

Secret Secret
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winning
Secret of

Wim Bakker
Arnold Brands

SECRET OF WINNING

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Mental Top Score

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FOREWORD

Actually I hate forewords. Mostly if I start reading a book I read the foreword with strongly diminished interest. Especially if this foreword is not from the writer! I'm really not waiting for words that hardly matter. No, I want to start as soon as possible, all that nonsense in advance.

I can imagine, it is the same with you. There is been a secret. An important secret, a secret you want to know the essence off. And you want to know as soon as possible what it is.

Yet we as writers can not deny that the title can be misleading. You may safely assume that the secret of winning here finely is explained in this book.

And so ... it is no secret! It is public. The Secret of winning is known, so for the taking. As long as no one reads this book, there is no problem. How many people should actually know the secret before it no secret any more?

Actually, I can just tell the secret right away. Than at least it is worth reading this foreword. You must flip a page or four and then there it stands in black and white: The 1st, 2nd, 3rd and the secret itself. After this you have immediately had all the secrets. I will already tell you that you do not have anything with these secrets. And that's because by reading a few sentences you will not be transformed into a winner.

This whole book is full of the most beautiful and most valuable instructions, tips, thoughts, fabrics and quotes, all shot from the scholarly upper chambers of Mr. Bakker and Brands, mas-

ters of tactical arts, violence spikes in supplying the troops, and rulers on the world's battlefields.

Nope.

That is, not of those rulers and stuff. This book is certain indeed full of excellent material. You have once again quiet browse through them. What matters is that we all are winners. Yes, everyone is a winner! The problem is we've figured that one winner is a little more winner than the other. And the one we call 'good', and other we call "bad." (Or loser, or squirt, or cotton ball, or "minkukel" or ...)

In the pursuit of the good, we forget that we are already there, where we essentially want to be. Instead of relaxing, we eagerly look for various ways to find out how we can be a 'winner'. We can not succeed in that quest. Because we find it outside ourselves, where it is as I have just been is observed not to be found. The only place the eternal winner will be found is in regaining yourself, never in the other, never in the conditions, never in the accident, never in luck. So not in this book, even if you read it a 100 times. It is in it, I guarantee that, but eventually you'll find the real winner in your own force. You are your own best of the best. The only thing this book aims to do is to give you a few nudges, so you go look at yourself. It's not HOW you should win, but WHO YOU ARE as a winner.

This book contains diagrams, tables and examples of how to communicate with your team mates and yourself. We handle to reach certain attitudes, to examine your point of views. We

even hope to sow confusion. Final it should be that you swing this book against the wall, lets out a cry and go to work. Congratulations, you're on the right track.

A few more tips: It may be that it all can be find in ourselves, therefore I am not saying that the other is redundant. Your spouse, children, relatives, employers, colleagues or even your worst enemy is the biggest helper on the way to the insight. That's because you can only know who you are, if you can see who you are not. The other delivers you the best working material that you can think off to yourself. So keep an eye on them.

Meanwhile, we want to avoid that this book will be thrown against the plaster for the wrong reasons and therefore there is quite a lot of attention to the concept of play. For one reason or another, one loves the game and play. And just this game, the lightness, the excitement and the fun gives life freedom and lightness.

The game, in a way played, leads us straight to the winner who we are. The game is the key, learning to play with the concepts of winning and losing. Learning to play with what you have set as a target.

Learning to play like a challenge and have your whole life at stake. Play the game and you will win. Not one time, not two times, but endless.

Have you once got that, than the guiding or leading of a group of fellow winners (team) is a piece of cake.

We argue that with this book in hand, (or rather against the wall), it will open the way to winning the World Cup in 2006, 2010 and 2014 for the Netherlands, no longer. May be assumed that then the content now is consulted by many researchers, the next book will be "The secret of winning an opponent for whom winning is no longer a secret."

We prefer to keep this present this book still within the limits. Briefly, about ten years, in the interest of the Dutch football!

Greetings winners, and have fun in the game!

Arnold Brands

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I want to thank:

- My brother in Law, Arnold, who is married to my sister Ria. He said YES when I asked him to write this book with him.
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- My ex-colleague Henk van Dijk, the conversations we have with each other is the insight with respect to Dutch football born. Henk thanks for that frank valuable conversations.
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- Jan Poortvliet, a great sportsman, who made his mark in football not by chance, but by his greatness.
I have had the privilege under his supervision to lead some team meetings at Stormvogels Telstar.
- The players of the team Stormvogels Telstar. Their contribution is the basis of this book.

- Thanks to Rene and Vic Bijman. Rene for helping to make the first book ready for the press and Vic spontaneously offered to edit the dutch version.
- Thanks to Emmy van Dorp. She gave a lot of energy to correct this book.
- Thanks to Jenny and my children, the most valuable thing I have without owning it.

Thank you all,

Wim Bakker

PROLOGUE

Promise of this book

The promise of this book:

Getting access to WINNING the game.

You start reading this book because your eye fell on the words 'secret' or 'winning', and probably by the combination of these words.

Winning is pretty important in life. It gives respect, fame, power and the predicate to be 'the best'. It puts you in the spotlights, and emphasizes the meaning of your existence. You are the one! And last but not least, winning often revolves around money, sometimes millions.

Because winning is so important, we ensure that the opponent is not aware of our attack and defence plans.

Only with this you can not win. More important is: How are things in the 'mind'? And for team sports: Does all the noses point to the same direction? What is the moral? What are the thought about winning (if we are honest)? How much energy are we willing to invest and how much opportunity do we give ourselves to win?

These questions play somewhere in our subconscious without we have an eye on it. We underestimate our own influence on the course of the result. Effort and attitude are important con-

ditions but no guarantees to win.

We are not aware of the invisible enemy that winning most of all is in the way: we are that enemy! In this book we deal with that enemy. We introduce a new way of 'Play', one way that winning the game is not purely centric, but that 'winning' regards as a game.

The results will amaze and surprise you!

