

PURE POWER™

[WHEN TRAINING + SCIENCE = PEAK PERFORMANCE]

WILLIAM K. BISHOP

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Think!

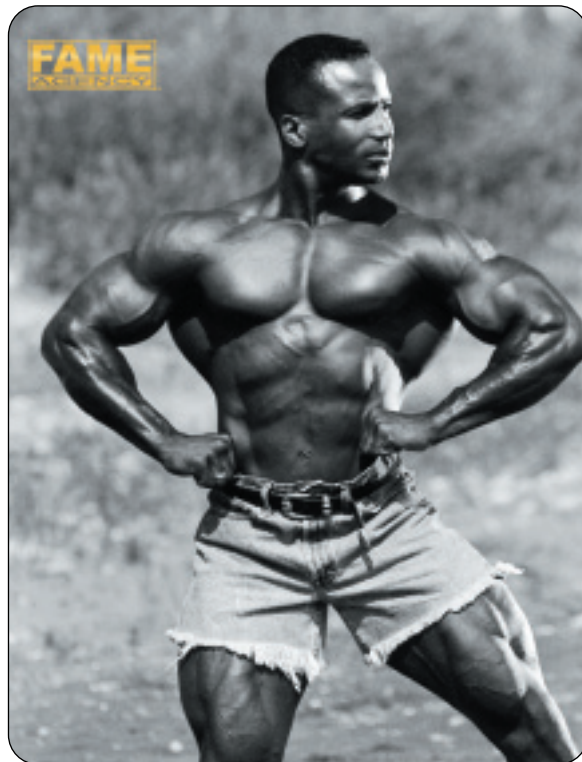
- Success is in my head.
- Are aminos worth it?
- I need fat.
- Is vibration training worth it?
- Gotta listen to my little voice.



GET OFF YOUR 'BUT'

By Daryl Gazey

Have you found that your competitive steam or lifting program has been falling behind and lacking the luster that it once had? Is your training hitting that dreaded plateau and you're caught in a slump that you can't climb out of?



IAN WALLING

Procrastination has been the bane of success in life and the advent of technology has made once challenging chores much easier and tolerable. Dr. David Burns, a best selling author and self-help psychologist, in his self-help book entitled, *Feeling Good, The New Mood Therapy*, coins this term the "TIC TOC Technique." This reference to TIC, meaning Task-Interfering Cognitions, should draw our line of thinking to taking note of our reasons for putting off certain tasks and replacing these with TOC's (Task-Oriented Cognitions). An all of nothing thinking will

undoubtedly lead to disqualifying any hopes of positive thinking and will keep this line of negative thinking alive in your subconscious. How does this translate into competing or strength training?

GET ON TRACK!

Worrying about how difficult our tasks are or how time consuming they have become will allot a portion of our subconscious to focus on the negative; impairing judgment, performance and confidence. The power of visualization is an effective strategy at attaining a level that you can realistically accomplish and gives you the mental blueprint to break those roadblocks that can thwart our success at even the simplest plans. You must build the vision with which to pattern your actions against. See yourself posing on stage in front of a packed theater or picture yourself locking out those last few inches of a milestone lift and analyze the entire thought process, focusing on as many of your senses as possible.

But keep negative thoughts out of the equation because they only harbor doubt and attack our self-confidence to the point of clouding our judgment and our chances of matching this visualization with your intended goal. A simple example of this are the "buts" that constantly creep into the equation and help us to justify the procrastination. "I really should go to the gym *but* I'm really too tired." Once you have the awareness to realize that you're using many "buts" every day, it's time to restructure your pattern of thinking toward, "I'll feel more energetic once I get started," or "I've spent too much wasted time in putting this off." You'll quickly find that if you itemize your "buts" versus the positive aspects of the task, it's easy to see which direction to follow.

SOLUTIONS

World Natural Sports natural pro body builder and world champion, Ian Walling writes:

As adults, we tend to lose the ability to free our minds from what limits us. Most people aren't aware that there is a conversation going on in our heads

24/7. This is our negative self-talk; "you can't do this you can't do that." What were you thinking by limiting thoughts that are usually someone else's opinion

Your mind is the driver and your body will do whatever it tells it to do. This is the force behind whether or not you achieve your goals, in fitness or in life.



NANCY DININO

Set short-term daily goals, weekly goals, and overall goals that are both realistic and fall within the parameters of what you would ultimately hope to achieve. Grab your contest application months ahead, mark the date on your calendar and forward it on to establish a personal commitment to yourself. Once committed it becomes a reality that you need to start patterning toward. If your goal is to bench press 400 pounds and your present ceiling is 315, it's very easy to abandon your efforts of ever getting there. The journey across the world starts with the decision, holstering our negative thoughts, and taking the very first step of the journey. A short-term goal of adding five pounds to the bar is the first start.

If you dare to try, set aside some time each night when times are quiet and determine which thoughts were negative and how you can alter these negative thoughts and replace them with positive actions. Follow this period by the visualization process in which you're going to make a mental map of your day to come and how you visually plan (not predict) how these events will unravel. It's much easier to mold this sculpture from an image or a written note than to simply confront them "on the fly." Should these events turn out not to mirror your visualization, go

easy on yourself and itemize the areas that you would like to improve on rather than allow the dreaded "buts" to support this negative thinking.

Nancy DiNino, an accomplished world class dancer and FAME Figure Competitor elaborates:

Vital to my competition preparation is the mental conditioning of visualization through such aspects of proper breathing, self-talk and imagery.

Uniting our conscious and subconscious minds is essential for peak performance. This process begins by putting myself in a total state of relaxation, having complete control of my breathing and my mind, body, and soul connectivity. I try to create a blueprint performance using my senses; allowing myself not only to see, but to hear, feel, and sense the live performance from an internal and external perspective. For example, I visualize myself as I am an active performer at the FAME World Championships, inside my internal being and on stage under the warm lights, with a slight feeling of sweat, hearing the muffled music over the shouting of the audience. This helps me re-create a familiar energy and feeling as it will become real and present."

BUT... NO!

Now's the time to get off our "buts" and make way toward the front of the lineup that is reserved for the people who choose and decide to be successful. Don't let life dictate your success; dictate the success in your life by a positive plan of action. Set your sites on committing to an achievable goal. WNSO events cater to natural bodybuilders, strength athletes, fitness, figure and fitness modeling competitors across the United States, Canada and overseas; rewarding your efforts of commitment, dedication and persistence.



Daryl Gazey is the head judge and director of The World Natural Sports Organization and FAME World Events. For more information on Daryl and/or the WNSO, visit their website or send an email to FAME@WNSO.com.