

*Look straight ahead, and fix your eyes on what lies before you – Proverbs 4:25*

**WIN (What's Important NOW):** Answer the question, "What's my wiN?" in order to pay attention to the right thing at the right time.

Let's first start by identifying the biggest thieves of attention control for all performances. These thieves can quickly and thoroughly *destroy your performance*. The good news is, you have the power to immediately choose to turn away from them and focus on your wiN.

TOP Attention Control THIEVES:	Attention Control Solutions
<ul style="list-style-type: none"> <li>Worrying about making a mistake/thinking about a mistake you made</li> </ul>	Your wiN (Ex: Getting pass the goalie)
<ul style="list-style-type: none"> <li>Focusing on what other people will think about how you perform</li> </ul>	Your wiN (Ex: Playing the notes in tune)
<ul style="list-style-type: none"> <li>Focusing on how you are going to do before you even finish</li> </ul>	Your wiN (Ex: Do explosive legs off the walls)
<ul style="list-style-type: none"> <li>Intimidation of other peoples performance</li> </ul>	Your wiN (Ex: Keep a strong back hand)
<ul style="list-style-type: none"> <li>Confusion</li> </ul>	Your wiN (Ex: Just focus on this test question)

As you can see, it is critical that you know your wiN at any given moment to combat distraction. So, think about your next performances that you will be doing and write down your clear wiN. Any time you lose focus for ANY reason, stop yourself and **answer the question, "What's my wiN"** so that you can pay attention to the right thing at the right time....nothing else.

Example: My Algebra test	wiN →	Answering the question I am on to the best of my abilities
Example: Being up to bat	wiN →	<b>Hitting the ball</b>
	→	
	→	
	→	