Winning is a creative process. The wining of yesterday is the pit-fall of today. Constantly winning occurs when the willingness is present in order to grow and to be creative. It is this creativity that is a cornerstone of the building which the gain is seated on. In this book you will find the secret masonry techniques that these pillars firmly anchor. The football game is used as an example in this book. The secret of winning is applicable to any other sport or any other game that exists. And if you create life it as a game considers this book applies to every aspect of everyday life.

We come to the 1st secret:

The first secret

How you handle this book is how you deal with winning.

Let the above text get through to you. Observe yourself and see how you handle this book. Did you read it quickly? Do you think you already know how to win? Do you think it's not important? As you do not think that winning is important you will probably not read this book. You will not find it important to continue reading and to explore what it takes to win. There is no reason to read this book. Actually this book is suitable for everyone!

It is for those who want to know what can be done to increase the chances of winning. For those wondering what you can add to. For those who want to discover more if it is about winning. But also for those, who find winning not important. The question is why you have given up winning and probably you also stopped playing. And where you stop playing, you stop there in that area also with your life.

I invite you to read the book as a journey, as an exciting adventure to the secret of winning.

The second secret

Everything in this book is not true!

If you do not agree with the first secret then the statement above brings some relieve.

Are you naturally disagreeing with everything you're probably lost now or there is a short circuit in your head. Your way of being will conflict with this. The purpose of the above theorem is that you do not need to judge the truth of this book. You can just open up to what is and then there is freedom to agree or not to agree. You have the freedom to think what ever you want to think of it. It is not the truth.

Are you confused now, because you're found the truth in the first statement, then you too can now stop assessing whether or not true and whether it's right or not is what is written. You too are free to read what it says. You do not have to read from what you think it is and whether you understand it and whether you agree to it or not.

With this statement, you are free to simply read the book and to let it sink in. Think of it as a game.

The Third Secret

The secret lies hidden in this book.

Reading this book is giving access to the secret. It is not explicitly demonstrate where the secret is now concrete located. It is a story of moving insights. You read something and you think about it. You see something for yourself or for someone else. You talk about it. Whether you are looking for the secret or you are looking for access to win, in this book you will find it. You should only not search for it so you will leave an open space where it will show up to you.

But if you have to actually go looking for the secret, here it follows.

The Secret

Writing this book was not unnoticed by my family members. My youngest son Mick crept one night behind the computer. After a few minutes he had set out his vision. After he had done this he called me and said, "Dad, I do not know what you all are doing, but I state here how you win. "This was the period for Euro 2004. I read his vision and found that this is actually the essence of this book. Here is the secret.

Winning

the first thing having a good team
a keeper to keep the balls out of the goal
good defenders to cover the keeper
good middle players to give the balls to
the front player who score

and a good coach who should know
what he does and to be encouraged

my way, mick bakker

The beginning of my search

At the end of 2000 I worked at the Tax office as Freelance IT Consultant. At the Tax office I sat across Henk van Dijk. During the coffee break we often had talks about the Dutch football. Our conclusion was that it does not go well with Dutch football; the results were far from perfect. In a stupid way the Netherlands was played out of the European Championships.

Football clubs were increasingly depending on money or financial support from City government. This is due to the declining visitors, inaction results and reduced attractiveness.

At that time I was reading the book "The Celestine Prophecy".

Thus, I came into contact with insights into the phenomenon of a book. The foregoing kept me busy and in my education in break-through thinking I saw a new possibility of a break-through in the current situation for the Dutch football. Writing the next Sinterklaas rhyme for Ton, a football enthusiast, Feyenoord supporter and the brother of Arnold, was an expression of my first insights on the new possibilities of football. I have nothing if I did not share these insights. Sharing it is a form of self-expression. The insights I have further shaped and developed. This book is an expression of it.

Barcelona, December 5, 2000

Dear Ton,
Football is his passion and life Ton
You only have to give him a ball
Run, and run after it,
He wants to beat the opponent quickly.

It is difficult to distinguish
With something that will lead to results
74 World Cup, Cruyff had a new offside rule
That was clever view of the flail.

Then came the period of Van Gaal
Press hounds smoking a scandal,
Pure ball control was invented
Football players were tied to their position.

EK 2000, new light on the horizon
It was here where the 'real' began
With a nod to the heavy weights
To address the goal during the match more (1)
Training on penalties can not hurt (2)
Frank de Boer (3) would be there benefit.
Be committed to the shooting at the target (4)
Detachment gives than just a good feeling.

Be one with it all (5)
Lead to more goals.
Get it right between the ears (6),
Then the opponent has already lost.

You therefore get from me two hats,
You can put on at regular intervals.
One cap symbolizes the present,
The other refers to the past.

This hat is colour full and gives various insights,
To perform playing football from another paradigm
It is about scoring,
What can you learn from this?
This rhyme is about breakthrough thinking (7),
There is another football on TV.
Ton do with it to your advantage,
Be glad I share this with you.
St. Louis Frank Rijkaard of Glaas

INSIGHT 1: In football, it is about making more goals than the opponent. Keep your focus on it. Ball circulation and technical ball control are a means, not an goal.

INSIGHT 2: Each player in the team pops 'unattached' hard on the goal, so that it no longer matters whether there is a keeper. To train here take 10 coloured balls and from each colour again 25 balls. Each player gets their own colour.

Place at 10 different positions for the goal. In the goal is the goalkeeper and reserve goalkeeper. The game is for 10 players to shoot as much as possible balls of his colour in the goal. The aid trainers register from any position how many balls per player scored. On the hand of the results determine whether the player moves forward and what position he is weak and/or strong (clearly measurable results).

INSIGHT 3: Seedorf, Kluivert, you name it. Ronald Koeman was his time ahead. He trained himself to taking free kicks. This he did after training time.

INSIGHT 4: If you frequently train on the shooting at the target, you get detached and are you confident when you stand for the goal with the ball to shoot it. How often does it happen that a player who only has to finish the ball in the goal shoots miles over. At that time, there is question of attachment and lack of self-confidence.

