

**“Knowing how to play is one thing.
Knowing how to win is another!”**

Let me show you a new way to win more games. You are familiar with The Monk’s four stages of pocket billiards. You can work on the fourth stage, Mastering Self, simply by taking each match seriously. It all happens in the mind. Focus on winning and you will add more wins to your average.

Our mental state of mind drives us to think, act and perform. Our perceptions form our mental state.

In league play, or tournament play, we don’t always win. So our perception of winning does not match up with our past experience. When we enter a contest we are reluctant to approach it with a winning attitude. How many times, after a tough loss, you have told your friends you should have won the match? Since we don’t win every match it stands to reason we will form a perception of losing more often than winning.

Because of these types of losses, we are reluctant to face our opposition with a zest for winning, which is what we need. Instead, we enter and hope to win.

We cannot afford to think like that. We need to break this cycle of thought. We must enter and hope. We must enter to win.

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