

## ***Gain A Winning Experience With Awareness***

I would like to pick up from last weeks newsletter.

We were on our playing manners when the tournament is on the line. When we experience winning or losing we add some vital information to our future performance. This is more so, with losing. We actually learn how to lose.

We can begin to gain that experience by understanding the elements that exist as we approach the finals. It is important to learn how to handle the pressure before you reach the finals. Prepare to win. It all comes down to our will, our heart and our desire.

We know how to play. We just need to learn how to win. When you approach the finals you are in an unfamiliar environment. Dealing with your emotions is the key to a winning performance.

### **What is emotion? It is an attitude**

Emotion is how you react to what you perceive. Emotions are exactly what we perceive to be danger, excitement or challenges. We almost always perceive danger, excitement or a challenge. Emotional response cannot happen until you determine something in your mind. You always have a choice. You can react with calmness or you can react with anxiety. It is how you perceive the moment.

When I won my first tournament in Milwaukee, I reacted to everything with calmness. To me, there was only one reality and that was the shot I was facing. So there was no need to be anxious. We have a choice on how we want to react. And the exact nature of our reaction will determine the quality of our stroke. Our stroke determines the track line of the cue ball and the direction the object ball will take. So it stands to reason, we always want to deliver our best stroke.

When you arrive at the finals you are close to the win and you are close to the loss. At no other time in the tournament are you in this position. Now you deal with the ultimate winning or losing. It is sort of on the line now. And our emotions begin to affect our performance. Our emotions are a direct result of our perceptions of how things are. We can control how we perceive what is going on.

At all times, we are faced with the shot in front of us. That never changes in the game of pocket billiards. The concept of winning is how you handle the shot you are facing. There is nothing more than this. I wish I had some secret formula to share with you. There is none.

You must to see the shot, know the stroke, and shoot the shot. Let it go. You can't retrieve an arrow once it is in flight. You can't run up and grab the arrow and pull it back, even it if is not on course. We have all sent the cue ball on its way at one time or another, with the full knowledge that it was not going to hit the target. We wanted to pull it back, but of course, we could not do that.

You want to deliver the winning stroke with confidence that you did all you could to find success in this shot. You followed the rules for winning. You took the time to use

your will skills to focus on winning. You prepared and you are willing to let the results be what they are.

When you come face to face with winning or losing, you have no right to worry about it. To worry is to perform with faulty perceptions. We chose our perception. If with calm perception, we act, we think, we perform, ease will follow us like a shadow that never departs. You are a band of unique players who follow the principles of winning. I am looking for you in the finals. Be strong. You are working on the right material. You are developing the skills of a champion. Now you need to turn in your own personal winning performance. I did not say you need to win the tournament. I said you need to turn in your own personal winning performance.

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