



CONSISTENT CONFIDENCE

SEMINAR #3

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Good Judgement is based on Experience. Experience is gained through Bad Judgement

One of the keys to consistent performance is regulating our thoughts. The more positives thoughts we have the more effective and fulfilled we will be. But what should we do when a negative thought enters our mind... **Reframe**

Ideal = what we want to happen

Reality = what is happening

When our reality does not match our ideal, we must practice the habit of Reframing.

Ideals are based on our core belief system: a learn filter that establishes your perspective and goals

Reframing: the process of turning negative thoughts into positive thoughts. This process is SIMPLE but NOT EASY.

- **Simple:** straightforward and not complex
- **Easy:** readily understood / not challenging

3 Types of Reframes:

- Accept - Scenarios - Embrace - Take Advantage
- Reflect - Personal Behavior - Adapt / Evolve - Learn
- Explain - Others' Behavior - Ask Why? - Understand



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