INSIGHT 5: being one with the environment, the team, the ball and the goal 3 poles with the net and goal of the match: score more goals than the opponent). Stop the 442, 244, 424, 55, 334, 433, 343 systems, handle with the 11 system. All team members are responsible for as much possible goals. Why would a goalkeeper not assist taking a corner? Example, he can tell where the keeper of the opponent does not pay attention to. The more the team is ONE, the better the ball circulation and the less the result depends on individual performance.

INSIGHT 6: Creating the victory. Facilitate that everyone goes for the same purpose. Let each player tell how many goals he will make. Play the game, in which you indicate in advance how the final result will be. Get it just right between the ears, any doubts of a loss is distinguished and thus disappears. Players who still suffer from doubt, this should be handled.

PLAY AND PLAYING

The beginning of game

In the beginning, when man on this earth danced with merely a cloth around the waist and with a big bat in hand, the motto was: "Eat without being eaten."

The attention was focused on food, safety and reproduction. Auto queues were not there, no long queues at the supermarket, never late at the office and no tax. Life was hard, simple and clear.

It is unfortunate that there is no statue of this primitive man founded. Without him we were finally never been. Earlier there was very different dealt with time than now. Watches were not there. Calendar was not known. Men lived from day to day. There was no free time ... but there was plenty of time! The problem began with the advent of private property.

Especially, when there were major differences. The concept of power was added to the money instead of coupled to the physical strength, wisdom or knowledge of a man.

The rich could afford all kinds of things that are not for the poor man. Tedious jobs were outsourced and through it all came really the concept of 'free time'.

Or, boredom was born.

The era of 'the game' was now really begun and man had found a new challenge.

What's the game?

The game is made up.

The game was invented by man. It arises because we devise rules and find that one is better than the other.

In the game the man can give it all. Ultimately it all fabricated. Sometimes it happens that someone gets so caught up in the game that he forgot that it is all invented. However, at that time, it is no longer a game.

If you look at a cricket match without knowing the rules, you will probably find it just a weird display. The game was invented because man was bored. Basic Rules mark the boundaries of the game. Additional rules ensure that the game is not boring.

What's playing?

Playing is the result of a fiction, but it is fun.

Playing is a pleasant way to spend your time. After you have a game invented the next step is to play the game.

You can play the game as if your life depends on it without giving it that meaning. Play is being in action with a game.

When you play the game you are all in that game and you are taking no notion of what else is happening. Time flies and you do things naturally with passion. At the moment you play everything and nothing is available. You are in the present.

Everyone experiences play in a different way. Man is a social animal that likes to play. Where there is play, there is fun and enjoyment.

Why is there play?

Just because the man had time and was bored.

There's game because man is a social animal and had enough time. Talking about animals... man is not the only one who plays: Everyone knows the picture of the puppies romping or the cat playing with his prey.

With winning and losing always keep in mind, that it's a game. Once it's no longer a game, you don't experience the fun anymore.

It is important for a winner to always bring play in the game. That you do by declaring that one is better than the other. A winner is someone who is a master to bring play in and then also be able to play a game play fully.

Understanding how you play the game!

How you play the game is the way you stand in life.

How you play the game is the way you live your life.

How you live is the way you play.

You can tell by the way you play how you stand in life and how you live. That is exactly the same. How you handle winning and losing, so you are going on with successes and disappointments in life.

Want to know how you live your life? Look at how you play the game. Look at the following questions without judging.

What do you do when the referee made a wrong decision? How soon let you lose heart if you stand behind? When are you giving it all? How serious do you play as your ahead in score? How long will you go on for a good result? When do you give up? With which temperament are you playing?

What are the rules?

Without rules there is no game, stick to the rules.

Rules are agreements. They define the limits and possibilities of a game. Without these agreements, there is no game.

Want to play the game, know the rules and stick to them. If you don't do that, then you are in fact doing something else. You do not play the game and that also means that you can not win. Thus reasoning you can not lose and that is immediately the reason that so many people don't play by the rules or cheat.

Is despite or thanks to the cheating "won" then the experience of winning is not the same as when there is won by fair play. It could be, but the shouted victory rug stinks and is dirty and nasty.

It is often found big fuss made about false game, for example as a 'diving' without being touched constitutes a penalty and profit expectancy. Also known is tipping the ball with his hand in the goal. This is very difficult to see by a referee. Another example is using dope.

Why there bandied cheating is also because it seems therefore profits earlier (or easier) will be reached. That is not so. A team that believes in itself, has something at stake and will therefore go to the extreme afford without the distraction of cheating. Because at the moment the game is no longer played the profit become unreachable.

It is a must to know what the rules are. And not only to know... you stick to them. This alone can sometimes mean you won the game.

Play the game until the end!

Playing fully till the end.

Stop playing is giving up. It is inconceivable that a soccer team after half an hour playing leaves the field.

Even though they are behind, it is passed on to the end. We humans do not usually play the game this way. Often we stop playing before the final whistle has sounded.

What is winning?

No game, no gain.

Winning is a part of the game. The game is determined on what is winning. Winning makes it exciting and worth while to play. Winning is to achieve what is at stake.

Winning is achieving your goal.

Winning is being open for the contributions
of your fellow man.

People who often win may wonder if the secret is finally revealed. Everything they have read so far they all ready know, they do already, known them all.

The thought is: "I win often and sometimes I do not win and I know where it comes from."

It may be helpful to ask yourself the following question: "Are you as the winner be open for your fellow man?" Are you in doubt, then the answer is 'NO'. You're therefore also not open to discover the secret, because nobody has to tell you how a winner should be! As a winner you already know it all.

Probably you do not want to have access to the secret of winning. Who knows, knowing the secret, ends the fun of winning.

Winning is a complex of factors. There is no formula, it is present with what is and what is not. What you have to make about to win and what meaning you give to winning.

There are people who will do everything to win. They go for the fight. These are the 'winners'. So they are often called. They can hardly imagine that there are others with respect to winning have very different perception. Some are able to divest. "Dissenters" from the team this reduces the 'So called winner', however to a pathetic loser.

Winning is personal.

There are many forms of winning. In reality, winning does not exist. We have just made it up. It is a fabrication. We have devised rules and then stated that this is the reality.

