

# **21 SECRETS**

**START 2021 WITH A  
COMPETITIVE  
EDGE**

**MINDSET**

**BODY BANK**

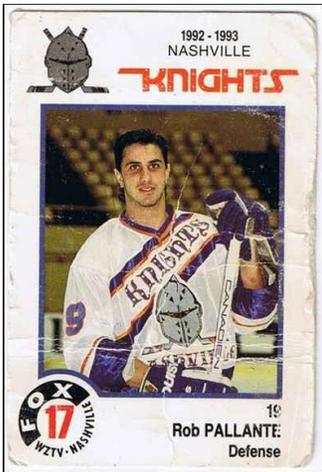
**@mindsetbodybank**

# ABOUT ROB PALLANTE



## QUICK BIO

As a former NCAA and Pro hockey player I spent most of my career focused on the outcome (points, penalty minutes, playing time) and was often overly concerned about what others thought (parents, coaches, scouts, teammates). What I didn't realize back then was that this would sometimes have a negative effect on my performance and I would get consumed with making sure I **"do the right thing"** instead of performing in the moment.



I wish I knew then what I know now. But back then there wasn't an option to speak to someone about was "going on in my head". The only solution was to "work harder". The confusing part was that I thought I **was** working harder. The further I went in my career the more talented the other players which made staying in the lineup tougher. It wasn't that I wasn't as talented but I started to lack confidence. I know now that when confidence goes, it takes many other aspects of who you are with it.

It was a terrible place to be mentally. It resulted in excuses, finger pointing and blame. Eventually the game I loved become the main source of stress and anxiety in my life...so I quit. I walked away from my dream.

The good news is that it has led me here to you so that I can share my experiences and help you avoid the landmines and the heartache that I suffered. I have now been educated in the unlimited potential that we possess in our minds if we can learn how to get out of our own way.....that's what my program is about. Let me help you unlock that Invincible Mindset.



# 21 SECRETS FOR 2021

## #1 START YOUR DAY WITH A WIN

Set your alarm for 15 minutes earlier than normal 6 days a week. This will give you an extra 90 minutes a week or 6 hours a month to accomplish goals while your competition sleeps. When 15 minutes becomes routine add another 15 minutes earlier.

\*\* Bonus if you make your bed!

## #2 IDENTIFY YOUR GOALS/VISION

Dream big and write them down!

Put them somewhere you can see them everyday.

Your **vision** is where you see yourself in the future...who you become, what you're doing, where you live, etc.

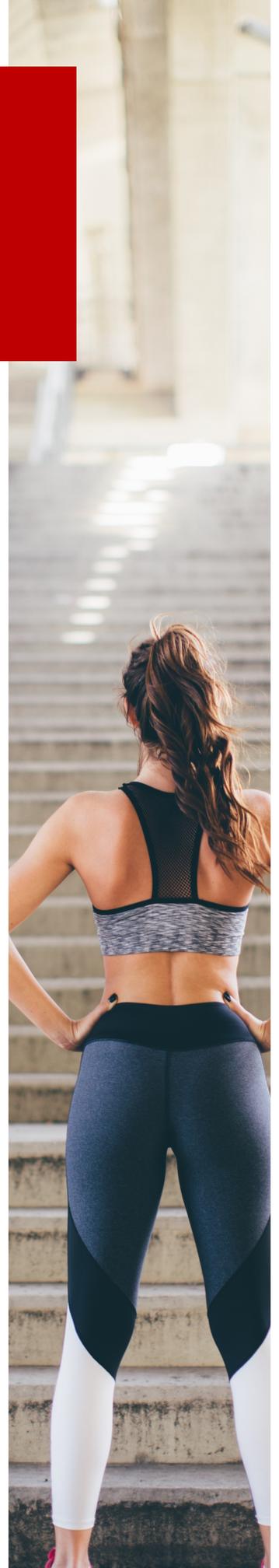
Your goals are the short term objectives over 30, 60, 90 days...your habits/routines and behaviours needed to achieve those goals.

Shift your mindset to focus on those daily objectives.

## #3 CREATE SMALL SIMPLE STEPS

Break down those daily objectives into small simple steps that you can easily achieve. Remember you can't swallow an elephant with one bite so focus on 3-5 Power tasks each day.

By doing this you are creating a winning scenario and mindset that will allow you to make daily deposits towards your goals.



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## #4 ELIMINATE NEGATIVITY

Sounds easier than it is because we have up-to 60,000 thoughts per day. 85% of those are negative and 95% of those thoughts are repetitive. Train your mind to recognize those **Limiting Beliefs**, acknowledge them and remind yourself that those are NOT TRUE.

