



My SMART objective is...

# Think Like a Pro

Tools and strategies to bring you the success you deserve

# Think Like a Pro

## Introduction

Take the time to complete the questions in this booklet by writing the answers in the space provided. In my experience most people feel challenged by exercises such as this. They'll read the questions but won't write the answers down for fear of someone else seeing them. Your first step to changing your mindset, and realizing your potential, is to **write the answers down**.

It will take less time to complete this booklet than it will to ride a 10 mile Time Trial. The results it can bring will far outweigh any time trial you've ever done. It's not touchy-feely, it's not psycho-babble and it's not an alternative to riding your bike! To get the success you deserve, whether it be a Division Three Crit or a 200 kilometre alpine sportive, answer the questions as truthfully as you can and act on the answers that you have provided.

For once, I won't be giving any advice. This work will be yours and yours alone. The only barriers between you and your success are the ones that you perceive. This booklet will let you discover for yourself that barriers only exist in your mind and once you learn how to remove them the path to your objective becomes clear.

If you feel something is standing between you and your objective please make sure you complete the booklet. It will work if you believe in it. What's the worst that can happen? What have you got to lose? Think of the enjoyment, pleasure and happiness you could gain if you could just unlock your true potential.

Enjoy the booklet but more importantly act on its results and enjoy your cycling and your success. We all participate in the greatest but hardest sport there is. Anything that can help has to be worth a try doesn't it? This booklet is cheaper than a set of aero wheels (cheaper than a spoke!) and it's guaranteed to make you a better rider. How good is that?

Be Good, Ride Hard, Suffer Well...

**Tony Williams**

[Ventoux Master v5](http://www.flammerouge.je)  
[www.flammerouge.je](http://www.flammerouge.je)

# Think Like a Pro

## Part A

### A1

You should have yourself a clearly defined SMART objective. If you have yet to choose one, visit the website and look under the Factsheets heading for **Successful Goals**. When you have one, write the answer in the space provided on the title page of this booklet. If you ever feel yourself wavering in commitment look at the front page then read your answers to the questions. Identify which of your answers is questioning your resolve, then stop doing it! It really is that simple.

*All future answers will be written in the space below the question!  
Do not think too hard about the answers; write the first things that instinctively come in to your head because they are the ones that are at the forefront of your consciousness. You can revise answers later.*

### A2

What five things do you want from your cycling...

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- 
- 
- 
- 

### A3

The best three words that currently describe me as a cyclist are ...

- 
- 
-

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### A4

As a cyclist I'm quite good at these five things...

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### A5

For me, the best five things about cycling are...

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### A6

For me, an ideal day's cycling would look like this...

That's the end of Part A. We now have a picture of ourselves and what it is about cycling that we like, we're good at and enjoy. In fact if the things in Part A aren't a good enough reason just to keep cycling and enjoying our sport then it's hard to see what would be.

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## Part B

To take yourself to the next level you will now analyse what you think is holding you back!

### B7

These three things are missing from my cycling...

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### B8

As a cyclist I wish I could be described as...

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### B9

As a cyclist I wish I was better at...

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- 
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### B10

For me the worst three things about cycling are...

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- 
-

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### B11

This is how I would rate myself out of ten for the following attributes... (add one of your own if you wish)

Attribute	Now
Endurance ~ ride all day if needed?	
Speed ~ compared to where I need to be	
Climbing ~ front or back of group?	
Sprinting ~ always get pipped?	
Competitiveness ~ always there at the end?	
Killer Instinct ~ never give up	
Awareness ~ always miss the break?	
Explosiveness ~ big jump if needed	
Mental Strength ~ never out psyched by others	
Confidence ~ always feel good at the start	
Attacking Riding ~ will mix it up when quiet	
Descending ~ confident of abilities	
Durability ~ never get dropped!	
Attitude to training ~ train or ride?	

So far so good. Having Identified what's holding you back you can now draw up your ultimate destination and begin to change your mind set.

Before moving on, read through your answers in Sections A & B. If there's anything you wish to change, or anything that has hit you like a bolt from the blue, change it or make a note here...

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## Part C

Okay, now you look forward and nothing but forward. Think how you want it to be not what it was or is like. FORWARD only.

### C12

This is where I would like to rate myself out of ten for the following attributes within three months... (add one of your own if you wish)

Attribute	In 3 months
Endurance ~ ride all day if needed?	
Speed ~ compared to where I need to be	
Climbing ~ front or back of group?	
Sprinting ~ always get pipped?	
Competitiveness ~ always there at the end?	
Killer Instinct ~ never give up	
Awareness ~ always miss the break?	
Explosiveness ~ big jump if needed	
Mental Strength ~ never out psyched by others	
Confidence ~ always feel good at the start	
Attacking Riding ~ will mix it up when quiet	
Descending ~ confident of abilities	
Durability ~ never get dropped!	
Attitude to training ~ train or ride?	

