

From Lanny's Mind

Who is Lanny Bassham, well the link below will take you to his website but as an intro; In 1972, at the Munich Germany Olympic Games, Lanny Bassham failed in his attempt to win the Gold Medal in International Rifle Shooting. He had a mental failure resulting in his taking the Silver instead. Frustrated, Lanny wanted to take a course in controlling the mind under pressure. After looking for such a seminar and not finding satisfaction, Bassham began to interview Olympic Gold Medalists to discover what they were doing differently to win.

What he discovered was truly remarkable. Bassham created a system of mental control he called Mental Management®. Within the next 6 years, Lanny Bassham dominated his sport, winning 22 world individual and team titles, setting 4 world records and winning the coveted Olympic Gold Medal in Montreal in 1976. For the past 34 years, Lanny has been teaching Mental Management® to Olympians, business owners, Fortune 500 Corporations and the elite of sport and business community.

Changing a Self-Image that is keeping you from reaching your goals may be the most important skill you will ever learn. I believe that you can change any attitude or habit you do not want. You should experience a corresponding change in performance when the Self Image changes. Here is how to do it in four steps.

- One, ***you must be willing to change***. Our Self Image does not respond to the changes others want us to make. You must decide for yourself and you must choose to do it NOW.
- Second, you must ***identify specifically the habits and/or attitudes that you need to change***. Be specific. For example; "I'm looking for a solution to worrying about performing below my average in the days just before a competition."
- Third, you must ***identify a new Self Image*** that is in direct conflict with your old one. For Example; "I only think about what I want to have happen concerning up-coming competitions."
- Fourth, you ***exchange the old Self Image for the desired one*** by only imprinting the new attitude or habit and trying to eliminate imprinting the old one. In my book, *With Winning in Mind*, I explain how to use a Directive Affirmation to do this in less than 21 days.

Remember, your Self Image is the CURRENT STATE of YOU. It is not the FINAL state. Your present is not your potential. Be aware that your Self Image is evolving in the direction of your imprinting. The better you control your imprinting the better chance you have of reaching your goals.

For those interested in the thoughts/works of Lanny Bassham, visit this link ..

THE MENTAL MANAGEMENT SYSTEM
The Mental Training System of World and Olympic Champions

for his CDs, videos and books