Write them down on a sheet of paper with a line down the middle...on one side write THINGS I CAN CONTROL on the other side write THINGS I CANNOT CONTROL.

By writing them down it helps contextualize it. Now strike a line through all the thoughts you CANNOT CONTROL and focus on the ones you can.

## #5 USE DAILY VISUALIZATION

Visualization and meditation are now commonly used amongst the most prolific athletes in the world. They understand the power it gives them by having a way to "come back to center". Here are 4 reasons why visualization and mediation can elevate your game;

- Compete more effectively
- Develop Self Confidence
- Helps with Focus
- Helps to cope with injuries and set backs.

## #6 BREATHING TECHNIQUES

learning proper breathing techniques will improve cardiovascular health, help with pain management and assist with anxiety and nervousness. Two techniques to use are;

- Wif Hof deep breathing
- 4-7-8



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## #7 FOCUS ON HYDRATION

This is such an important but often overlooked element of your success. High performance athletes should be consuming at least 1 gallon or 3.9 litres of water daily.

Here are 6 symptoms to self-diagnose hydration;

- Fatigue/muscle cramps
- Confusion/headaches
- Dry lips
- Dark Urine
- Low Energy
- Constant thirst

## #8 STRONG INTERNAL DIALOGUE

The way we talk to ourselves with our internal voice will dictate the strength of our external activities. The body will endure whatever the mind can pull it through. Positive self talk and affirmation will lead to more confidence an easier transition into the flow state.

## #9 DAILY JOURNALING

Keeping daily written notes of our thoughts and emotions and feelings will help us identify past behaviours so we can adjust our future philosophies. Thoughts become words. Words become emotions. Emotions become actions. Actions become behaviours.

## #10 PRACTICE GRATITUDE

You can incorporate this into meditation or journaling or practice it separately. This conscious practice of gratitude helps you feel more positive emotions, improves health and helps deal with adversity and build strong relationships.,



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## #11 CONTROL YOUR EMOTIONS

By learning to control your emotions you will control the moment. By overthinking or overreacting we give up power. The person who learns how to control the moment will inevitably be the winner.

## #12 CHOOSE YOUR WORDS WISELY

The words we use to describe ourselves or others are typically derived from our thoughts or beliefs. When we speak them they become part of our philosophy, who we are and our character. Be sure to use words and impeccable speech to clearly represent who it is we want to be.

## #13 DEVELOP A THICK SKIN

Once you understand that the words and opinions of others DO NOT define who you are you will become greatly empowered. Other's people's opinions of you are NOT your concern. Learning to not let those opinions disrupt your emotions and interfere with your goals will empower you to be and do better things without worry.

## #14 DON'T MAKE ASSUMPTIONS

Every person you know or come into contact with is on their own journey. Sometime when our journeys cross paths we begin to make assumptions based on expectations and desired outcomes as they relate to our own path. These expectations and assumptions are unfair and unrealistic and will typically lead to our own disappointment. Be responsible for your own outcomes and set expectations or make assumptions about another's journey.

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## #15 TRY YOUR BEST EVERYDAY

Each day we are given 86,400 seconds. No matter how much money or success you have you can't buy more and you can't get them back. Be aware of how you spend those seconds and where your thoughts and efforts and actions are directed. Make a plan and give your best effort to that plan.

## #16 FUEL YOUR BODY

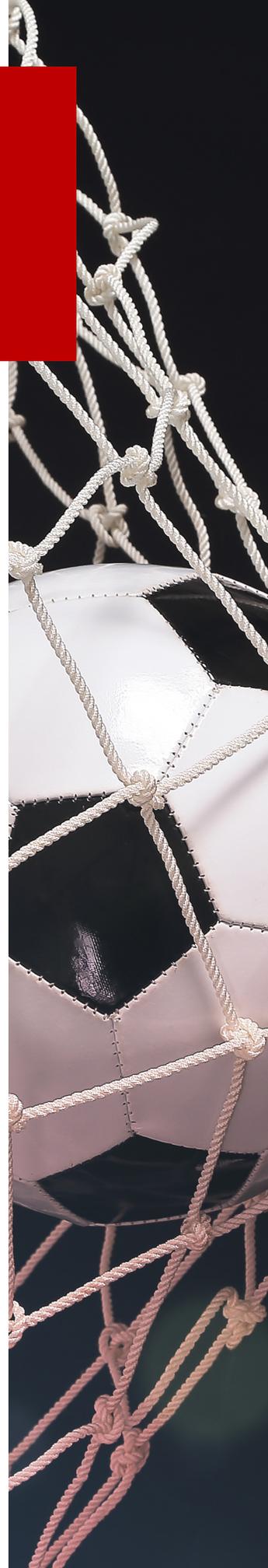
One of the most important decisions you can make as an athlete is how you fuel your body. Your daily regime should incorporate a calculated measure of proteins, complex carbs, fruits and vegetables that will maximize your body type and fuel you through your sport. You also need to consider both pre game and post recovery fuel to make sure you're giving yourself the best chance to succeed.

