

WELCOME!

2023

CROSSFIT OPEN SPORT PSYCHOLOGY COACHES CLINIC

Week 3: Eyes on the Prize



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CrossFit COACHES



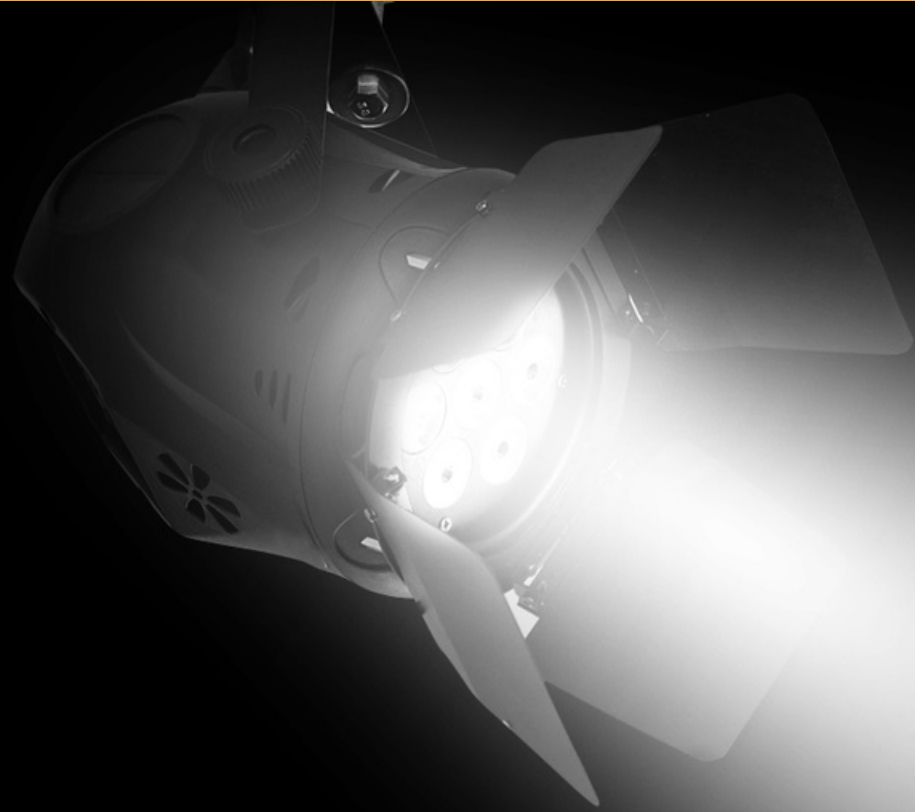


People spend **too much**
time focusing on:

- Discomfort
- Self-doubt
- "Racing"
- The wrong thing
- Past performance

TRUTH #1

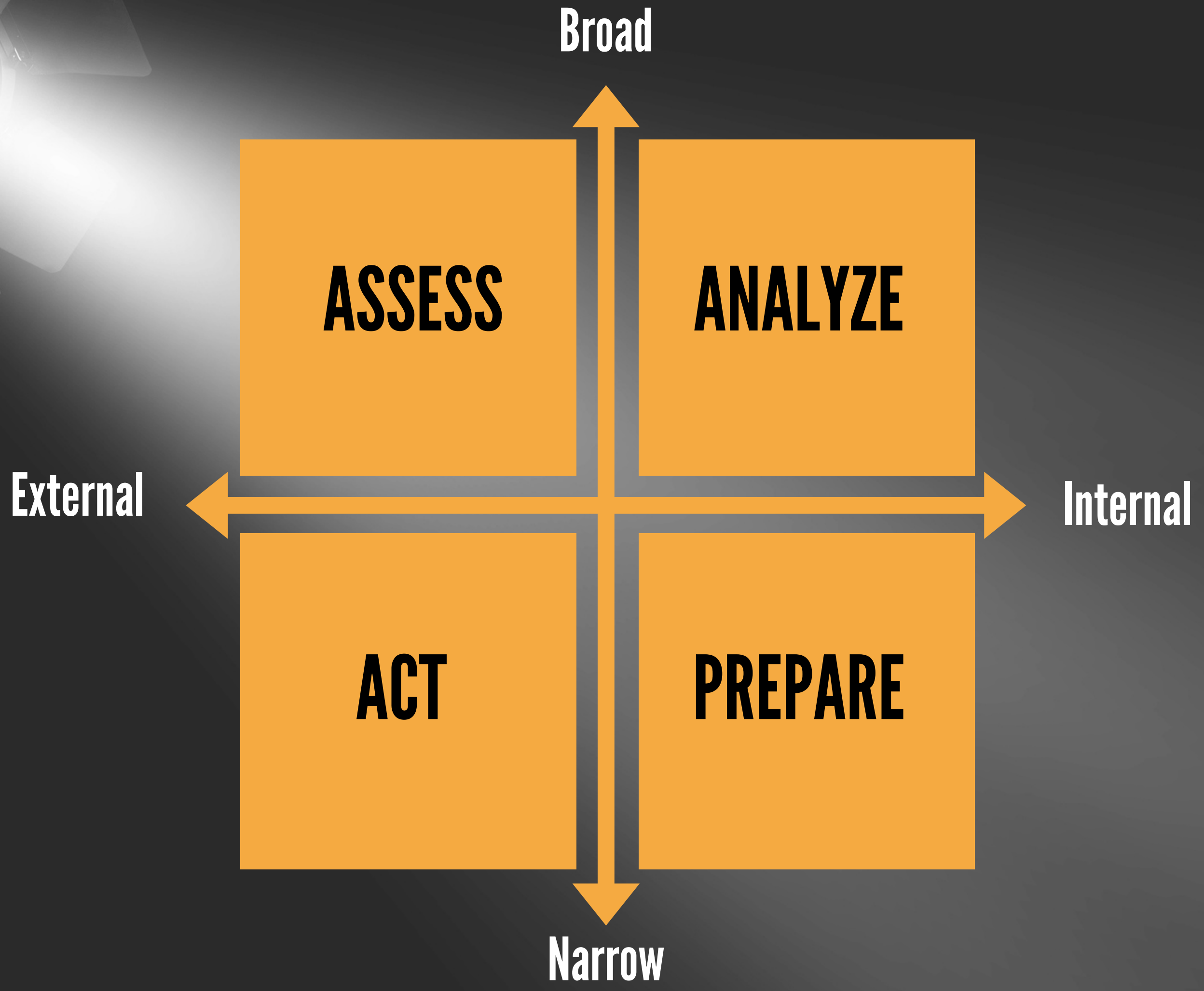
You can only focus on one thing at a time.