### C13

These are the two attributes I'm going to prioritise from the list above

- 
-

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### C14

I would be happy if I could just...

- 

### C15

These are the three cycling talents that I already possess, that I have yet to make best use of...

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- 
- 

### C16

They are under utilised because of the following barriers...

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- 
- 

### C17

This is the person in cycling I most admire

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### C18

These are the three reasons I admire them...

- 
- 
-



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## Part D

You're almost there! In this final section you will bring together all of the reasoning behind your answers to provide you with a focus on which to direct your attentions and training. You have now identified your perceived barriers. Only you can remove them or the reasons for perceiving them. Either way you are about to enjoy your cycling more; become a fitter faster, stronger cyclist, or possibly both at the same time!

### D19

If, during my cycling, I knew 100% that if I tried this I wouldn't fail, I would...

- 

From today I will make sure I will try the above every time I can, until I succeed. Even if it takes a year to do so!

### D20

In C15 I identified three cycling talents that I have yet to make best use of. In C16 I identified why they're under utilised. From today I will remove this barrier I identified as holding me back...

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Next month I will identify and remove the second barrier and the month after that, the third barrier.

### D21

In C13 I prioritised two cycling attributes I need to develop. This is the one I will focus on for the forthcoming month...

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Next month I will work on the second attribute.

### D22

In the past cycling year the most important thing I learned was...

-

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### D23

During the course of my self-assessment I have learnt these three things about myself...

- 
- 
- 

### D24

In my cycling life, these three things irritate the hell out of me...

- 
- 
- 

These futile distractions get in the way of my enjoyment of my cycling. From today, they'll irritate me no more.

### D25

Looking back at all my answers, these are the two things I'm going to change, **from right now**, that will make me a better cyclist...

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That's it! Everything you ever need or want is in this booklet. On the next page you will list the key factors that you identified as helping you enjoy your cycling more and to help you realize your full potential. Take an extra three minutes or so to complete it then stick it next to your bike so you see it every time you go out. You will be pleasantly surprised at how much difference it will make to your short and long-term performance.

There is a champion locked inside every single one of us. You've identified your keys, which only you can use in your lock to remove the shackles that will release your champion. Take the challenge. What have you got to lose?

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### Bringing it all together

Use the different sections of this booklet to stop you slipping back to your old habits. Keep referring to sections A and B as a spur to push you forward. Those are the reasons you're not performing to your full potential; so don't do them any more.

Change is all about letting go of the old not getting hold of the new. It's easy to try something for a few weeks, think you're getting nowhere then start slipping back to old habits. If you really feel you're not progressing try something else new. Never, ever, go back to the old ways, because you've already identified that they didn't work first time around.

If you always do what you've always done, you'll always get what you've always got. Riding or training harder isn't always the answer. Especially if you're doing the wrong things in the first place!

Train smarter, not harder; and train with purpose. Every time you go out on your bike it should be for a reason and a pre-stated objective. The next print-out-and-pin-up page will have the attributes listed that you have identified to make you a better rider and to help you get more enjoyment from your riding.

It has an objective of the month. If the ride you are about to go on doesn't help towards that objective then why are you doing it. Of course there are times for spontaneity and pleasure rides but if you don't identify and isolate them it's easy for all of your rides to be dictated by the pace of others or to become junk miles. Don't fall in to the trap. Otherwise you've not maximised your return on the time spent completing this booklet.

From today think and ride like your hero. Visualisation isn't just for kids. Give a kid a box and in their mindset it becomes a racing car, a space ship or a den. Somewhere along the line we adults have had that mindset driven out of us. Never, ever grow up. Keep the mind of a child and every day is a holiday. Never lose your enthusiasm for what you do and never stop imagining you are your hero. Because when it gets tough sometimes it's all you have left to keep you going.

Keep smiling, keep pedalling and keep imagining.

# Think Like A Pro

Today I am going to think and ride like...

C17

I know I can't fail, so from today I will ...

D19

This month I will focus on...

D21

The two things I'm doing today that will make me a better cyclist are...

D25

D25

This month I am happy because I'm working on...

C14

Take the appropriate answers from your booklet and place them in the spaces above.  
Place this next to your bike and make sure you read it every time you go out.

Happy Cycling!