



Mentaal scherp

Bewustwording, zelfreflectie en sturen op eigen handelen.

Gelukkig voelen door gevoel van competentie

Competentie krijgen door training.

Training voor

- 🚲 *fysieke herstel,*
- 🚲 *kracht,*
- 🚲 *uithoudingsvermogen*
- 🚲 *coördinatie*
- 🚲 *en mentale weerbaarheid.*

Iedere training beter versterkt dat gevoel, gelukkig.



Prestatiegedrag door het stellen van doelen.

Doelen voor

- 🚲 *toename doorzettingsvermogen,*
- 🚲 *feedback over geleverde prestaties*
- 🚲 *self-efficacy*
- 🚲 *zelfvertrouwen*
- 🚲 *en motivatie.*

Het streven naar het doelen levert Game Readiness, prestaties.

Prestatie leveren niets kan je tegenhouden.

Ready is

- 🚲 *het in vorm zijn*
- 🚲 *klaar zijn voor de context*
- 🚲 *aanpassingsvermogen hebben*
- 🚲 *het gevoel van succes ervaren*
- 🚲 *verbinding leggen.*

Hoe meer verbonden des te beter het gevoel voor presteren.



Op het scherpst van de snede trainen met een reden.

Don't Stop - FLEETWOOD MAC



If you wake up and don't want to smile,
If it takes just a little while,
Open your eyes and look at the day,
You'll see things in a different way.

Don't stop, thinking about tomorrow,
Don't stop, it'll soon be here,
It'll be, better than before,
Yesterday's gone, yesterday's gone.

Why not think about times to come,
And not about the things that you've done,
If your life was bad to you,
Just think what tomorrow will do.

Don't stop, thinking about tomorrow,
Don't stop, it'll soon be here,
It'll be, better than before,
Yesterday's gone, yesterday's gone.

All I want is to see you smile,
If it takes just a little while,
I know you don't believe that it's true,
I never meant any harm to you.

Don't stop, thinking about tomorrow,
Don't stop, it'll soon be here,
It'll be, better than before,
Yesterday's gone, yesterday's gone.

Don't stop, thinking about tomorrow,
Don't stop, it'll soon be here,
It'll be, better than before,
Yesterday's gone, yesterday's gone.

Don't you look back,
Don't you look back,
Don't you look back.

https://www.youtube.com/watch?v=AgwRYjDhK_E

i like rumors!

I find out so much about
me that I didn't even know