

# PERFECT TRIATHLON PRACTICE

**GOAL: Get MUCH Better!**



**PRACTICE FREQUENCY: Perform tasks with Repetitive Regularity!**

Task	How Are You Making the Task Happen?	Why Are You Doing Actions This Way?	Feedback Metrics:	Progression of Mental Model Improvements
<b>Emotional</b>				
Develop self-confidence	Imagining how to make happen what you want and believing you can achieve it. Even if it scares you.	You can convert dreams into realities if you believe in the confidence of your capabilities. Think like a kid who is fearless because adult minds are biased to fear.	~ Track outcomes and/or rating identification to processes.	Make choices of what goals you want to work on to achieve. Dreaming, wishing, hoping, wanting, and thinking does not create actionable tasks for accomplishments. Know what gets measured, gets managed properly.
Be committed	Sacrificing short-term payouts for long-term payouts on your top priority successes.	Align personal values to workout and race values knowing you will work harder for what you believe in.	~ Track outcomes and/or rating identification to processes.	Seek training decisions and race options that will provide you the opportunity to do something extraordinary. Thrive on differed satisfaction of high value achievements, instead of low value items with quick returns. Realize your value of self-actualization: being honest, controlling emotions, and serving others for good outcomes.
Focus on process	Looking for consistency of how tasks are performed.	Winging it may achieve desired results even without a prerequisite of consistent processes required for repeatability.	~ Compare actual outcomes to goals.	When you are engaged in process and feeling fulfillment your inner critic will be silenced. However, it also opens you up to try new processes for unique experiences. This must be done in a controllable environment for repeatability to continue improvements.
Be persistent	Keep performing tasks even when tiring, questioning outcomes, or losing motivation.	If outcomes are less than targets, then determine what to change. Doing the same thing over and over and expecting a different outcome is crazy. Right Einstein?	~ # of times you quit ~ # of times you tried again	Understand correlations of resiliency, motivation, endurance, mental toughness, physical capabilities, and knowledge to know when and how to make changes.
Be resilient	Performing tasks again after setbacks of disappointment, fear of failure, or non-completion.	Humans by nature are resilient. Don't be a new trendsetter in this area.	~ # of times you tried again ~ # of times you quit (S/B=0)	Shit happens. Life's hard. Pain will be inflicted. Be strong. Make calculated risk decisions. Do your best with what you got to work with. Use teamwork. Get on with living or drop out. Your choice.

# PERFECT TRIATHLON PRACTICE

**GOAL: Get MUCH Better!**



**PRACTICE FREQUENCY: Perform tasks with Repetitive Regularity!**

Task	How Are You Making the Task Happen?	Why Are You Doing Actions This Way?	Feedback Metrics:	Progression of Mental Model Improvements
Minimize anxieties	Finishing what you start.	Open items never brought to conclusion may induce anxieties of not overcoming fears.	~ Compare # of bad outcomes to number of times you worried about bad outcomes.	Remind yourself that humans anxieties increase as we envision worst outcome scenarios on low-to-rare probability events. Keep your head in the game to think of all the positive things to perform for optimal successes.
Realize you can't control it all	Focusing on key aspects of what you control.	Time invested on your mental and physical fitness, breathing, diet, recovery, and thoughts minimize excessive worries.	~ Track time wasted on what you can't control. Address if > 0	Let go. Better to never grab for things you can't control. This will simplify your scope of managing concerns.
Relax	Checking your body for muscle tension throughout the day.	It's easy, free, and accurate.	~ Track outcomes and/or rating identification to processes.	Tension causes unnecessary stress on the body and mind. May be fatal. Check frequently. Use breathing, imaging, meditating, and messaging techniques to relax.
Laugh and smile appropriately	Accept that it's okay to be happy and have fun.	Being an adult is acting appropriately. Being happy as a grown-up is understanding life. It should be everyone's goal.	~ Track outcomes and/or rating identification to processes.	If you're happy at work, you'll never have to work a day in your life. It's a passion. Why should your sport of choice be different? Align your values with fun, laughs, and smiles of triathloning.