

Intro to Mastering Mental Performance

By Chris Andrews

Mental Performance Mastery
Certified Coach

**Healthcare Financial
Management Association**



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The Andrews Family



Chris Andrews ↔ Mental Performance Mastery Coach

Chris Andrews, MPM Coach

Coaching Highlights

- Loy Norrix 1995-2000
- Portage Northern 2001-Present
- Baseball State Runner Up 2015
- Baseball State Championship 2019
- MHSBCA Hall of Fame 2019
- Mental Performance Consulting 2020-Present
- Mind Fuel Partners 2023-Present



Mental Conditioning

https://www.youtube.com/watch?v=oxinNI_iHmo

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***Winning is all about the process,
focus on the process,
not the outcome.***

Chris Andrews

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10 Pillars or Skills of MPM

1. Elite Mindset

1. Motivation +
Commitment

1. Focus + Awareness

1. Self-Control + Discipline

1. Process Over Outcome

6. Mental Imagery + Meditation

6. Routines + Habits of
Excellence

6. Time Management +
Organization

6. Leadership

6. The Right Culture

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Drills + Skills = Skill Set

- You do drills to develop skills
- You acquire skills to develop a skill set



Process Over Outcome

Pillar #5

- Develop the skill of a 'process over outcome' mindset
- Redirect your focus to what's **within your control**
- Drive the actions needed to achieve the desired outcome



Routines + Habits of Excellence

Pillar #7

- Build habits supportive of your goals
- Break old, limiting habits
- Learn how to incorporate routines into your daily life

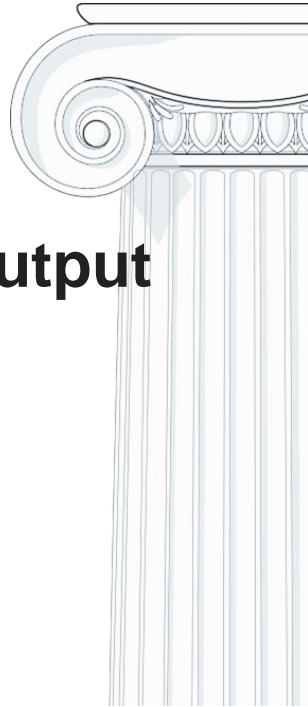


Routines + Habits of Excellence

Pillar #7, *continued*

Simplifying Decisions and Minimizing Energy Output

is a SKILL that is
instrumental in becoming successful



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Strategy #1: Focus on What You Can Control

- Make a list of all things inside your control
- Make a list of all things outside your control
- Goal is to focus more on things you can control



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What are the things I CAN control?



Things I CAN Control

- My thoughts
- My reactions
- My ideas
- My body language
- My efforts
- My behavior
- My words
- My attitude
- My energy
- My perspective
- My process
- My preparation

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What are the things I CANNOT control?



Things I CANNOT Control

- Winning / losing
- Promotions
- My boss
- The economy
- Other people's:
 - ◆ Behavior
 - ◆ Ideas



- ◆ Actions
- ◆ Reactions
- ◆ Attitudes
- ◆ Feelings

Polling Question #1

What percentage of time do you spend focusing on things outside your control?

- Less than 50%
- About 50%
- More than 50%



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Strategy #2: Success Checklist

- Identify 3-5 actions that will have the biggest impact on your performance / goal achievement
- Write them down, clearly



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Strategy #2: Success Checklist, *continued*

- Give 100% of your focus to checking these off your list
- Aim for at least 80% consistency
- TIP: free app called Habit Share



Success Hotline

Streak: +441 | Overall: 100% | 47 Friends



Hard 90

Streak: +663 | Overall: 100% | 47 Friends



Mental Performance Daily

Streak: +27 | Overall: 94% | 47 Friends



Stretch

Streak: +0 | Overall: 87% | 47 Friends



Make Bed

Streak: +349 | Overall: 98% | 47 Friends



Home



Friends



Messages



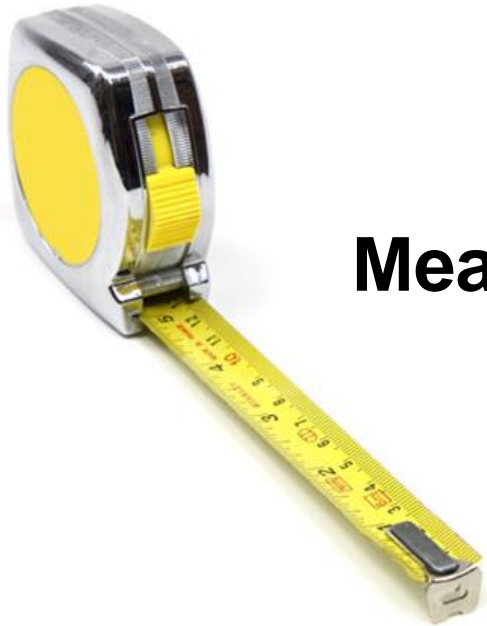
Settings

Polling Question #2

Do you use a system to measure your habits or progress in order to determine if you reach your goals?

