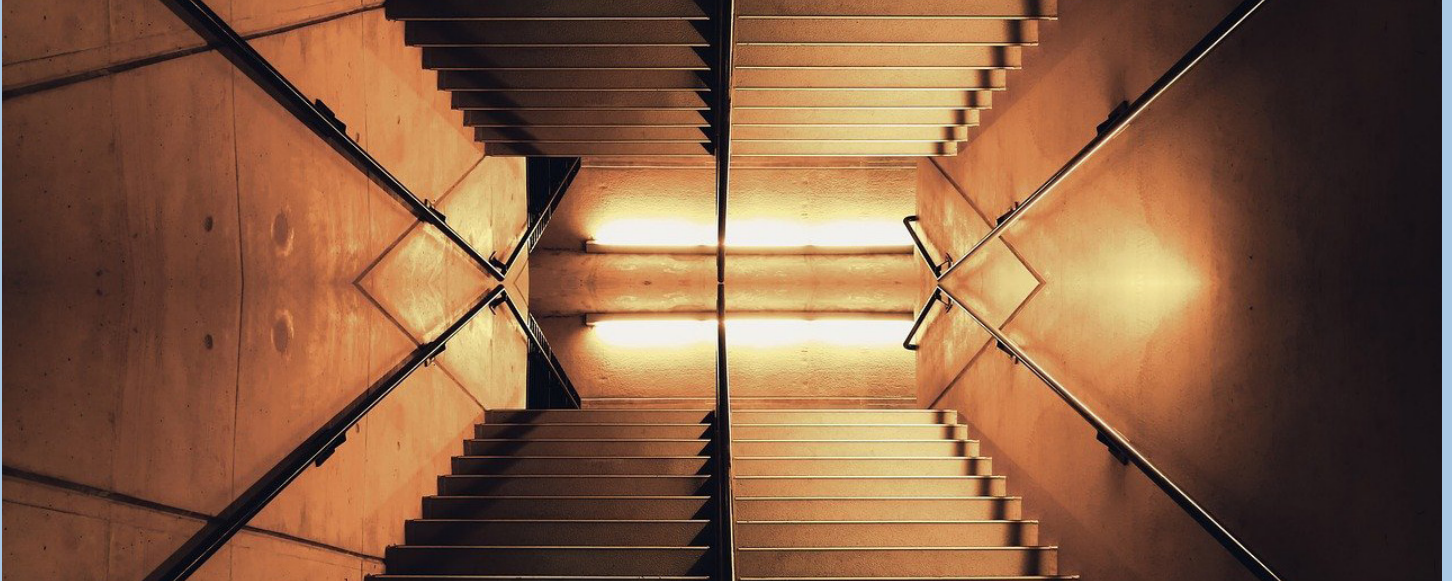# Running a Mental System

What is a Mental System?

A Mental System is a Mental Process that _____ the optimum thing to think about before, during and after a task.

Three Phases of a Task:

The Anticipation Phase is what you think about _____ the action.

The Anticipation Phase relates to the _____ _____.

The Action Phase is what you think about _____ the action.

The Action Phase relates to the _____ _____.

The Reinforcement Phase is what you think about _____ the action.

The Reinforcement Phase relates to the _____.

Notes_____

_____

_____

_____

Preload the Route

Preload begins when you start gathering _____ about the route.

Preload ends when the _____ _____ begins.

Preload has 3 steps:

Step 1. Strategy - is having a _____ _____, when followed, produces the desired result.

Step 2. Commitment - is being _____ on the strategy you have chosen.

Step 3. Rehearsal - Mentally rehearse what is _____ like to make the Top the Route.

Notes_____

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_____

The Mental Program

The Mental Program is a planned, practiced sequence of _____ _____ that maximizes the execution of the desired action.

The Mental Program narrows your _____ and simplifies your thoughts.

The Mental Program puts you in _____ of your thoughts.

The Mental Program improves the _____ of performing the task subconsciously.

Three Step Mental Program:

Point of Initiation

1. _____ the mental program

2. Always a _____ _____

3. Eliminates _____ into the action

Point of Alignment

1. Prepares the _____ _____ for the action

2. Training should make this _____

3. Focal Points insure _____

Point of Focus

Point of focus is the last _____, _____ or _____ before the action takes place.

Criteria for the Point of Focus:

1. _____ the Conscious Mind

2. Transfer _____ to the Subconscious

3. Must be _____

4. Must be _____

5. Must be _____ specific

Notes_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Reload

Reload

1. Mental Rehearsal of what it feels like to perform the _____.

2. _____ the Self-Image at the most opportune time, after the action.

3. Dilutes any _____ environmental imprints.

Three Step Process:

1. _____ the task - Good, OK, Needs Work

2. Reinforce the shot _____

3. Let it Go!

Notes_____

_____

_____

_____

_____

Preload and Reload Route

Preload the Route

    1. Determine a _____ to climb the route.

    2. Commitment

    3. Mentally _____

Reload the Route

    1. Mentally _____ the rotue or better

    2. Let it Go!

Preset

    1. What you _____ about before you arrive at the venue.

       - Rehearse how you want to _____ today on the route.

    2. What you _____ just before you begin the boulder.

      - Rehearse your Mental Process

         - Mentally run your _____ _____ while you warm up

         - Find a quiet place and mentally _____ a couple of boulders. Detail Detail Detail - See the holds, Feel the movement

Notes_____

_____

_____

Performance Analysis

Performance Analysis -

1. _____ of what you did and learned

2. Allow you to _____ Self-Image

Equipment Log - List of all your equipment

Competition Log - List of all your competitions you competed in

Left Side of Performance Analysis -

Objective - _____ of what you plan on doing

What I did today and what I learned -
    List of what you did in training or competition
       - How much time you spent training
       - What you specifically worked on
    List of what you learned today -
       - List anything that you learned that can benefit you

Performance Analysis Cont.

I am looking for a solution to:

- Only fill in when you have a _____ issue
    1. Allows you to _____ something that is an issue
    2. Starts the ball in motion to finding a _____

What I did well today:

- Builds _____

Criteria:

1. Always start with "_____"
2. 100% _____
3. What I did well, how, and _____ _____
4. Use _____ to segment issues
5. _____, _____, _____

Goal Statement:

1. Results - Use "_____ _____"
2. Performance - Use "_____ _____"
3. Position - Use "_____ _____"