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We Are Basketball



IMPROVE YOUR... SUCCESSFUL MINDSET— CONTROL THE CONTROLLABLE

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Throughout this publication, all references made to a player, coach, official, etc., in the male gender also apply to the female gender. It must be understood that this is done for practical reasons only.

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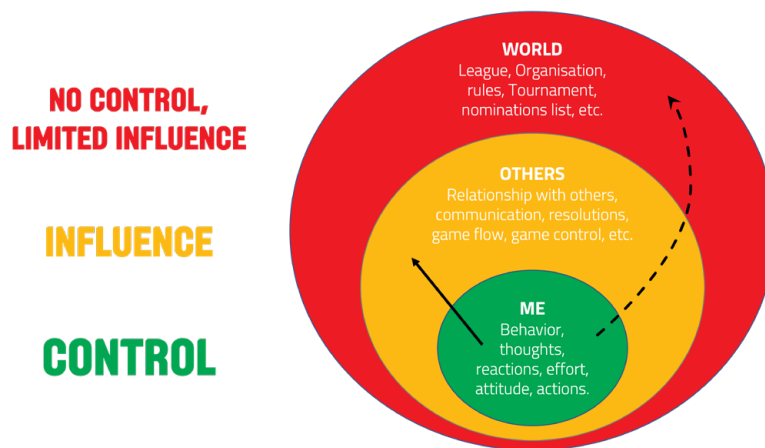
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IMPROVE YOUR... SUCCESSFUL MINDSET – CONTROL THE CONTROLLABLE

CONTROL THE CONTROLLABLE

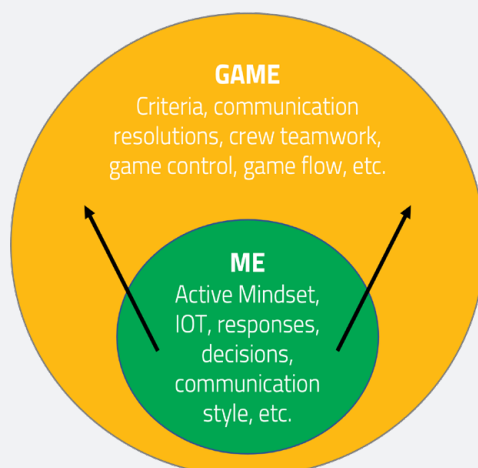
Many things and circumstances in our life are out of our control, even from our influence, but anyway we put a lot of energy into a desire to control them. If we take a look at the three circles below, we can see that many things that we usually worry about are out of our control and we usually have only limited influence on them.

We have control over how we think, how we behave and how we react and respond. Also, we can control the effort we put into practice, the self-discipline we present, actions we take, the attitude, and the mindset we have.



In order to have control over controllable things in different situations, ask yourself the following questions to recognize them better: *“What in this situation is under my control?”*, *“What in this situation can I influence?”*, *“Which skills and strategies should I use?”*, *“On what controllable things should I put my focus on?”*. These answers could help you to deal with different situations effectively.

With the focus on controllable things, such as practice, attitude, discipline and own reactions, you are more likely to have **a positive effect on your performance, improving your officiating, collaborating with colleagues and controlling the game.**



It is important to become aware that we do not have control over other people’s opinions, actions, behaviour, or thoughts. We could however, influence them in a positive or negative way, depending if we have our controllable things under control or not.

In a game environment, for example, **you do not have control over other participants** (players, coaches, colleagues, instructors), their decisions and reactions during and after the game, **but you are in control of your preparation, knowledge about the game, your IOT, own reactions and communication style.** Being in control allows you a better chance to positively influence other participants, which contributes to overall game control.

EXAMPLE 1: If you are focused on how well you are going to prepare to officiate the upcoming game there is a better chance you will perform well and make high quality decisions. With that attitude and professionalism, you'll probably have a positive influence on your colleagues and game control too.

EXAMPLE 2: If you are able to control your emotions and responses in a situation of a protest or complaint from a player or a coach there is a better chance that you'll find the best possible tool to solve that situation (communication, warning or sanction). If you are not be able to control your reactions or become emotional and lose your temper, there is a chance you will affect negatively the situation and game control.

Remember, in a game environment, when interacting with players, coaches, and/or colleagues, you are not in control of their behaviour, but you are in control of your response and communication with them.

EXAMPLE 3: Worrying about your performance and the potential after game feedback may divert your attention away from your focus and the things you can control. This can result in a disappointing performance. Whereas, if you are able to control the controllables, you can change the outcome to positively affect your performance and the feedback.

It is also important to consider the adversities we face in everyday life, during the game, or during the season. We cannot control everything when challenging situations happen but we can control how we respond to them and how we are going to face them.

**Stay focused on solutions, tasks, actions, and responsibilities,
with the intention to control the controllable.**



**The effort, attitude, thoughts, behaviour, the way you prepare,
and the way you respond to what is happening around you.**

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