- Yes
- No

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Measurement is Motivation!

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MPM Challenge

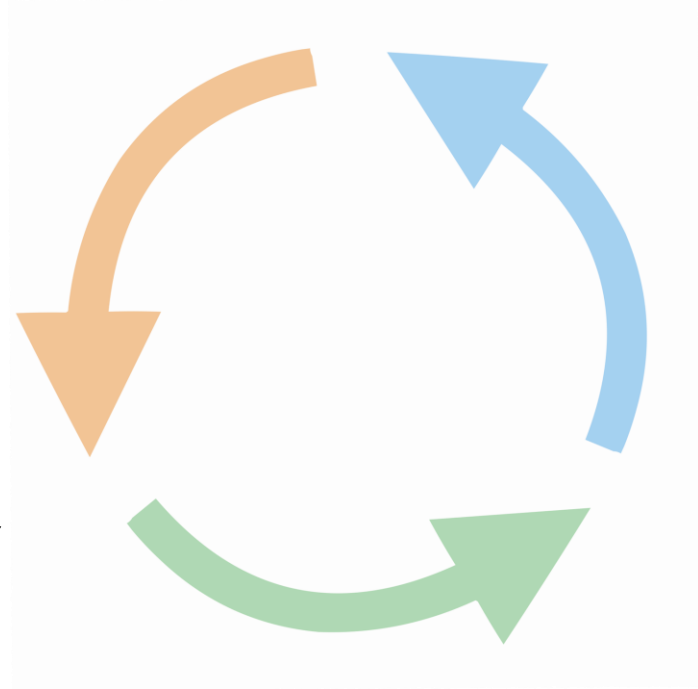
1. Focus daily on the list of things you can control
2. Create a success checklist of 3-5 behaviors you track daily / weekly

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The 3-Step Success Cycle

- Step #1 - Prepare
- Step #2 - Perform
- Step #3 - Progress / Reflect

This will be our focus for today



Progress / Reflect

Strategy #1 - Start, Stop, Continue

1. What must I **START** doing to get closer to my goal?
2. What must I **STOP** doing to get closer to my goal?
3. What am I already doing well that I want to **CONTINUE** doing to get closer to my goal?

Progress / Reflect

Strategy #2 - Well, Better, How

One of the easiest and best mental strategies you can **use at anytime**

Progress / Reflect

Strategy #2 - Well, Better, How, *continued*

Ask these questions:

- What did I do **well**?
- What do I need to do **better**?
- **How** am I going to do it?



Your MPM Challenge

Determine When Each Week

You will do your:

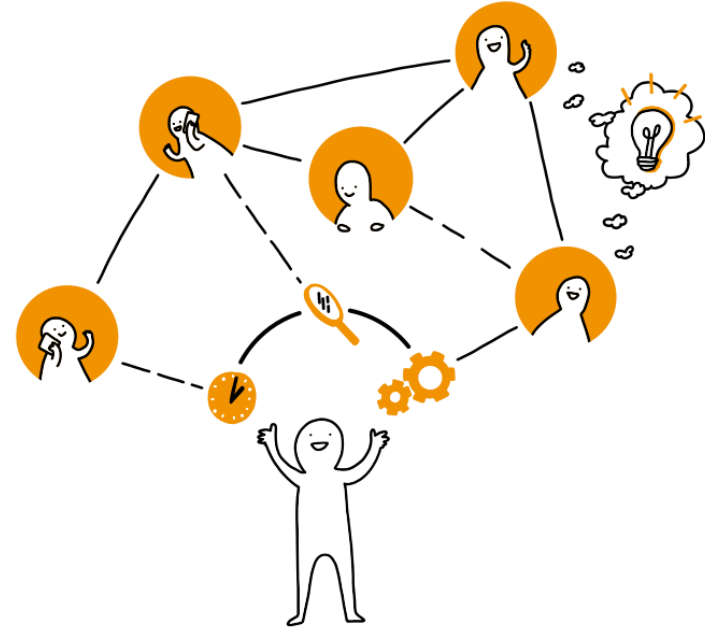
- Start, Stop, Continue
- Well, Better, How



The Modern Workspace

Today's workplace has evolved to include team members:

- In the office
- Hybrid situations
- Permanent remote settings



The Modern Workspace

How has this new landscape impacted your:

- Workplace performance
- Work-life balance



An Elite Mindset

The same skills used to develop an athlete's EM and win championships can be applied to improve success at work and home.

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**You can learn and improve
the routines and mental performance skills
needed to master an elite mindset.**

Thank You!

Chris Andrews
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HFMA