But we can explain what we want... reality does not mess with

it. Therefore, there is never a reality in winning or losing. It depends on the amount of the energy that you have given. Winning is a personal issue, it is not a reality, however much we want it to be real. Winning is nothing more or less than a figment. And because it is a fabrication, we can very well make use of it.

For example, you can win while you're within the rules of the game have lost. According to the rules there will be only one winner and most people assume that the experience of winning is just for the winner only.

That is not so. If a club from the Premier League is playing a cup match against a club from the 1st Division, then a tie is very different for each club. For the top club it will experience it as a loss and for the 1st Division side as a victory. Such an experience can also apply to a match between two equal opponents.

So you can lose a game, but for yourself you can have won. For example if you find that you really have given everything that could be a profit situation for you.

The soldier who wins the war, but remains severely maimed, will be a different experience to 'win' on hold than soldier who was unharmed and lost the war.

Example: Two people are diametrically opposed each other. They disagree and consider it vital that their own opinion is followed by the other. As you see in Westerns soon creates a duel to death. A real game, with rules! There will be a winner

and a loser. Anyway, it is settled, the parties confront together, they reach for their guns and shoot the one other dead.

Hip hip hooray! There is a winner! And the winner is always right so the opinion of the winner goes ahead or the right of the strongest. He has won the silver fleet, we are the champions, we have the whole world in our hands, a slipper and an old football shoe, no words but action, long live the queen!

The more there is rejoicing over the victory the less eye there is the not so positive side effects. For instance the fact, that the duellist committed a murder. It is a missed opportunity to solve the disagreement in a different way. Keep you eyes closed to the real problems around you. It is possible that a friendship is lost. Winning is relative and eventually the importance of the profit disappear because the book is closed.

There's a new story. Yet there for the winner and for the fans reason to party! There is a goal achieved. And that should be celebrated.

How it works in football: There are rules, there is a competition, and at the end of the season there is a reward. A beautiful cup and even years afterglow of the achieved results.

The club resigned on the honour roll of annual champions. For many clubs an ultimate climax. For clubs like Ajax, Feyenoord and PSV a confirmation of their status.

Apparently it depends on the value people attach to winning also on the effort that it has made to reach the target and the risks that is taken.

The more there is at stake, the greater the joy in profit and thus the grief of loss.

Finally:

Winning is the reaching of a predetermined end point. And finally that is all it is. The joy of winning is momentary and gives life shine!

After the game is played and the dust clouds of joy and sorrow are erected, there is waiting an empty horizon and new challenges. It is time to start a new game. Everyone starts again from the beginning with equal opportunities. Let the play begin!

The satisfaction of winning

Satisfaction of winning depends on what's on stake and how the game is played.

If you have worked hard and have done as much to win, it may indicate that a while gives a good feeling. An hour, a day, a few weeks... and then you forget it. It's time to achieve a new target and to go back to hard work. There's a new challenge. Satisfaction will not or hardly be if after all this hard work and slog not the objective has been achieved.

We propose that the satisfaction of winning hardly depends on

how hard you've worked and how much effort you did.

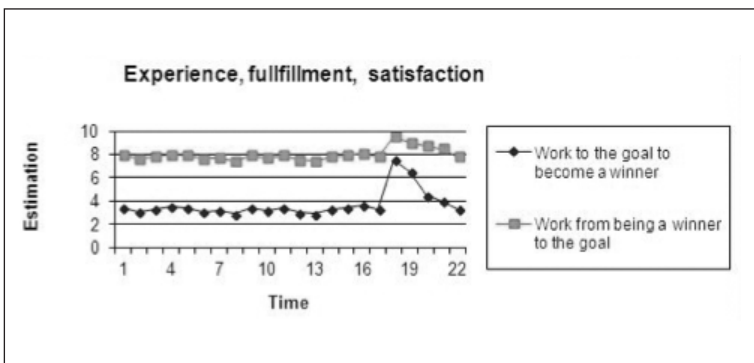
On the other hand, the satisfaction largely depending on how much is put on the game and the extent to which you are willing having to go.

The more you put on the game and how often you fully play, the greater the satisfaction.

The point is:

Create yourself as a winner, be that winner and work from that context to your goal instead of working hard to become a winner.

The following example (with associated graphics) is provided for clarity.



The bottom line in the graph represents the situation in which we are working to a goal with the purpose of becoming a winner. One is still not yet a winner, the pleasure is only achieved when the goal is reached (for instance when we are the champions). Once the goal is achieved, you will experience a moment of happiness and you experience anything which comes with being a winner.

In the other situation (top line) there is a lot of game. You have created yourself as a winner. You have from your heart declared to be a winner. From your whole sense, it has inspired you to do this. (So not because the trainer wanted it) You do not know what it's like to be a winner. You have no idea how it is going to look like to be a winner. But the mere thought to be a winner do you shine.

You then do the things from the assumption being a winner. You do that during the entire process. Not hard to work, but from "being" a winner. That is automatic, because you are already getting something. Becoming a winner, that costs energy.

The satisfaction that being a 'winner' gives, is permanent and lasts as long as you choose.

The chance that you present yourself as a winner during a match is big. It has a very greater chance than the person who has been working hard to become a winner.

Note: Constituting yourself as a winner (or anything else) is not for everyone.

You think who you are is a result of your upbringing and your entire past. These and other thoughts make it for you virtually impossible to explain yourself to something else...

Tip: Do the Landmark Forum at Landmark
In the Landmark Forum, you are coached and trained to create new possibilities for yourself and your life that moves touches and inspire you.
The possibility of being a 'Winner' is an example of a possibility.

What do winners?

It all started when Ralph was playing squash with his brother in law, an ordinary game during a weeknight. Ralph did not come to pass and lost mercilessly. He felt so humiliated that he is driven by satisfaction and without his brother in law knew he was going to squash lesson. When they saw each other Ralph said to his brother in law that squash was no fun sport more he liked and therefore he did not do it anymore. In reality, he took one lesson after the other and its level rose far above that of his brother in law. When Ralph was quite sure of his case, he invited his brother in law to squash again. The result can be gues-

sed, the unsuspecting brother in law got this time mercilessly beating. The balls flew him left and right around his ears and he did not know what was going on. The winner had his satisfaction.

