

FOCUSING FOR EXCELLENCE

IN SPORT AND HIGH LEVEL  
PERFORMANCE Pursuits

ITALY

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# TO PERFORM TO YOUR FULL POTENTIAL

CHOOSE TO RESPECT YOUR BEST  
PERFORMANCE FOCUS.

CHOOSE TO REMAIN FULLY CONNECTED.

CHOOSE TO BE POSITIVE WITH YOURSELF  
AND OTHERS.

CHOOSE TO EMBRACE YOUR GIFT OF LIFE.

CHOOSE TO DO SOMETHING EVERY DAY  
THAT WILL TAKE YOU ONE STEP CLOSER  
YOUR GOALS & DREAMS.

CHOOSE TO TURN YOUR DREAMS INTO  
POSITIVE NEW REALITIES.

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CHOOSE TO EMBRACE THE SIMPLE JOYS



# Wheel of Excellence



# Wheel of Focus





# Wheel of Highlights



**QUALITY  
LEARNING**

**QUALITY  
PERFORMANCE**



**QUALITY  
LIVING**





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FOCUS ON THE POSITIVES  
THE HIGHLIGHTS - ROSES

LET GO OF THE NEGATIVES  
LOW LIGHTS - THORNS



# THE TEN COMMANDMENTS OF FOCUS

1. FOCUS ON WHAT YOU CAN CONTROL.
2. LET GO OF WHAT YOU CANNOT CONTROL.
3. FOCUS ON THE NEXT STEP.
4. FOCUS ON THE NEXT STROKE OR NEXT POSITIVE ACTION.
5. FOCUS ON SUPPORTING YOURSELF AND OTHERS EVERY DAY THROUGH THE REMAINDER OF YOUR JOURNEY.
6. LOOK FOR THE POSITIVES IN EVERY DAY.
7. LOOK AT HOW FAR YOU HAVE COME.
8. LOOK AT HOW MUCH YOU HAVE ALREADY ACCOMPLISHED.
9. FOCUS ON WHY YOU CAN COMPLETE YOUR MISSION SUCCESSFULLY.
10. FOCUS ON HOW YOU WILL COMPLETE YOUR MISSION SUCCESSFULLY.



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# ENERGY MANAGEMENT ROSES AND THORNS

BALANCE  
ENERGY DRAINS  
&  
ENERGY GAINS



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# Appreciate and Be Thankful for What You Have

- You are Here and You are Alive
- Positive People in Your Life
- Small Positive Steps Forward/Small Successes
- Opportunities You Have & will Continue to Have
- Positive Focus/ Positive Effort/Positive Mindset
- Simple Joys You Can Embrace Every Day
- Your Power of Choice



## POSITIVE FOCUS PLAN

Extend the time you are Fully  
CONNECTED

in positive ways that free you to be  
your best

## POSITIVE REFOCUSING PLAN

Shorten the time you are distracted,  
disconnected, upset, negative,  
stressed or less than your best

# AVOID THE NONAPPRECIATION TRAP

- Beautiful Paintings - Beautiful Creations
- Beautiful Places in Nature
- Good People In Your Life
- Opportunities You Have to Enjoy what You are Doing and Improve in some way Everyday
- Simple Joys – In Every Day
- The Positive People/Paintings/ and Positive Experiences Available to YOU In Your Life



# Keep the Joy in Your Pursuits

- Retention of purpose – Remember why you are doing this or pursuing this goal
- Focus on Finding good reasons for doing what you are doing or pursuing what you are pursuing
- Focus on the positives and positive opportunities
- Focus on doing little things every day that will make a difference in your performance and your life
- Keep the joy in the pursuit

# Act on Your Positive Intentions

- Thinking is not enough
- Knowing is not enough
- Deciding is not enough
- Only Action Counts - DO CIDE
- Terry Running Trails or Kayaking in the Mornings
- Live now - Connect now – Embrace Your Dreams Now
- Take Yourself One Step Closer to Your Dreams Everyday
- Find something Positive in every day and in every context.



If you remain open  
to opportunities,  
opportunities will  
open to you.

Open yourself and others to chart new  
positive personal paths in sport,  
performance, relationships, work and  
life

# Seek Balance in Excellence

- Take care of your own needs
- Reduce the unnecessary stress in your life
- Focus on the positives in every day
- Embrace the simple steps and simple joys
- Free yourself and others to perform your best
- Free yourself to feel and be your best
- Choose to do something that makes you feel fully alive – Every Day.



If you want  
something to change  
in your performance or your life  
YOU have to  
change something

To Help Others make  
positives changes  
in their performance  
and their lives

Help them to focus and refocus  
in more positive and fully  
connected ways.



