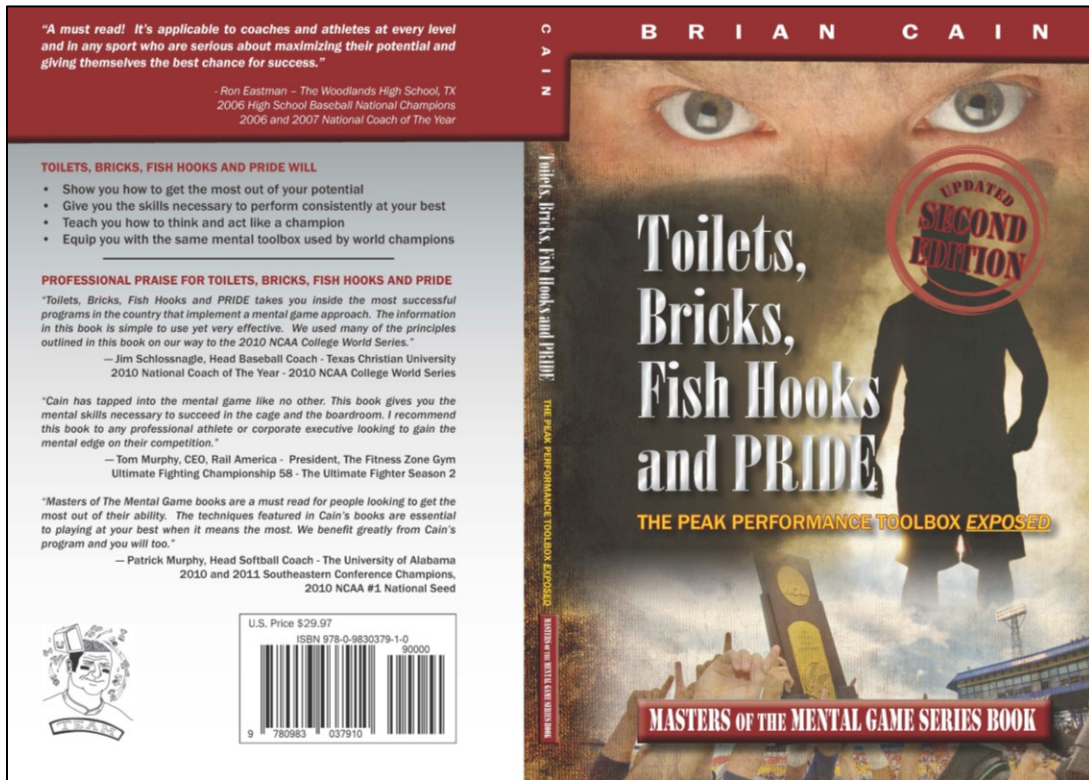


Toilets, Bricks, Fish Hooks and PRIDE: The Peak Performance Toolbox EXPOSED

By: **Brian M. Cain, MS, CMAA - Peak Performance Coach**



DISCUSSION QUESTIONS FOR UPDATED 2nd EDITION IN HARD COVER

NAME: _____



HOOK UP WITH CAIN AT www.briancain.com

DEDICATION:

1. Please write a dedication of the upcoming season to someone who has been instrumental in your career and your life. In your dedication write about the effort, attitude and mentality you will give this season to honor them and the gifts they have given you.

ACKNOWLEDGEMENTS:

1. Having an attitude of gratitude and thanking those who have helped and continue to help you in the pursuit of excellence is key to you being a great teammate and getting the most out of this season. Who are the people that you should acknowledge as an important part of your athletic development?

FORWARD:

1. What was the trap that Coach Horton fell into early in his career and how does that relate to what we are trying to accomplish this season?

PART I

CHAPTER 1: What do you want to know about toughness?

1. Looking back at your life, what is something that you once thought was the worst thing that ever happened to you and now you see it as one of the best things that ever happened to you?

2. What are the two types of experience you can get and what is the difference between the two? Give examples from your career.

CHAPTER 2: Peak performance pistol, the six gun shooter

1. What are the six p's of peak performance and if you had to choose one as most important to your success, which one would it be and why?

CHAPTER 3: Why is P.R.I.D.E. in the title of this book?

1. Explain coke & pepsi theory and why advertising is essential to your success?

2. Who is Victor Frankel and what can his story teach you? _____

3. What did Randy Mazey have his athletes do daily to develop discipline? _____

CHAPTER 4: The salesman who beat you every time

1. What does it mean to run the marathon?

2. What is MOOMBA disease? _____

3. What does ACE stand for and why is that important to your success? _____

CHAPTER 5: Breathing an Oscar

1. What are some of the similarities between the mental games of NCAA athletes and MMA fighters?

2. Why is breathing such a vital part of performance?

3. What does W.I.N. an acronym for? Why is this important?

CHAPTER 6: Take a look inside. See what you find

1. What is the significance of the Federal Express Logo to you?

CHAPTER 7: Hitting the target most people never see

1. What are the six guidelines for going on a mission and which one do you think is most important to your success and why?

