

WHAT HAPPENS IF YOU LOSE THE MENTAL EDGE?

➔ Why creating a positive belief system is the key to success

Go for the win and you'll likely win again...



“You can train your belief system, just like your muscles”

Supporting performance is dependent on, what psychologists call, the belief system. This could be described as the filter through which you see the world. Stimulus + Belief System = Response.

Ask yourself how you would react in the following situation: you're leading a 12-hour solo MTB race and you have two hours to go. Suddenly someone is catching you and, before you know it, they are next to you. You now have a choice. Will you keep going and try to open a new gap, will you let them ride alongside and then break away later, or will you let your rival pass? Your response to this challenge is shaped by your belief

system. Do you believe you deserve to win? What do you know about that person passing you?

You can train your belief system, just like your muscles, and your responses affect your *future* belief system. Letting your competitor pass can start a vicious circle. The image of losing will be mentally imprinted and cause a negative response in similar situations. If you attack and win the race then the positive effect on your belief system will be huge. Next time you face this situation you will be more likely to win again, simply because you know you can do it. Think about this and the next time you want to give up, don't.