# Focus in the Moment & Embrace the Connected Journey of Getting There

- One Breath at a time
- One Step at a time
- One day – One goal - One mission at a time
- Stay Fully Focused in the moment
- Be Here now, live now, learn now, Connect now, Appreciate now, Be the best you can be now
- Live the ongoing lessons you are learning NOW



FOCUSING -the Most Important  
Skill for Personal and  
Performance Excellence





**EXCELLENCE IN SPORT & LIFE**  
Requires Fully Connected and Effective  
**FOCUSING and REFOCUSING SKILLS**

# **MOTIVATING ATHLETES INSPIRING COACHES**

**Terry Orlick**

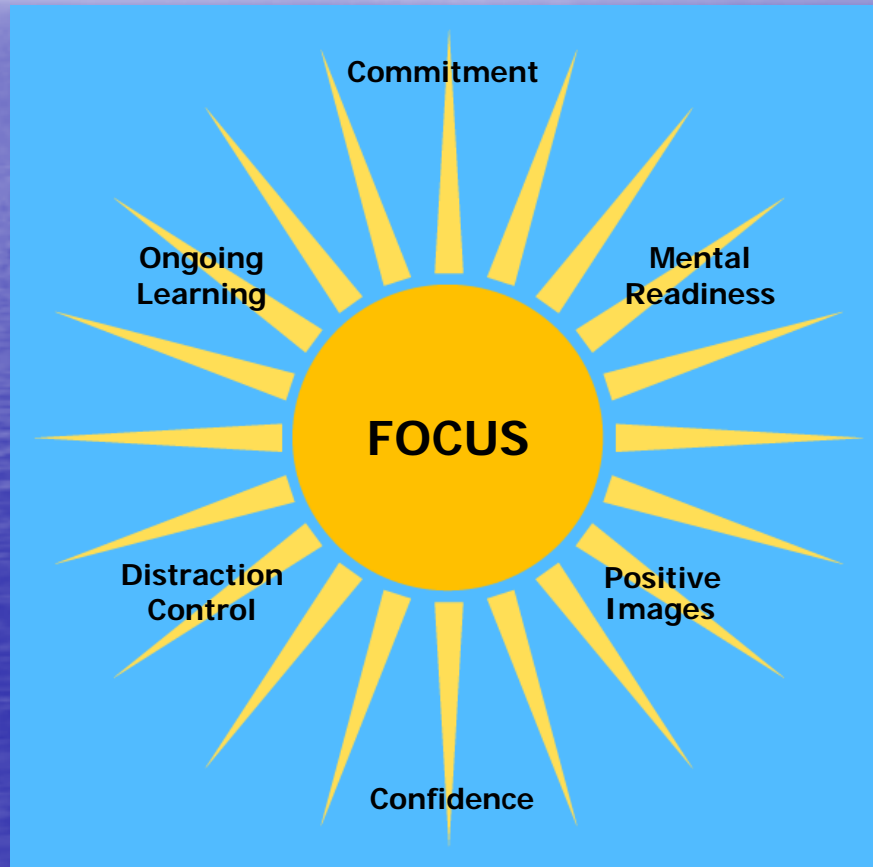


**IF YOU ARE OPEN TO  
OPPORTUNITIES,  
OPPORTUNITIES WILL BE  
OPEN TO YOU.**

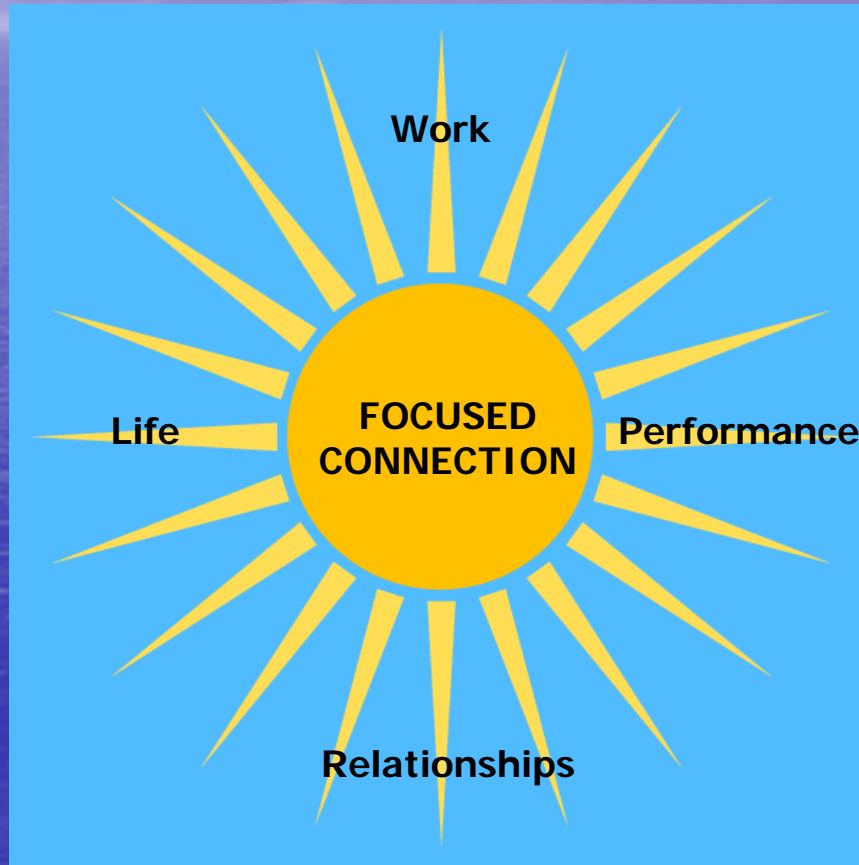
**Focusing in a positive and connected way is the most essential skill required to enhance quality learning, quality performance and quality living.**



