

THE PSYCHOLOGY OF WINNING : TEN QUALITIES OF A TOTAL WINNER PDF, EPUB, EBOOK



Denis Waitley | 192 pages | 01 Aug 1992 | Little, Brown & Company | 9780425099995 | English | New York, United States

Psychology of Winning: 10 Mindsets of a Winner (Book Review)

The outcome of the game is on your shoulders. So ask yourself: Is my career a runaway success? Am I a champion to my family? Am I excited to get up every morning and start another day in my own shoes? Skip to main content. What if I fail to reach my goals? This worry and fear does nothing good for you, All it does is increase your stress and make it more likely that you miss the shot, mess up your project or fail to reach your goals. It is far better to stay optimistic and positive about the outcomes.

See yourself making that shot as your take it. Know that you are doing the best you can on the project, and the boss will love it. See yourself reaching your goals, plan to avoid obstacles and visualize your success. You need to feel invested in the things you do. Own the project. Make it your own. Success or failure is all on you. Not on the will or whim of others. The self-determined person will make it happen. They will have contingency plans and work to ensure that nothing blindsides them and keeps them from their goals. No one is perfect. We all have our flaws and foibles.

Being a winner is not about being perfect and always succeeding regardless of the odds. It is about knowing your weaknesses and planning for them. To be a winner you may need to outsource or delegate tasks that are difficult for you. Focusing on your core genius. You may need to delegate a lot of extra time for tasks that others can do quickly. It is all about this understanding of yourself. Being self-aware is also about empathy. If you understand how those around you feel, and can feel their situations and pain, it gives you a broad base of understanding. This understanding can even lead to being more adaptable and ready for change. Being adaptable means you will roll with the punches and simply recalibrate your plans to include the new changed situation.

Check it out on Amazon. This is where the smarmy guys doing bromance fist-bumps does come into play. It is important to have a high self-esteem and self-confidence to be a winner. Okay, confidence does not really need to have that kind of ego. I was trying for a bit of call back humor there. Seriously though, I consider myself to be confident with a decent self-esteem, yet I also consider myself to be an introvert. You do not need to be the life of the party, backslapping, extrovert to tick off the self-esteem box. You simply have to have faith in yourself. No one likes to hear that success is going to take a lot of work. Sorry to say, there are no success hacks. To achieve your goals you will need to build the hard habits. You will need the self-discipline to keep them going... and the self-discipline to start them once again if you happen to fail the first time. The winners will have self-talk that helps them strengthen their self-image and self-discipline.

The losers are the ones who too listen too frequently to negative self-talks. We all have a little bit of both; the id and the super-ego of our minds. Sometimes the devil will win. The important part is keeping those wins to a minimum and having the resilience to bounce back and start over when you do fail. The winner is about much more than that. While work, drive and creating a wonderful future from your hard work and toil is a big part of the equation, it is only part of it.

A winner should be part of the community. They should be spiritual and believe in something greater than themselves, regardless of what shape that belief takes. They should take equal effort to enjoying time with their family as they do diving into projects at work. Everything matters. Putting everything together may not make you the richest person you know in monetary wealth. Other editions. Error rating book. Refresh and try again. Open Preview See a Problem? Details if other: . Thanks for telling us about the problem. Return to Book Page.

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If your book order is heavy or oversized, we may contact you to let you know extra shipping is required. List this Seller's Books. Payment Methods accepted by seller. AbeBooks Bookseller Since: December 20, Stock Image. Published by Berkley, Used Condition: Good Soft cover. It is about being a success in the life you desire and working to achieve all your goals. One of the things that made me very happy when reading this book is the emphasis that Waitley puts on habits. That is exactly how I feel, and why I have been working on the DevelopGoodHabits website and my habit books for so many years. Winning, according to Waitley is not about that fist-bumping bromance I discussed earlier. It is not about demolishing your competition. It is simply about developing a positive, growth mindset and building those winning habits. Self-projection is simply the act of having a very clear and distinct picture of what you want to achieve.

It is about knowing your end goal, but it is more than that. Rather than just having an end goal make a movie in your head that shows you achieving that goal. For example. If your goal for your hard work is to spend time with your family. Visualize the vacation you are working toward. Having concrete goals like this gives you something to work for that is more exciting than simply completing the annual TPS report. Self-projection is great. But by itself, you are just daydreaming. To achieve anything of substance you will want goals that are clearly defined.

Learn how to turn your goals into habits: S. T Goals Made Simple. People who fail are always worried. What if I miss this shot? What if I fail to reach my goals? This worry and fear does nothing good for you, All it does is increase your stress and make it more likely that you miss the shot, mess up your project or fail to reach your goals.

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We all have a little bit of both; the id and the super-ego of our minds. Sometimes the devil will win. The important part is keeping those wins to a minimum and having the resilience to bounce back and start over when you do fail. The winner is about much more than that. While work, drive and creating a wonderful future from your hard work and toil is a big part of the equation, it is only part of it.

A winner should be part of the community. They should be spiritual and believe in something greater than themselves, regardless of what shape that belief takes. They should take equal effort to enjoying time with their family as they do diving into projects at work. Everything matters. Putting everything together may not make you the richest person you know in monetary wealth. Scrooge was wealthy until he had some bad figgy-pudding and turned his life around. Material wealth means little compared to the wealth of a loving family and admiring friends, neighbors and co-workers. According to Waitley, winners do business with others, trying to make them into winners too.

They strive for mutual success, not domination.

The Psychology of Winning: The Ten Qualities of a Total Winner by Denis Waitley

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Winners, therefore, need to take action immediately. They need to learn how to maximize their productivity while still taking time to spend with their friends, family, and loved ones. Self-discipline, self-talk, self-image, self projection, Self-esteem, self-determination, self-awareness. It puts the onus of the success or failure of your goals on your own shoulders. I like this a lot. It gives you some tools and ideas on how to get it done. However the book is far more in depth, and gives many wonderful examples from world classes athletes, POW survivors and all sorts of highly successful people. The book does have a few moments where it seems a little bit dated. But on the whole this is barely noticeable. While the book version of Psychology of Winning does not have a updated version or anything close to it there is an updated version.

In Waitley made an audio version updated for the 21 st century. The good news is that if you have Audible, or sign up for the 3 month free trial, you can get it for free. Hi Scott! Used book that is in clean, average condition without any missing pages. Seller Inventory GRP Book Description Condition: Very Good. Used book that is in excellent condition. May show signs of wear or have minor defects. Former library book; may include library markings.

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