**From Intention to Action: How new research on mental toughness helps individuals adhere to practitioner recommendations and enhance outcomes!**

**Presented by Brad Cooper, MSPT, MBA, ATC, CWC**

# Webinar Questions Answered by Brad

* Where can I find the movie God Speed? Netflix?

Thanks for asking. The digital version is available on iTunes (Godspeed: The Race Across America). Or, you can get the DVD here: http://godspeedcycling.com/

* I’m not sure what you mean by callousing – can you please elaborate?

In terms of callousing, the example I used in our Q&A was my wimpy feet. I rarely go barefoot outside, so I have not developed any significant callouses. That makes walking outside on any surface with pebbles tough! Callousing in this case would involve me walking outside a little at a time to build those up, making future barefoot expeditions easier and easier over time.

The same thing is true in any area of our lives. If the breakroom snacks are a difficult spot, callousing could involve walking in there when I’m at my best to build some resistance. For runners, this is the purpose of intervals (running faster than race pace but for shorter distance). This same concept can be applied to any avenue to improve fMT as it requires less fMT in the future as you callous.

* What is an example of instructional self-talk?

The nice thing about the self-talk descriptors (instructional or motivational) is that they make pretty good sense as stand-alone phrases. So, in the case of “instructional” self-talk, this would reference self-talk that is “instructional” in nature. If I’m running 400 M intervals on the track, this might include “Relax your shoulders… push off the toes… increase your cadence.” The specifics of instructional self-talk would be specific to the specific task being addressed by the individual.

* What is meant by Smile 2.0?

This is my term for something 4-Time Ironman World Champion Chrissie Wellington used during her incredible career. You can hear her discuss it here: <https://www.buzzsprout.com/204059/942643-four-time-ironman-world-champion-chrissie-wellington-discusses-health-wellness-coaching-and-life>

* What are some specific ways to use fMT for those trying to lose weight and who have tried so many other ways before and not achieved their goals?

Great question and this topic could be a whole series of webinars! A good place to start would be to go back through the practical aspects under each of the Thrive/Prepare/Activate categories we discussed and do an “audit” of where the individual has an opportunity for improvement [Note: we’ll eventually be developing an audit that will be available for you to use online but it’s not ready yet]. Then, engage the individual regarding which of those gaps they’d like to initially address.

As a simple example, sleep is under the Thrive category. If your client mentions they struggle to get ~8 solid hours of sleep/night, that (based on our 4th research study on sleep and mental toughness, which should be published in the next 6 months), then that could be a great place to start. Put the “weight” goal off to the side and focus on sleep, which will then increase fMT and thus result in increased ability to address weight management goals.

* If you are working with someone who doesn't have a goal, how can you move them to understand their “why”, so they want to make change in life?

Start with vision (think of Alice in Wonderland reference I made) instead of goals. Goals are worthless unless they’re directly correlated to an individual’s vision. I did a short little episode on this concept here if you want to take a listen: <https://www.buzzsprout.com/204059/885724-identifying-a-clear-personal-vision-to-drive-goals-in-the-coming-year> I’ll be redoing this one as we get closer to New Years 2020, but it might provide you some ideas as a starting point on this concept.

* You said there were several ways to practice the fMT method but to only focus on 1-2. Can you review the other methods?

I think you’re asking about how to get started with using fMT or different ways of integrating fMT optimization in your (or your client’s) life? If so, the answer to the question about weight loss would provide some initial starting points.

The basic concept here is that you want to see all the options we discussed under the fMT model as options, not requirements. You don’t want to pick out 17 of the things we discussed during the webinar – you want to identify 1 (maybe 2 at most). Work on those, make those a part of “who I am” rather than just “what I do” and THEN move onto the next one.

If your question is more about “what are the others?” then the answer would be all the various aspects we went through on the practical side under the 3 main areas of Thrive, Prepare and Activate.