What is losing?

You lose if you are attached to winning.

Each game includes a question similar to: Who is better, faster, earlier, so beautiful.

The outcome of a game always has two sides, one winner and a loser. They are as interdependent as the front and back of your hand.

Cheating is losing. You lose when you do not play.

The lesson of losing

Profit from losing, get the LESSON!

In losing winning is within reach.

It lies as the flip side of your palm. Winning and losing are connected to each other, such as the front and back of your hand.

In order to overcome losing is a matter of turning around your hand.

Don't look at the external but to the internal the reasons for the loss.

Conversion of turning losing in winning

What would it take to break through the losing spiral?

The answer to this question you will get by doing the workshop 'breaking through losses'.

Why? Losing lies very close to winning. The workshop 'Breaking through losses', which is given by Mental Top Score, guides you in breaking mainly through losing. The workshop provides access to 'winning'.

From losing to winning in a jiffy.
The workshop 'Breaking through losses'.
Given by Mental Top Score.

Paradox of the game.

If it is the reality it is no game.

Young people are brilliant at coming up with game.

Wim: "I can still remember that I used games such as 'father & mother', 'hospital', 'shop'. Hours we were sweet. In hospital I played the doctor that examined the patients. I examined for various diseases.

Father and mother was a similar game, the name of the game, says what it did. We copied our parents. What I've noticed is that as long as it was a game, it was naturally and something fun. At the time it was reality for me, the game element lost.

When game is out, the hard work starts.

Making your hobby into your work is a similar situation. It requires creativity to bring back where game/play has disappeared.

A childhood dream is to be a professional footballer. Is this goal once reached; there is a risk that the game element or the motivation to exercise is lost. It is routine, and what will still be there in the game?

Paradox of winning

Being free and winning go together.

Freedom is an ultimate form of winning. Play your game, and is there something at stake, then you will become very attached

to the result. Winning and freedom do not seem to go together. It is the paradox of winning.

Do you want to win then being 'free' is the access to that.

Being free of the meaning and value we give to winning. Once we do that winning lies within reach.

You are always either attached or free. You can not have a little freedom or a bit attachment.

But being free is different than being comfortable and non-present to be. Without effort, motivation and give everything no matter what... remains winning a lucky question.

The paradox of winning is the game between freedom and your life on stake to win the game.

The mental game

What you often see in football is that, after the first goal, the scoring team is leaning back and adopt a more cautious attitude. As if this is enough. Just the thought of a second goal, and thus more security, will revive the team occasionally.

Have the men (or women) still lucky to score once then you have

a chance that the game gets bogged down in a poultice and wet hold. Especially if the team plays an away game and does not need to entertain the public.

A remedy for this type of sluggishness could be to step in with a mental variant in mind on the field. The mental game is intended to boost the morale in the opponent completely collapsing. The opponent should break or crack. Humiliate is the motto, technical, tactical, mentally, emotionally and physically. It is about bluffing, trumping, walking under the foot, drying and hanging the opponent.

Now every athlete has times when he does not know how to move forwards. There 'being through' so to speak. In a team does not have to signify that the rest of it, but also for having takes and give the party out of their hands.

It is a challenge to find the breaking point of the opponent and than rolling through this point. As a kind of dike breach, so the whole team collapses, giving it up, and drowns in a powerless watching in what is happening.

Then there are goals if it were a hailstorm. The result is that the "grading" team needs months in order to recover somewhat they can think of being around the main field again.

Now this is not a challenge to get together for a while. The supposedly snap of an opponent (like matchsticks) is no sinecure.

There is a continuous struggle and a strong willpower. But would such a team in an international field is not purified and well prepared line up? I think so. Results in the national competition of 15, 20 what I say... 30-0 are then possible.

Note; we are talking about a broken opponent, ripe for direct degradation. An indication that the mission is successful, it will besides the results on the scoreboard the next ultimate moment can be. The keeper of the winning team will take place in the forefront, walk slowly to the front, makes on his way a chat with a team member, arrives in the 16-meter area of his less fortunate colleagues, getting the ball being played and scores.

Another variant is to loudly announce on advance whose turn it is to score, then make this true in the first the best attack.

It is a bit exaggerated touched on the matter clearly couples. But with this mental game as a challenge, there may be 90 minutes at full power, with inspiration, with fun and be fought with a lot of fun.

Game increasing performance

Increase performance by play!

Some athletes do high jumping. Not just any jump, no high, in fact, as high as possible. The jumper that jumps the highest will

be declared as the winner. Because there are several rivals in the beginning the motivated high flyer will start a training campaign.

It starts at a modest level. One of which you know, it is easy to jump over it. The jumper performs as long until each jump is successful. Note: the game of high jump is not fun anymore. It works every time. Therefore, the bar is raised. A new challenge, a new unprecedented height!

This game you could play. In all areas of your life, you stimulate yourself to constantly raise the bar. Somewhat higher due to this do you increase your performance with ease. The art in this respect is adhere the bar a little higher than you think.

Winning the game

Winning as a GAME.

What is sometimes seen as a problem in football is the problem of clubs to keep their players sharp so every game is won. How to keep a team sharp, without losing? For the first profits the players will offer more efforts to the extreme, but after winning starts to be a habit, 'the gentlemen' no longer want to go to deliver extreme efforts. The gaining has the effect that there are many pitfalls lurk and before you know it you are no longer at the top. Now see to turn the tide again.

What the team can do to avoid this situation is to introduce the game is called WINNING, winning as a game. Think of something else which makes winning continuously challenging.

There is always something else inspiring at stake.

Create this game with the team, so that it is stimulating for the whole team. Create a challenge making it fun to win from clubs are among the lower rankings.

Play the game WINNING as a game.

Steps to play winning as a game.

1. Knowing what the game is
2. Playing the game
3. The game played by the rules
4. Crowning glory: Winning the game
5. Evaluating the game
6. Create a new game (What is at stake, set something new at stake, something worth working for)
7. Go to step 1.

