

WELCOME!

2023

CROSSFIT OPEN SPORT PSYCHOLOGY COACHES CLINIC

Week 2: Pushing Limits

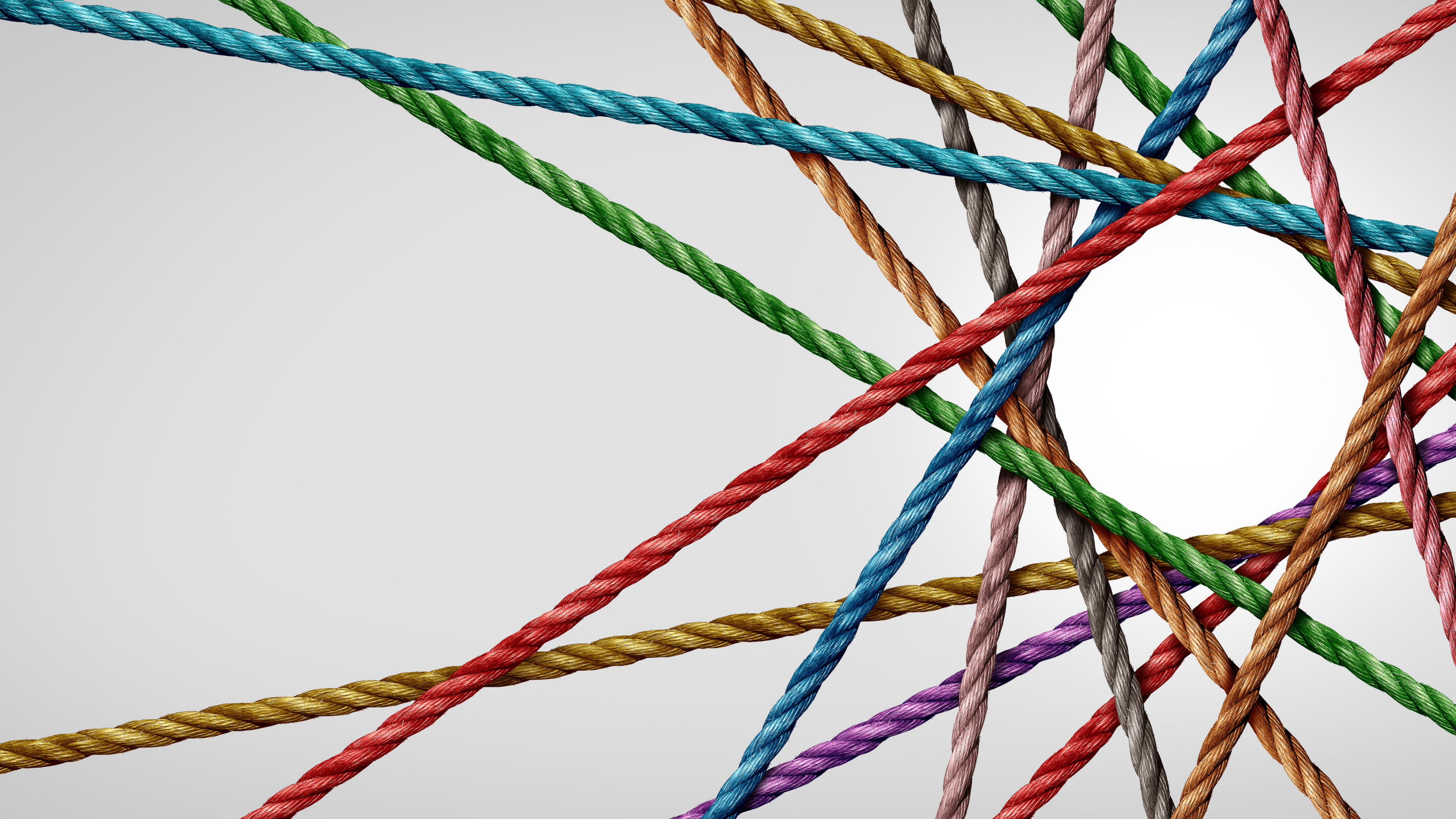


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CrossFit COACHES





MISTAKE #1

**Defining goals only by
the outcome.**

MISTAKE #1 Defining goals only by the outcome.



MISTAKE #2

Having "all or none" goals.

MISTAKE #2 Having "all or none" goals.



MISTAKE #3

Only having an "ideal" plan.

MISTAKE #3 Only having an "ideal" plan.



A scenic landscape at sunset. The sky is filled with soft, colorful clouds in shades of orange, yellow, and blue. The sun is low on the horizon, casting a warm glow over the scene. In the foreground, a river flows through a lush green landscape. A series of large, dark rocks are arranged in a line across the river, creating a small waterfall or rapids. The water is calm, reflecting the colors of the sky. On the left bank, there are dense trees and bushes. On the right bank, there are tall reeds and grasses. The overall atmosphere is peaceful and serene.

OUTCOME

PROGRESS

STRATEGY #1

Break it into tiny pieces.

STRATEGY #1 | Break it into tiny pieces.



STRATEGY #2

Let go of all expectations.

STRATEGY #2 Let go of all expectations.



STRATEGY #3

**Pick one thing and absolutely
crush it.**

STRATEGY #3 Pick one thing and absolutely crush it.



DISCLAIMER

TAKEAWAYS...

Process + Outcome = Max Performance

Make it Personally Meaningful

Mix-and-Match Strategies

Q & A