

The Champion's Focus

Handout #3

The Champion's Focus during competition is on the **process**, the how of performance, rather than the outcomes or the results. The process is made up of the:

1. **Here:** What we can control versus what we can't
2. **Now:** The present moment, right here, right now
3. **How:** How we perform rather than the outcome

Example of problematic focus: *The runner who is focusing before the race on what place they will get (outcome), what their coaches and teammates will think (outcome) and if their time will qualify them for future meets (outcome). The outcome focus raises pressure, involves aspects outside of the athlete's control and creates excess tension in the body.*

The Champion's Focus is fiercely fixed on the process during competition. Before a race the Champion focuses on executing their race strategy (here), getting warmed up and loose (now), and keeping good form (how).

When you focus on doing the process well, meaning what you can control in how you perform in the next moment, the outcomes take care of themselves. Outcome focus distracts the athlete from performing in the moment.

"The Process is fearless."

– Joe Maddon, Manager Chicago Cubs, 2016 World Series Champions

- Take a minute to reflect on the two circles regarding your performance. What are things you can't control (even though they are important)? How about referee calls, effort, weather, self talk? Fill in the two circles. The task of the Champion is to notice when they are focused on thing they can't control, outside of the moment and then refocus to things they can. Once again taking a deep breath can be the mechanism to shift focus.

