

## **Believe in Yourself**

Here's a message to all sports folk wishing to achieve their full potential and it's really very simple. Believe in yourself!

On May 6th 1954 Roger Banister stepped out onto a running track in Oxford in an attempt to break the four-minute mile barrier. The previous record for the mile had stood at 4.01.4 for nine years during which time many great athletes had tried and failed to break this daunting barrier to the point where it was generally considered beyond the ability of any human-being to achieve. Indeed, scientific opinion of the time stated that if you were foolhardy enough to attempt such a feat your heart might explode in the process.

But that day Banister made history and re-defined what was possible. He fell exhausted through the finish tape in a record time of 3.59.4 and his great, almost superhuman, achievement was hailed as one of the finest moments ever in the history of athletics.

However, in the following twelve months, 24 other athletes managed to run the mile in under four minutes. Indeed, John Landy broke the record by a full second only one month after Banister. What does this tell us? It's all about belief. Bannister had such great belief in his ability to succeed in his aim that he was able to overwhelm scientific opinion of the time and make the impossible, possible.

But it was only when he'd achieved this that others knew and believed they could too.

The moral of the story, like so many of the most wonderful things in life, is very simple. If you believe you can win, you have a chance of winning.

If you don't believe you can win, you probably won't.

So my advice to all ambitious sports folk out there is to practise believing!

It's easy and this site is designed to help you do exactly that. But of course, you must do your part too. You can do it by yourself and it doesn't cost much so why not?

At [www.skyrocketyourgame.com](http://www.skyrocketyourgame.com) I've made available a huge selection of hypnotic mp3s and scripts based on sessions I have carried out regularly for many years with top performing athletes and designed to help you boost your belief, confidence, motivation and focus and skyrocket your game!

Download a relevant session for you (there are many), find a quiet moment when you won't be disturbed, just relax and allow them to do their work. Then go out onto the sports field, track, court, pool etc and prepare to be amazed as you check the improvement in performance level. What could be easier?

By the way, the current record for the mile stands at 3.43.13 and was set by the great Moroccan runner Hicham el Guerrouj in Rome in 1999.