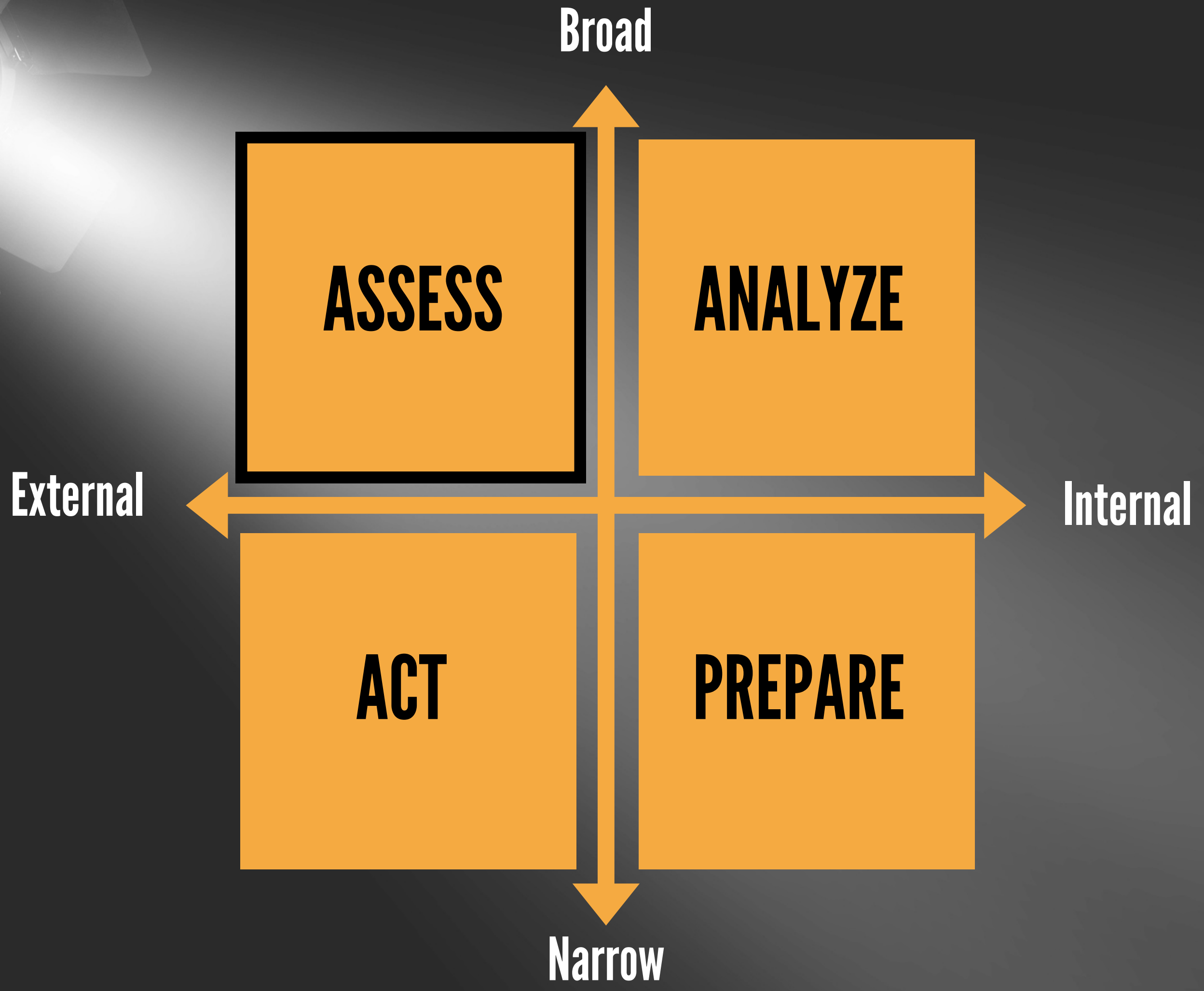
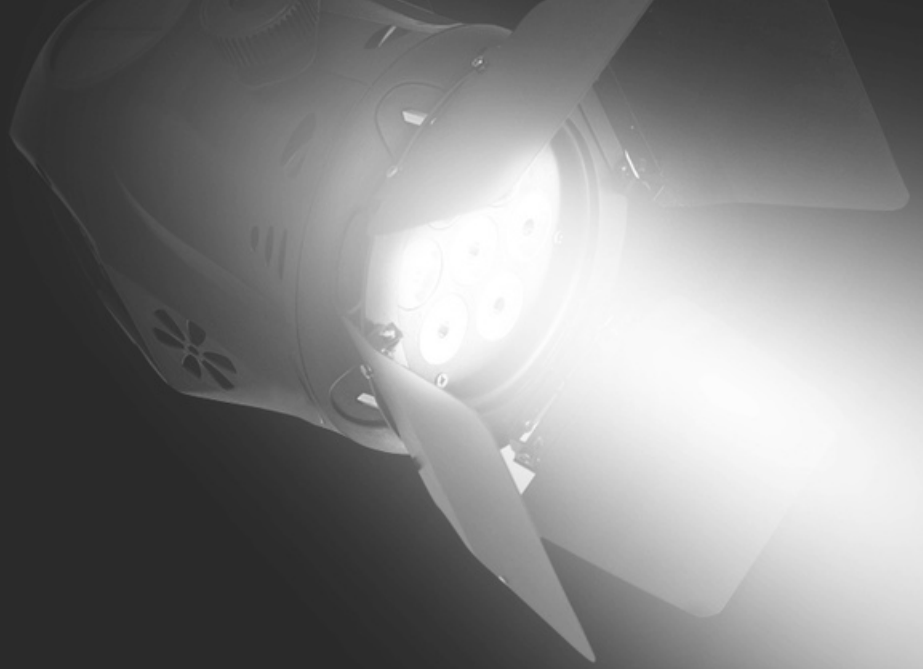


