



THE MENTAL CT SCAN – VITAL TO CONSISTENT SUCCESS

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Although most people think of a CT scan as a diagnostic tool in the medical field, it can actually be a great mental reminder for competition. The CT scan in the medical realm is short for “computerized tomography”, a procedure in which scans are taken in much more sophisticated manner than a traditional x-ray. In my work with athletes, however, CT means something completely different. A ***mental CT scan*** can make a huge difference in athletic performance. In this scan, the “C” stands for commitment and the “T” represents trust. These are two extremely critical keys to mental success in any sport.

All athletes need to perform their own mental CT scan as they compete. With the “C”, all athletes must ***commit*** to the game plan while competing. When athletes are not committed to the game plan, the chances for athletic success are lowered. Even among the most talented athletes in the world, if they do not maintain commitment during competition, the chances for error increase dramatically. For example, if a baseball player steps to the plate without complete commitment to focusing on the ball, then his chances for error go up. This baseball player needs to be committed before stepping to the plate and also needs to remind himself of the CT scan before each and every pitch. Again, commitment in the mind translates to commitment from the body. And there is not room for hesitation when a ball is being thrown at 80-95 mph!

Athletes must also scan for ***trust*** in their abilities. When athletes “trust” their bodies to do what they have trained them to do, the chances for success are dramatically increased. Athletes may have incredible skills, but if they do not trust their abilities during that competition, then their skills will not be executed to the highest level. They will be blocked by a lack of trust. For example, when tennis players practice all week, they must be able to trust their bodies to do what they need in the tournament. Many times, however, tennis players doubt their abilities, obsess about not having all of the “tools”, or focus on uncontrollables, such as opponents or outcomes. Thinking about these things translates into a lack of trust. A mental lack of trust cause athletes’ bodies to tense and hesitate, thus causing lowered performance.

Make certain to perform the **Mental CT Scan** before and throughout every competition. Again, if your head is not in the right place, the level of skill does not mean anything.

PLAY SMART, PLAY HARD, PLAY WELL