Knowing what the secret is to win the game is one thing. To do something, for instance lesson learned that is something else. Why would you actually want to win the game? And why not always win?

What would it take to win the game and CONTINUOUSLY win that game. What does it take to play that game called 'winning'? The answer to these questions you will get by doing the work-hop 'The Game WINNING'.

Why? Because "winning" is a creative process that you will be doing with one another. Reading this book is passive. Go at work with the discussed issues in practice. After that you enter a new dimension. The workshop 'The Game Winning', which given by Mental Top Score guides you in entering this new dimension, gives access to the game called 'Winning' and thus gives at once what it takes for winning continues in life.

"Winning the game" and "Winning through life" belong together. One can not go without the other.

Tip:

The workshop 'The Game WINNING'

Given by Mental Top Score

The Maya game

How would you play if your life would depend on it..?

Then Play the game like that!

A variation on the game winning is play like your life is at stake.

You win, you keep a life and if you lose you're dead. This variation comes from the Mayan ball game. The Mayan Indians literally had their lives 'at risk'. That was not a game anymore! The losers were sacrificed at the end of the game. You can imag-

ine the experience of the game for both players as it was very insistent for the spectators.

Now we are fortunately not thrown to the lions at loss.

Yet it is a very good indicator of your commitment if you ask yourself: "how would I play when I will lose my life?" (or the lives of parents, wife and children and all your friends.) Usually the answer will be you'd make more effort and 'all the stops' would persuade you to win. Putting yourself in this idea also helps to call to all additional forces (Your thoughts and create fantasy your way of being. And from the way you have created determines all your action.) Either... it is a matter of motivation.

Continue playing

This book is written from a game. Ingredients for game were creativity, smart in his team, self-expression and our passion for the game. It was a game with only winners. The result of the game would give this book. By playing the chapters appear.

DISTINGUISHING

Winning is a result of a complex of factors.

Being able to understand those factors
provides access to winning.

Being able to distinguish is an art.

It creates choice and freedom.

At the time that you have choice
you can choose to win.

This chapter gives you access to the arts
of distinguishing.

Key to untangle the secret

Access to the secret of winning is to develop your capability of distinguishing. The faster one can distinguish what is going on, the faster he or she is in a position to be able to break through a repeating pattern.



Duality, first step of distinguishing

A first step is to distinguish is to step in the world of duality. Some things are so obvious that it looks like an open door. In order to distinguish light it is necessary that it is also dark.

General duality in the world around us

The following table gives an impetus to distinguish duality. Fill in the table itself.

| | |
|---------------|-------------|
| Before | After |
| Dark | Light |
| Left | Right |
| On | Off |
| Up | Down |
| Upstairs | Downstairs |
| Unconsciously | Conscious |
| Inner | Outer |
| Melancholy | Enlightened |
| Attached | Committed |
| White | Black |
| Ultraviolet | Infrared |

Duality in losing / winning

The following table is an attempt to give insight in the duality between losing and winning.

| Losses | Win |
|------------------|---------------|
| Individuals | Team |
| Boss | Leader |
| Dumm | Smart |
| Practiced | Untrained |
| Unmotivated | Motivated |
| Uninspired | Inspired |
| Egomaniac | Teamplyer |
| No communication | Communication |
| No ownership | Ownership |

Duality in football

Football as a game.

The following diagram shows the Mental Top Score views versus modern football.

Contemporary football**MTS vision of total football**

| | |
|--|---------------------------------|
| It's all about money | It's about the game |
| Boss | Leader |
| Performing a assignment as individual | Perform assignment as a team |
| No room for creative solutions | creative football |
| Little room for free play football | Free to play football |
| Attached | Committed |
| Discipline | Integrity |
| 442, 55, 334, 433, 343 system | 11,6555 system |
| Organized hierarchically | Team oriented |

Distinguishing of...

Your pitfall

Powerful playing with your pitfall is preventing loss.

The charm of life is that there is always somewhere a pitfall present. It gives life twists and turns. Such a pit also gives opportunities. For instance you could fall into it. Finally there is a trap for.

People have the tendency to fall into the trap. There is nothing to worry about, no cloud in the sky, all rosy and suddenly... as the pit appears, clearly visible, indicated by warning signs, lights and marker ribbons.

Hee, we still think, a pit, who would have been digging this pit ... and klabam, there we are falling in the middle of the trap, a curious phenomenon such pitfall.

But anyway, about such a fall we will overcome. But once we climbed out of the pit there appears again the next. Hee, we think, another... * &) * \$% @ *! ... pit.

It is clear that we ourselves have dug pits and why we do this is a complicated story. We are not going to deal with these pits. It is better to see the phenomenon of 'traps' or to accept them as an opportunity, an ability to grow.

What gives us such a pit now? First we experienced them as unpleasant. Life was great until the moment we thundered into the pit. And if we're out of the pit, it continues to lurk in one way or another, in some form or variation, as if it were an ambush. And earlier or later, usually when it suits us very badly, we see the pit come to us and draw us to it like a magnet.

A well-known pit:

The pitfall of "enough time" is that you'll be late.

An abundance of time often resolves the urgency and so the speed of action. The concept of time is elastic.

"I have plenty of time!"

This thought you often see in people who live close to their work. They hardly need to go far and therefore often the last to be present. They are often too late or arriving at the latest minute.

The same is true in a match where it looks in the first 5 minutes that you are going to win. The pitfall is that you stop putting effort in. "Why waste all that energy if it does not have to..." is the deeper (pit)-thought. This less effort often results in a form of overconfidence.

Also, the aforementioned urgency is reduced. You watch no longer, you see too late that Peter (who did not occur in the whole story) suddenly a long ball is given, and the opponent scores. Often it is too late in order to recover.

Another pitfall is arrogance. It is the shell that hides your uncertainty. This also results in overconfidence and a loss of urgency and respect. Arrogance isolates you and brings you into a lonely ivory tower.

Arrogance closes the other, and makes no friends. This is important to remember in case you want to be a leader. Successful leadership and arrogance do not mix.

