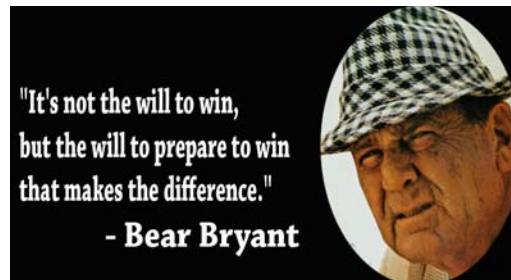


The Mind of A Champion

October 2, 2015

When analyzing our sports champions, emphasis is mostly on the physical aspect, specifically the amount of work needed both on and off the field:



but [a new article on tennis champion Novak Djokovic](#) goes further into what makes a champion:

Novak Djokovic: The Unloved Champion

By DAVID SHAFTEL SEPT. 7, 2015

[Fresh off another US Open title](#) and a 56-5 record in 2015, the media focused on his diet as the primary reason for his success:

After a switch to a gluten-free diet in 2010, Mr. Djokovic found a new gear, closing out the season by leading Serbia to its first Davis Cup title; and his 2011 season was one of the most dominant in the history of modern tennis. Since then, he has won eight more Grand Slam championships.

"The gluten-free diet was the highlight in many journalists' articles about me for a long time, emphasizing that particular aspect of my life as being the biggest secret of my success, which it isn't," Mr. Djokovic said. "It is a big change that helped me to become better, but it is not that suddenly I started winning all the matches because I was gluten-free."

But Djokovic cited his positive state of mind as the biggest reason for his success:

Perhaps the most important ingredient to his success, he said, is attitude.

Describing his mental approach, he sounded at times more like a self-help guru than an athlete.

“I like to be in the creative spirit all the time,” Mr. Djokovic said. “I think you either progress or regress, so it’s either going up or down. Everybody is moving, the people, our planet, so you either keep up with it or you just stay where you are. But staying where you are, you actually regress.”

and that involved meditation:

The Grinder

The lack of any discernible weakness may be his greatest strength. Mr. Djokovic wins by grinding down opponents and breaking their wills, and a strong mental game is especially important for such a player. During the interview, he cited meditation as a key tool, and it has been reported that he visited a Buddhist temple in Wimbledon during the tournament there.

“One of the ways is to kind of meditate, but not meditate with the intention of going away from those problems, but visualize,” Mr. Djokovic said. “Visualization is a big part of everybody’s life, not just athletes’, but everybody. I strongly believe in visualization. I believe that there is a law of attraction: You get the things that you produce in your thoughts. Life just works that way.”

and an acceptance of failure at times:

nirvana. “There are days when I throw the racket on the court, where I scream or shout or I get in a fight with my wife,” he said. “Those days exist, and anyone who says those days won’t exist if you do these particular exercises is lying.”

it’s the acceptance of failure that is just as crucial because it shows that Novak Djokovic subscribes to a ‘Growth Mindset’ that is a crucial key to the success of many champion athletes.

To learn about developing a growth mindset, [you can click here to subscribe to my baseball video library](#) and gain access to my video presentation on mindset.

Have Questions About This Newsletter?

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