

## Resource 16

### Focusing your mind to find your success

Watch the video about well-known New Zealanders talking about how they focus their minds to achieve their goals <https://youtu.be/cLPzHXfm9WU> (3 minutes).

1. In groups, pairs or individually discuss the video – what were the key messages students got from the video?
2. BMX Olympic medalist Sarah Walker was given homework to look at herself in the mirror every morning and every night and say “I can win gold” – how did that change her mindset and the way she trained?

Optional: watch Sarah Walker’s Olympic medal winning race: <https://youtu.be/Sa2hlyN9yLk> (1 minute 20).

Discussion starters:

- Sarah didn’t quite achieve her ultimate goal of winning gold, but how do you think her mind-set and training won her a silver?
- Even though she didn’t win gold, do you think Sarah is proud of her silver medal achievement?
- People don’t always achieve their biggest goals, does that mean they shouldn’t set any?

#### Key messages:

- Your mind is the most powerful tool you have to achieve your vision of success in life.
- Our thoughts shape who we are and who we will become, as well as influencing our hauora.
- The power of the mind applies to both positive and negative outcomes.
- By telling herself every morning and every night she could win Olympic gold, Sarah Walker started to believe it. That changed her behaviour and got her on the path to success.
- By focusing our minds clearly on what we want to achieve it helps shape our decisions and behaviours to get there.