Arrogance is the ultimate expression of uncertainty
and loneliness.

The pitfall: 'atmosphere'.

The atmosphere in the team is a determining factor for the performance edge of a team. It is a trap to think that the important factor and therefore put everything to keep atmosphere 'high'. It is thought that the team with the right atmosphere will deliver outstanding performance.

Who has so much focus on atmosphere and thinks that doing so everything will work out, will be marching with big steps in the abyss. What a good gauge may be considered for quality content and sustainability of the inserted atmosphere.

A good atmosphere is a basic requirement for exceptional performance of the team, but is no guarantee.

Power

Muscle strength, brainpower, strength and energy
and power of the Word.

What do you think when you think of the word 'Power'?
And what do you think of the word 'Force'?

Your attachment

Mastering your attachment is mastering your life.

Attachment is a big trap. Why? Usually you are not aware of this pitfall.

Attachment means that you can not let go of something. It is captivity, it is forced. And where there is no freedom, there is shall.

If you are attached to the profit you can not play freely.

It does not promote the results. Because of the cramped, it is doomed to failure. In attachment is a negative energy that is in the way of the team performance. It makes the difference to shoot the ball into the goal or next to it. The sooner you can distinguish your attachment, the sooner you can let go. And that is precisely the key for opening the door to reach which you were previously attached to with the gain.

As a team are driven by the trainers and coaches, they should be free of attachment to produce the results.

Attached trainers / coaches are a crime for team result.

Your fear to failure

The fear of failure is the preparation
of the failure.

Being aware of your fear of failure limits the number of times that you fail. This also applies for the fear of losing. Observe yourself how you deal with losses and how your previous losses have been accepted (be complete with them, your not complete when you are neglecting them).

Incomplete past is a breeding ground for future loss.

Sincerely dealing with loss and willing to learn from the loss, prevent future losses.

Look what (sub) conscious meaning you give to a loss. See who you blame. Find the lessons of a loss to yourself and the team. This gives access to the acceptance of a loss.

The fear 'as I do not lose', is a destructive focus and increases the risk of losses, distinct this fear. Note just that you're afraid to lose and then come up with a courageous act or a playful act or a smart action. Think of something that gives you strength and courage so that you have the courage like a lion. The fear of losing disappears and what remains is the chance to win. A very different approach, who else will act in decisive moments, you? You namely have inserted strength rather than weakness!

Sometimes the fear of losing is so big that there are people who stop playing.

Basic instincts: sex and money.

Every man is steered by his basic instinct. The ancient drive to survive, food, money and sex are those basic instincts.

Someone can be badly engage in the game through such basic instincts. Perhaps there is a concern about sex or money or predominant desire. For example, if you have disagreements with your partner and sex is at low ebb or you look forward to return home because you know that there's an intense game of sex on the program.

At the age of 8 I got my sex education from my father. He said: "Wim, sometimes your mind is not here", which he pointed to his head "sometimes your mind is somewhere else" at which he looked at the ground. That was his contribution to my sex education. At that time I did not understand, later, much later I understood why he looked at the ground. Gosh, what sense is there!

Can you imagine that you're not really in the race as your mind is down there?

Money also triggers some basic instincts and especially in the sport, a lot of money is some time at stake. A player for whom all scouts are sitting in the stands will be happy to give something extra to show what he is capable of.

That can be a good motivation. But often you can also see that the player itself makes nothing of it. Suppose that he will get millions more through that transfer... That thought bubbles on the background and could well be the culprit.

All these instincts are a private matter. You can be responsible before the game so you will not be distracted and possibly during the match. The best way to do that is to express your concern or desire so it is no longer in the background and in the way.

Then say out loud like, "okay, I'm worried about ... Now I can just do anything about it. Now I'm going to play football." Say it aloud otherwise it has no effect. And the best is to say it to someone else that person can keep you to your word.

What do you do now if you're not in the game and apparently nothing is in the background in the way? Also it is the case finding out not to sit in the contest to speak: "Okay, I was not so far in the game. This has lasted long enough and now I'm going to play football!"

Another possibility is to imagine that you are back to the game to bring a new game into the game. For example, the game is

called 'interception'. (The first five minutes hotly chasing the ball and this at least 3 times to recapture.) Another game called 'coasting'. You will then know you were ten minutes once you covered immediately runs freely again and you receive the ball or 'tag'. You ensure that in the first five balls you direct opponent will be played, you first touches the ball.) All this kind of play makes sure that you are focused on the football and not will be distracted. It is important to invent a game that fits into the team and importance it also fits within the place that you full fill.

The biggest pitfall

The biggest trap is the trap in which you are sitting. You do not know that you are in. You are not aware of a pitfall. What pitfall? You expect to see it as a reality.

To distinguish the trap it self (on your own) will naturally not succeed because you do not know where to look. It is such as it is and it's never been different.

Yet you ever fall into this trap, only you don't know, when, how and why?

How do you get out of this trap is to allow for contribution to be open for the people around you. Listen to what they say. The bystanders see you sit in the pit just as well as you can see the pitfall from others.

'Breakthrough Thinking' is a way of distinguishing the trap where you are sitting in. At the moment you can distinguish you have a choice. The choice is to stay where you are or to get out. A choice you would not have before.

Breakthrough of thinking patterns

A breakthrough can be seen as an insight.
An insight of today is a pitfall of tomorrow.
Growth is an ongoing process of generating,
creating and causing breakthroughs.

Imagine living in the dark and never have seen any kind of light. You do not know what it is because you do not know it. Then, suddenly... anyone switch on the light. Ahaaa... there is a world open for you. You can now distinguish all kind of things. You even not knew before you lived in the dark because there was simply nothing different. Light was not for you, but also not darkness (Because you did not have to name it). You can only discern something if you know the counterpart. Through the experience of the light you know that something else is possible. It's like being on a crossroads state. You can turn left, but you can also turn right. Previously there was only one way and you thought that this was your 'fate'.

Distinguishing underlies break through thinking.

