



THE PSYCHOLOGY OF *Winning*



**Developing a Champion's Mindset in the
Face of Adversity**

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- **One key building block** to winning is self-motivation.
- **Psychology is** the scientific study of the human mind and its functions, especially those affecting behavior.
- **Winners** may not always succeed at first but their attitude and mindset allows them to come out on top eventually.



1 Peter 1:13 (NLV)

13. So prepare your minds for action and exercise self-control...

Philippians 4:13

I can do all things through Christ who strengthens me.

Matthew 19:26

... “With man this is impossible, but with God all things are possible”



Four Keys of a Champion Mindset:

1. Mental Toughness
2. Emotional Intelligence
3. Having a Positive Mindset
4. See Yourself as a Champion

1. Mental Toughness:

- **Mental toughness** is defined as resiliency or confidence, which is the ability to bounce back from setbacks or failures.
- **When you are mentally tough**, you don't focus on trying to control the situation, you focus on trusting God and controlling yourself.
- **The mentally tough** know how to exert self-control.

Mental Toughness:

- ***Mentally tough people know that saying “No” is healthy and necessary at times.***
- *Mental toughness is a huge indicator of success.*
- ***Whatever the challenge, you must be strong, see things through a new lens, and take decisive action if you want to move through it successfully.***



2. Emotional Intelligence:

- **Emotional intelligence** is the cornerstone of mental toughness.
- **Emotions can be either liabilities or assets,** depending on how we manage them.
- **Emotions** are **meant to report to you,** not dictate to you.

(Proverbs 16:22)

Whoever is slow to anger is better than a mighty, and he who rules his spirit than he who takes a City.

Proverbs 29:11

A fool gives full vent to his anger, but a wise man holds it in check.

1 Peter 1:13 (NIV)

*Therefore, prepare your minds for action; **be self-controlled**; set your hope fully on the grace to be given you when Jesus Christ is revealed.*

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- **Emotional intelligent** employees are more likely to remain calm under pressure.
- **Self-awareness** is your ability to accurately perceive emotions and stay aware of them as they happen.
- The cornerstone to a **successful relationship** is having the ability to monitor emotions both yours and others.



3. A Positive Mindset:

1 Peter 1:13 - *Therefore, prepare your minds for action, and be sober-minded ...*

- *Just because something gets your attention ... doesn't mean it deserves your attention.*

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- **Faith is a mindset** that says, “I’m expecting and prepared for God to act”.
- **The sober-minded** individual is not intoxicated, and is therefore calm under pressure, and self-controlled in all areas.
- **Self-control (temperance):** is the ability to control oneself and the ability to say “no” to our desires and fleshly lust.



- **A mindset is** a mental attitude. It shapes your actions and your thoughts, as well as how you perceive and respond to events.
- **Your mindset is** a set of beliefs that shape how you make sense of the world and yourself. It influences how you think, feel, and behave in any given situation.
- **“Prepare your mind”** means to get yourself into the right mindset ...



4. See Yourself as a Champion

Proverbs 23:7

*As a man thinks in his heart, so
is he.*



4. See Yourself as a Champion

- **Champions see Adversity** as an Opportunity to Succeed.
- **Champions accept** what they can and cannot control.
- **Champions do** the next best thing when faced with adversity, and move on to the next play.
- **Our attitudes determine** whether we'll succeed or not (Psychology Today)



- **Being a champion** requires you see yourself as a champion.
- **Champions** are not intimidated by what others think about them.
- **Champions** resist weariness and defeat. They do not allow their circumstances to rule them.



- **Everyone suffers adversity**, but those who succeed and climb to the top bring a certain resilience, attitude, and perspective that allows them to move on to become even more successful.
- The reality of our situation should not determine the outcome.
- **Christ is our source and should be** the main influencer of our mindset and actions.



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