

Conscious Mind: skills we are in the process of acquiring

The Conscious Mind can focus only on one skill at a time. Tools for turning Conscious skills into Subconscious skills:

- learning files, tapes, CDs, DVDs,
- one-on-one tutoring, small group work
- early choreo sessions, sectionals
- tape evaluations and visual evaluations

Subconscious Mind: skills which we do *without thinking*

The Subconscious Mind can do many skills at one time. Tools for honing Subconscious Mind:

- run-throughs of song, catch yourself doing things right
- visualization: control what you picture; picture only what you want to see happen
- train efficiently, regularly, and be in the moment; train against others who are better

Self-Image: made up of your habits and attitudes. *Performance and Self-Image are equal.*

Tools for inflating Self-Image:

- Directive Affirmation (mental management program)
- use of positive statements
- use of positive prediction: choose what to think about, talk about, and write about what I wish to have happen in my life (**directive affirmation**)

Conscious Override:

“You perform your best when you let your Subconscious do the work. However, the Conscious Mind can override the Subconscious. When this happens, performance almost always deteriorates. Sleep is a subconscious action. You may attempt to override the Subconscious by consciously attempting to make yourself GO TO SLEEP NOW. You will probably be up most of the night.

Conscious override is a major problem for athletes on Olympic day. Instead of trusting the Subconscious Mind to perform, athletes try extra hard to do well. Conscious override is the result. You tighten up. You slow down. Off your rhythm, your performance drops. You must allow your Subconscious to do the work. Trust in your ability. Let it flow.”*

Triad State:

“When the Conscious, Subconscious, and the Self-Image are balanced and working together, you are in a Triad State. In this state, you work smoothly, efficiently, and seemingly effortlessly toward your goal. It’s a wonderful feeling and has been experienced by almost everyone at one time or another. The problem is we don’t experience it often enough.

The key is to experience it under pressure, on demand. Therein lies the challenge. Some can score well in practice, but not in competition. We desire to have that consistent mental performance all the time. That is the definition of Mental management – the process of improving the probability of having a consistent mental performance, under pressure, on demand.” *

* Lanny Bassham, With Winning In Mind