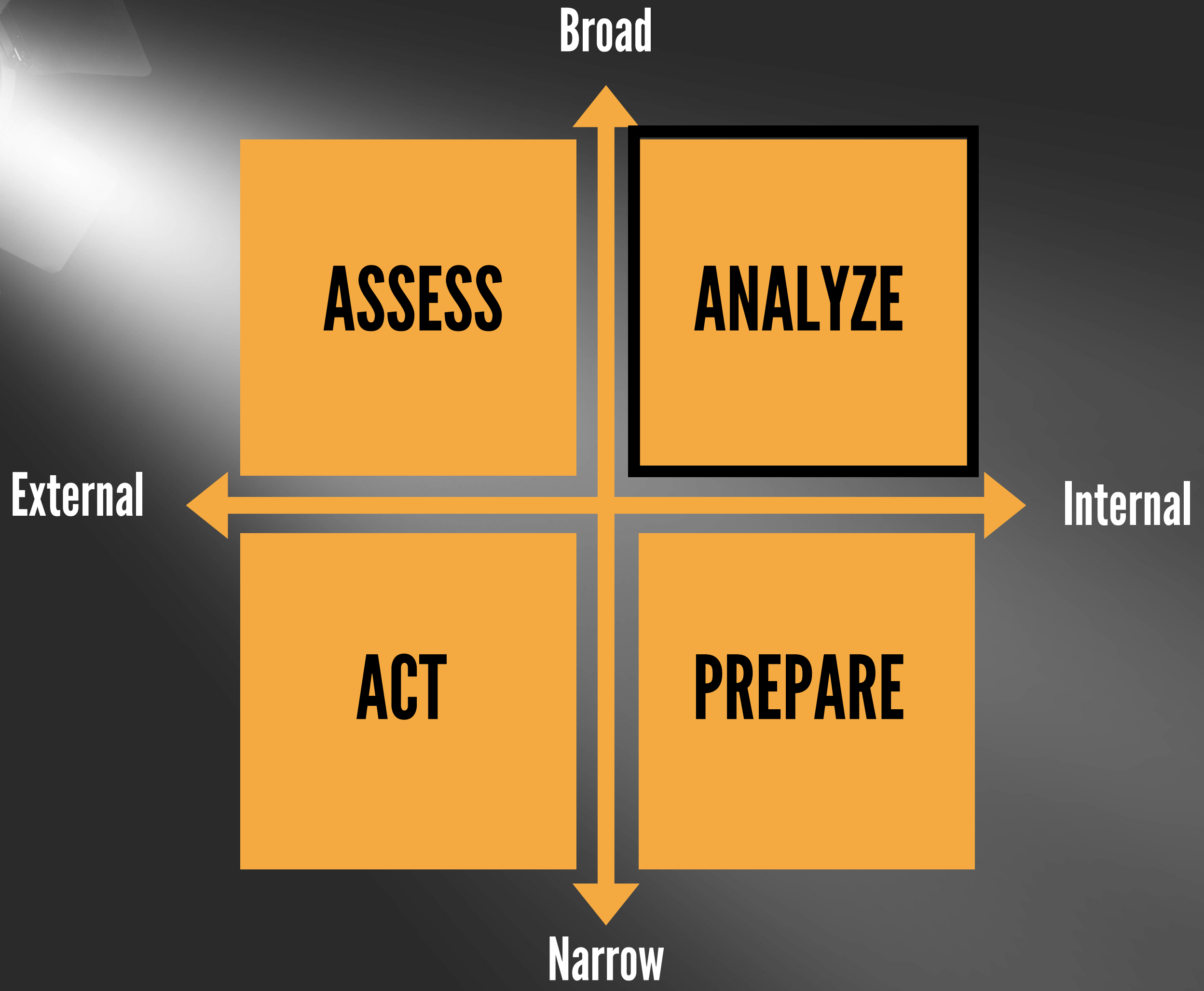
TRUTH #2

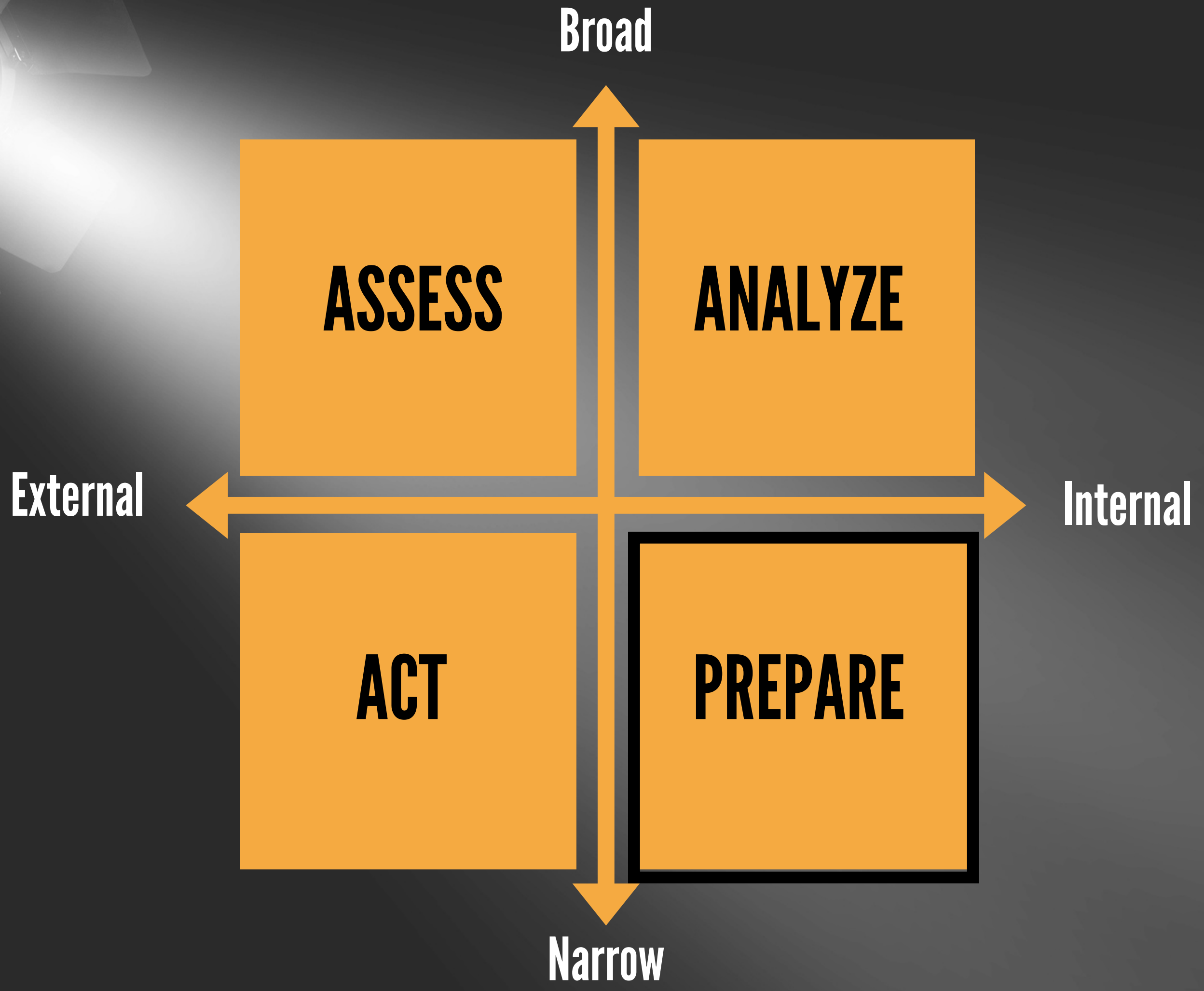
Your senses and thinking help control your focus.