# Focusing for Excellence



# Focusing for Excellence





**QUALITY  
LEARNING**

**QUALITY  
PERFORMANCE**



**QUALITY  
LEARNING**

# *Goals Driving Excellence*

- DREAM GOAL
- REALISTIC GOAL
- GOAL OF APPRECIATION
- GOAL OF SELF ACCEPTANCE
- GOAL OF ACCEPTING OTHER



# *When the Challenge is Big*

- Focus on why you can and how you will
- Focus on the little steps
- Focus on the process – everyday
- Focus on ongoing learning - Act on the lessons learned
- What are you going to do TODAY to take a step closer to your goal?

# Confidence Plan

- Why I Can (achieve this goal)
  - Reasons To Believe
- How I Will (achieve this goal)
  - Respect Best Focus





# Refocusing Plan

- Refocusing Situations
  - List major distractions or refocusing situations
- My Usual Response
  - How I usually respond in this situation
- My Ideal Focus Response
  - How I would prefer to respond in this situation
- Positive Focus Reminders
  - List positive refocusing reminders

# *Where is your focus when you are*

- Feeling best
- Learning best
- Listening best
- Performing your best
- Reflecting in meaningful ways
- Embracing simple joys



# RESPECT THE PATTERNS THAT WORK BEST FOR YOU

- BEST FOCUS FOR FEELING YOUR BEST
- BEST FOCUS FOR BEING YOUR BEST
- BEST FOCUS FOR PRACTICING YOUR BEST
- BEST FOCUS FOR PERFORMING YOUR BEST
- BEST FOCUS FOR REST AND RECOVERY
- BEST FOCUS FOR LIVING SIMPLE JOYS
- ONE DAY, ONE MISSION, ONE FOCUS,
- ONE STEP, ONE SHOT AT A TIME

# *Sustaining Excellence*

- Retention of purpose
- Find a good reason for doing what you are doing
- Focus on the positives and the positive opportunities
- Focus on things that will make a difference
- Keep the joy in the pursuit



*Six Steps  
To Coaching Excellence*

# *Believe*

- Share Your Vision
- Project Your Belief
- Believe in Your Athletes/Team
- Help Your Athletes to Believe
- Identify Positive Actions and Goals
- Identify and Debrief Best Focus
- Be the Most Positive Coach You Can Be



# *Appreciate*

- Appreciate Athletes and People in your Life
- Express Appreciation to Others
- Appreciate the Small Steps/Simple Successes
- Appreciate the Opportunities You Have
- Acknowledge Good Effort
- Embrace Simple Joys
- Keep the Joy in the Pursuit

# *Focus*

- Bring Your Best Focus to Every Context
- Focus Fully on the Step in Front of You
- Be Fully Where You Are
- Take Care of Your Own Needs
- Seek Balance in Excellence
- Focus on Bringing Out Your Best and the Best in Others



# *Challenge*

- Challenge Yourself to Be What You Can Be
- Challenge Athletes to Be What They Can Be
- Challenge Athletes to Focus Fully
- Challenge Athletes to Draw Out and Act on the Lessons Learned
- Commit to Ongoing Learning
- Act on Lessons Learned

# *Support*

- Value Athletes and Their Contributions
- Listen to Athletes and Their Perspectives
- Be Positive and Respectful in Your Interactions
- Act in Positive Ways Every Day
- Give Honest and Constructive Feedback
- Continue to Support Athletes and Others Through the Ups and Downs



# *Remember*

- Focus on the Positives
- Look for Opportunities
- Act in Positive Ways, Especially in Tough Times
- Act on Lessons Learned NOW
- Remember Your Athlete Wants to Win
- Everyone Needs Rest & Recovery

IF AN ATHLETE WANTS SOMETHING TO  
CHANGE IN HIS OR HER PERFORMANCE  
OR LIFE HE OR SHE HAS TO CHANGE  
SOMETHING

IF YOU WANT SOMETHING TO CHANGE IN  
YOUR OWN PERFORMANCE OR LIFE YOU  
HAVE TO CHANGE SOMETHING



# EXCELLENCE IS A CHOICE

- HOW CAN YOU BE YOUR BEST MORE OFTEN?
- HOW CAN YOU ACT ON THE GOOD DECISIONS YOU MAKE?
- HOW CAN YOU CREATE OPPORTUNITIES?
- HOW CAN YOU KEEP THE JOY IN YOUR PURSUITS?

# *Excellence is a choice*

- DOCIDE TO ACT ON YOUR GOOD INTENTIONS
- DOCIDE TO KEEP THE JOY IN YOUR PURSUITS
- DOCIDE TO BE THE PERSON AND PERFORMER YOU WANT TO BE
- DOCIDE TO CONTOL YOUR OWN DESTINY





**POSITIVE FOCUS**  
**CONNECTED FOCUS**

**YOU ARE THE DRIVER OF YOUR OWN LIFE.**