



## Attitude Prescription for Being Successful: *If you want something you have never had, you've got to do something you've never done.*

By Todd M. Kays, Ph.D.  
Sport Psychologist

In sports, there are numerous times when we do not accomplish our objectives in the time span set forth. For many athletes, some of their objectives are never reached. Some of the reasons for not achieving athletic goals may be out of our control, such as not having the talent level or suffering an injury. Others may be due to personal choices, such as something in life becoming more important or higher on the priority list. But if the necessary components are in place, such as desire, talent, excellent coaching and fitness, and the objectives are still not being accomplished, it may be time to consider other possibilities. Thus, the quote:

*If you want something you have never had, you've got to do something you've never done.*

Many times athletes and coaches can become stuck in a comfort zone that is not effective or productive. Even the greatest athletes and coaches will admit to times when they should have done things differently earlier and maybe things could have been even more successful. Hindsight is always 20/20 and these words today are not to criticize any athlete or coach. I certainly have been there myself where I wanted something I never had, but was **NOT** willing to do something I had never done. Thus, I hope my words and experience can be an agent of change for athletes and coaches left wondering, confused, or questioning.

When we think we are doing everything we can to achieve our goals, and yet we consistently fall short year after year, it may be time to look and think outside of the box. You have to ask yourself whether there are things you have not done, but need to do so at this point in time. Additional questions to ask: Are there things you have thought about doing in the past, but did not follow through on? Are there possibilities you dismissed earlier and may need to revisit? Is your ego strong enough to accept that things are not working as they are, and unless you do something differently, you will continue to get the same results? Most humans are resistant to change, even athletes and coaches, but when

we are stuck and not accomplishing something we have always wanted, it may be the time to do something we have never done.

Make a commitment to yourself to honestly assess yourself and your progress. This task is not one of good/bad or right/wrong, but more a matter of evaluating what is working and what needs to be different. Do not take anything personally, but rather as feedback for continual progress on the journey. And let me finally say again, “If you want something you’ve never had, you’ve got to do something you have never done.”

**Keep Working the Mental Muscle and Success Will Happen!**