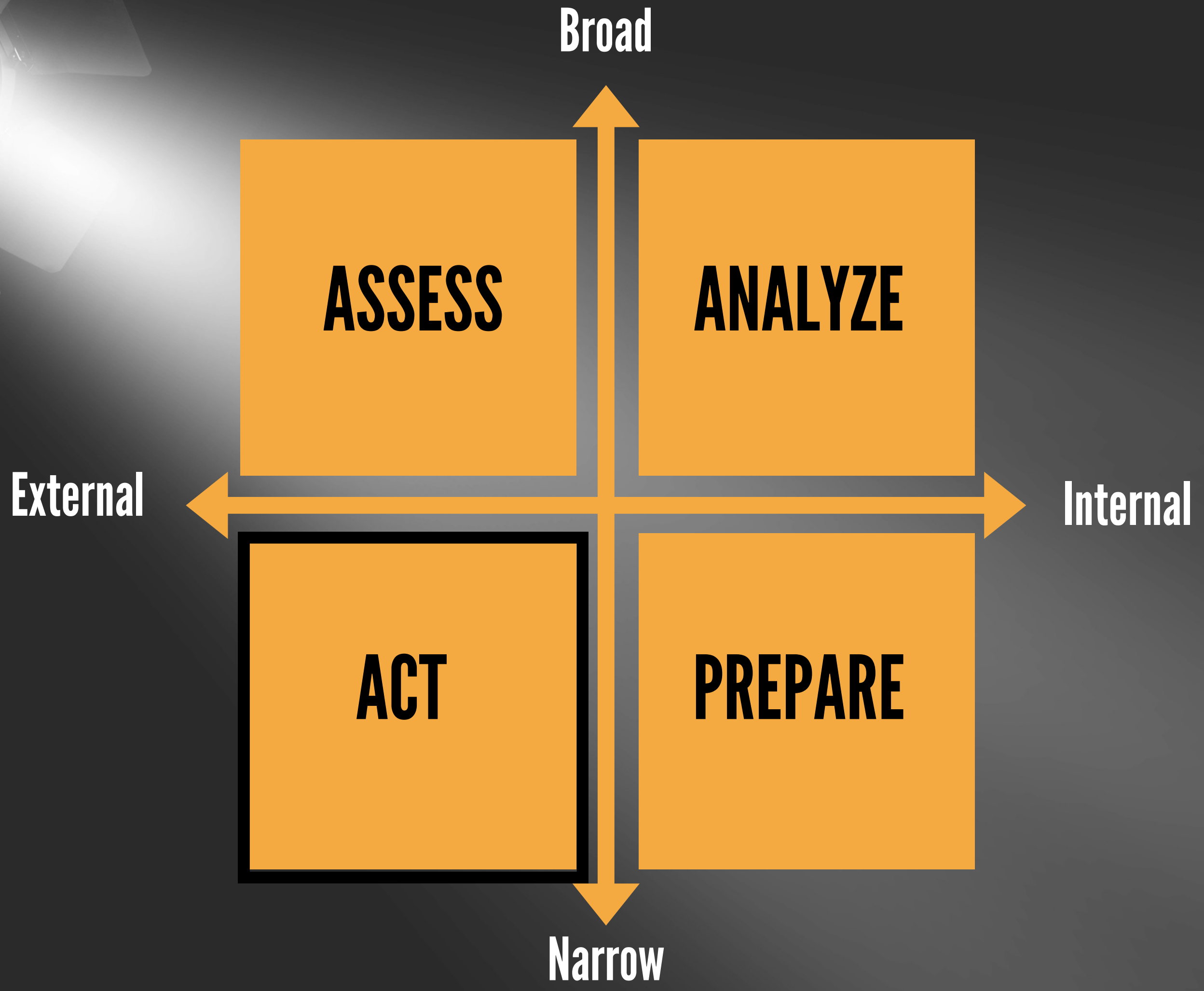












Okay...so what?

Prepare what to focus on.

Create focus cues.

Adjust and adapt if necessary.

TAKEAWAYS...

Focus can be harder than it seems...

Beware of the unexpected!

Use your voice.

Be persistent.

Q & A