CHAPTER 8: Practicing the terrible

1. What is the glass of water demonstration and why is this an important part of your pre-practice routine?

2. What is one thing you can take from this chapter that you think we could apply to our program to give us a better chance for success? _____

CHAPTER 9: Six inches of success

1. Why is mental imagery an effective training tool to enhance your confidence and preparation?

2. You are to do 2 minutes of imagery at least once a day. What are some situations in your sport that you can image and help your performance?

CHAPTER 10: What's your role on this team?

1. What is the difference between an eagle and a duck? Which one have you been more of in your career? What can you do to be more like the eagle?

2. What is a WAR DOG and what can you do to be more like a one? _____

CHAPTER 11: You can't fool the grid

1. What is a reported benefit of using the concentration grids a little a lot vs. a lot a little?

2. What is your current best "CGRID" time? _____

3. Measurement = Motivation – Why is this true? _____

PART II – CHAMPIONSHP COACHES SHARE HOW THEY MAXIMIZE THE MENTAL GAME

CHAPTER 12: Eating the mental game for breakfast

1. What does K-A=O mean and why is this important for your athletic success?

2. How are the strategies for training your body and training your mind similar?

CHAPTER 13: A Bootcamp obstacle course loaded with fish hooks

1. What are fish hooks and analogy for?

2. What are some fish hooks that you must watch out for this season? _____

CHAPTER 14: In season – in easy

1. What was one way that Coach Eastman worked to make practice more gamelike?

2. Why is gamelike practice essential to your success in sport? _____

3. What can you do to make your training session more gamelike? _____

CHAPTER 15: George Horton shares success stories

1. What do you think is the most important thing that Coach Horton talked about and how can this relate to what you are trying to accomplish?

PART III – MOTIVATIONAL MATERIAL

CHAPTER 16: Attitude = Altitude

1. Charles Swindall says that attitude is 10% _____ and 90% _____

2. Do you agree with this statement? Can you control your attitude? 100% of the time?

CHAPTER 17: The only math you need to know

1. What is the significance of knowledge, hard work and attitude in this math lesson? Do you agree with their numerical findings?

CHAPTER 18: Team working

1. Every team and organization has members like each of the three cathedral builders in this chapter. Without pulling any punches because direct, honest constructive criticism is essential for improvement, who is most like the

1st Worker & Why? _____

2nd Worker & Why? _____

3rd Worker & Why? _____

CHAPTER 19: Coffee good for your health

1. Are you a carrot, egg or coffee bean? What makes the bean the best?

CHAPTER 20: Standing in the eye of the storm

1. In your opinion, what is the main lesson we can learn from the history of Abe Lincoln?

2. Embracing adversity is one of the essential elements of success. What adversity are you running from vs. running towards?

CHAPTER 21: It couldn't be done

1. What is one thing in life that you thought you couldn't do, but you tackled the thing and next thing you know, you had done it?

2. The feeling you get when you feel you can do anything is a confidence like no other. Why should you be confident that you will have success this season? _____

CHAPTER 22: The guy in the glass

1. What do you see when you look in the glass? Do you see the same person as your teammates see? Do you see the person that you want to see? Explain

CHAPTER 23: The fountain vs. the drain

1. What do you think is the most important difference in the language used by fountains and drains?

PART IV – THE FINAL ROUNDS AND FINAL THOUGHTS

CHAPTER 24: Tomorrow

1. Today + Today + Today = Your _____ & Your _____.
2. Tomorrow never comes. What is one thing that you have been procrastinating on that if you got started today, you would be closer to accomplishing?

CHAPTER 25: We all share one bank

1. What is the significance of your athletic bank account?

CHAPTER 26: How can you become a master of the mental game?

1. After reading this book, that is ONE THING that you will take away and do a little a lot of vs. a lot a little of? What is the ONE THING that you will take, make a part of your life and athletic career?

Thank you for working with these questions and my book *Toilets, Bricks, Fish Hooks and PRIDE: The Peak Performance Toolbox EXPOSED*. As I encourage you to be, I am wide open to constructive criticism and feedback. I want to get better everyday. Please send your suggestions and feedback on the book and these questions to brian@briancain.com. Please also visit www.briancain.com and hook up with me on social media outlets.