EMMA MURRAY
Mindset
Rules
WE EACH HAVE AN A GAME AND A B GAME

- A GAME - our key strengths and assets that we can control.
- BEST EXECUTION
- B GAME is all of the Bullshit that’s out of your control.
- SUB-OPTIMAL PERFORMANCE
TO SHIFT FROM YOUR B TO YOUR A YOU MUST SHIFT THE 2 F’S

- What are the 2 F’s?
- Shift your Focus
- Shift you F-ysical
TO SHIFT FROM YOUR B TO YOUR A YOU MUST SHIFT YOUR FOCUS
TO SHIFT FROM YOUR B TO YOUR A YOU MUST SHIFT YOUR PHYSICAL