## #17 SUPPLEMENTS

Supplementing your food intake is very common for high performance athletes. Vitamins such as Omega-3, D3, K2, magnesium, B complex and protein shakes are a great to enhance your diet and performance. Remember, they are called supplements for a reason. They will never replace a proper diet.

## #18 FEED YOUR BRAIN

Brain fuel includes foods like avocados, blueberries, green leafy vegetables, broccoli, eggs, salmon, dark chocolate and nuts. These will help with cognitive function, memory, focus and awareness.



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## #19 FUEL YOUR MIND

Different than what you feed your brain...fuelling your mind involves things like, reading and what and who you listen to. Accept that you should always be learning. Leaders are readers. Spend 30 minutes a day reading or listening to personal development books or podcasts. Write down in your journal one new thing you've learned each day.

## #20 SLEEP IS NOT AN OPTION

Many people consider functioning on a lack of sleep a badge of honor. As an athlete sleep is one of the most important things you should track and become aware of. Getting on a consistent sleep schedule will improve your mood, emotions, performance, awareness and general overall health. 7-9 hours a night should be the goal.

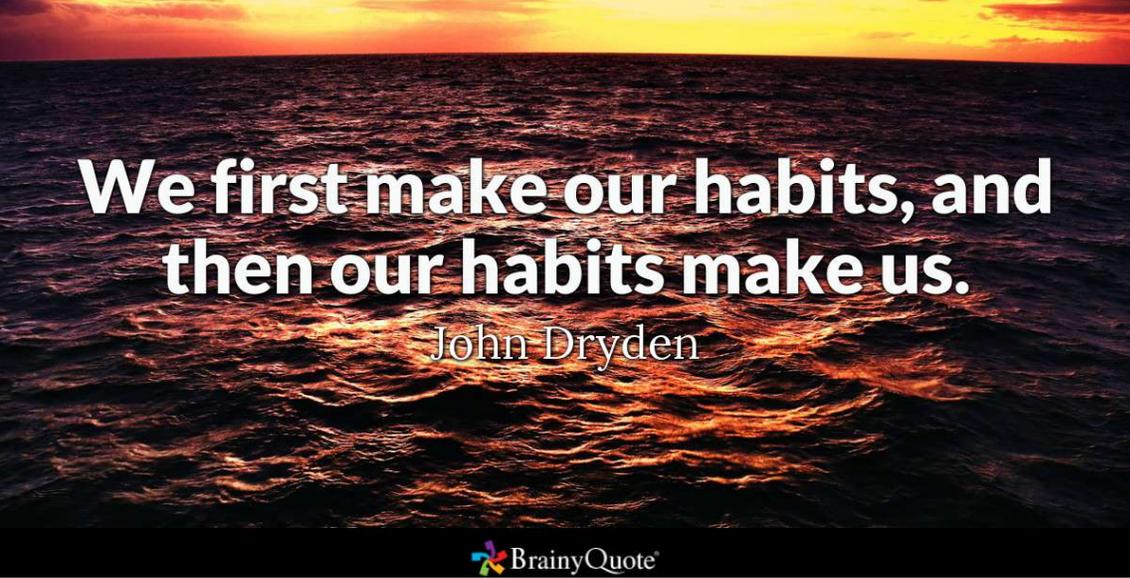
## #21 EMBRACE THE SUCK

Success is not going to be easy. Be prepared to be uncomfortable as you build momentum through the year. It's only through being uncomfortable and pushing yourself without excuses that you will find growth. If you can train your mind to embrace the suck you will find that your ability to endure the discomfort will push you to limits you never thought possible.



# MAKE 2021 YOUR BEST YEAR YET

By embracing these **21 SECRETS** with an open mind and a commitment to go **ALL IN** you will be able to create goals, make a plan, push new boundaries, exceed your own expectations and build an **INVINCIBLE MINDSET** that will set you up for success now in your sport and later on in your life.



We first make our habits, and then our habits make us.

John Dryden

 BrainyQuote®

## Best Practices

The goal of these secrets and the intention of the MINDSET BODY BANK Program is to develop a strong MINDSET. This will allow you to push your BODY. In doing so, you will make daily deposits in your BANK. All these deposits will help you be best prepared when sports and life alter your plan.

Schedule a free call with me [here](#) if you are ready to take your game to the next level. We'll take 30 minutes to see where you're at, where you want to go, and how we're going to get you there. This is 100% Free.