The challenge is to distinguish (or notice) your thoughts to yourself that limit you. You can also call these thoughts your negative thoughts. It is not that we with all violence want to change these thoughts into positive thoughts. No, the most important is that you notice these thoughts to yourself. Just by noticing it creates freedom and it creates a choice, the choice to maintain the original thought or the choice to think something else, a thought that supports you for example.

The willingness to be present with your thoughts gives access to a new world.

The first step to break patterns of thinking can be distinguished what the current thinking patterns are. Which you can distinguish by the following questions for yourself or to give answer in a group of people.

In this examination it is not to give the right answer. Just answer as it is and NOT as you think how you would actually have to think.

As long as you keep denying what you really think you will never have a break through experience.

To do this inquiry with someone else, this research will be powerful. It is ideally done in a group of people.

The research

The following questions serve as support to be distinguished. It has the most value to ask these questions in a group, large or small groups and to give the answers together. In answering, it is not whether the right response is given. The point is to listen to each other. Due to listen to each other and to listen to you possibility will arise that reveals something new.

Investigation **Creating commitment**

Where do you stand for?

Privately?

As a coach,

As a player, as

What inspires you?

Why do you do it?

Where do you go for?

What makes it worthwhile to come out of your bed?

Investigation. **The Preparation**

When does the preparation start?

How do you prepare for a match?

How do you fail?

What does it take to prepare?

What more can you do to prepare?

Investigation **Being in Team**

How can you support each other?

How can you support each other as.

How can you use the team?

What can you do and who can you be?

What can make you better?

How can you use being in team increase productivity and effectiveness?

Investigation. **Create Team**

How do you create a team?

How do you inspire a team?

How do you get it done that it goes together?

How did you benefit from being in team in football?

What are the advantages to function in football as a team?

Investigation **Stimulating Creativity**

What is creative football?

What is smart football?

What is pretty football?

What is attractive football?

How can we constantly grow?

Investigation. **Communication**

How do you promote communication in a team?

What is there to say about communication?

Investigation. **The Ideal Soccer**

Describe your ideal footballer?

What does the ideal footballer?

What does not work for the ideal footballer?

What is there to say about the ideal footballer?

Does the ideal footballer exist?

Investigation **WINNING**

How do you win the game?

What can you do more to win the game?

How do you connect to the luck factor?

When do you win the game?

What does it take to win the game?

Investigation **Losses**

How do you lose the game?

What can you do to prevent losing?

How do you prevent the accident factor?

When you lose the game?

What is necessary to avoid losing?

Investigation **Leadership**

What is a leader?

Who are we as good leaders?

What makes a good leader?

What are the qualities of a good leader?

The trainer as a critical success factor!

Investigation **Structures for existence**

How do we ensure that we continue grow?

How do we ensure that we achieve where we go for?

FOUNDATION

Discipline and integrity

Where there is a lack of integrity there is a lack of POWER.

Integrity is a basic foundation for workability. It is the foundation on which the rest is built. What is integrity? Integrity is being on time, do what you say, care of the material, your living situation, the cleaning of your car, take care how you look, keeping your appointments...

Discipline is to keep appointments imposed. In what way do you relate to those agreements? The agreements are meaning full and contribute to the achievement of the goal. It should be that the agreements are made in a group process.

Discipline is imposed on you.

Fitness and strength

Be FREE to win, MASTER your body

As an individual, you are responsible to take care for good fitness and strength. You are responsible for your fitness and strength. You could do this outside the group training after consultation with the trainer. Fitness and strength are the basis and have an individual character. It is a shame to use the group

training to develop this. It is different if it is the team decision to work together on the condition & strength.

Being trained

Make sure there is an automatic,
Without it being automatic.

Words and Deeds, the power of the language

How and what you say makes the difference in winning.

Who does not know the Feyenoord song 'no words but deeds'? The song is how the club is. The team has no lack usually 'brawlers' and 'sleeve strip up'. You can still talk about football so beautiful and you can have the best theories, in the end it is how you perform in those 90 minutes. So the Feyenoord Public (and many other supporters of the club) wants to see that there is a battle at least for every point. To the extreme! In fact, we question the fire and enthusiasm with which a teams plays in the competitions.

We shall see later that this inspiration in itself is not sufficient to win. Words are also needed or again, a vision, a clearly articulated goal per game. There is a powerful LANGUAGE needed!

A secret of winning is, what is pronounced determines winning or losing a game.

With this maxim, words are getting more important. Phrases leads to the deeds and echo after the final result. And actually refers to the language. The way of speaking and directly in the background: the way of thinking. Thinking precedes speaking and we want the power of language being used properly. We first watch that we are not something else that we express from what we think. Powerless thoughts can be with the help of your coach or your teammates converted in empowering thoughts. If you say something else than you think... you keep fooling anyone including yourself and keep each kind of help out, having destructive and negative thought that is human.

Imagine you are gladiator. (Put yourself in a few years back in the Roman times.) Anyway, you're standing there waiting for your turn, the arena is jam-packed with spectators and slobbering you see as through a chink in the door your colleagues, one after the other, being slaughtered by a murderous gang of lions and tigers. You can be called any time, you have slept badly, you suffer from your stomach, and life is not quite what you expect. Your thoughts are: 'Oh no, not the lions! Not today! This is nothing. I'm dead! Hellupp!'

Look, you could have such thoughts. There is nothing wrong with that. It is allowed! But do not go running shouting, "Bring on the lions, I eat them raw!" You can call it that, but you do not help yourself with that from the start. The underlying ideas are then not consistent. You do not believe yourself you

babbling gibberish. You generate weakness and no force, you (especially as a gladiator) this will cost you your head.

Think rather of something which you can use. For example: "I 'm going to be a ready-made meal for these kittens. I will sell my skin as expensive as possible. I hate lions, I puke of them, bunch of scum. Whatever happens in that arena, I bite in there throats! I pull the eyes out of their heads!"

Look... exactly the same situation, there is nothing changed but if you're going to cry, "Bring on the lions, I want them raw" then that comes from your true thoughts. You generate power with exactly the same words.

Sometimes you need someone who supports you a) to see what your true thoughts are and b) in finding empowering thought which fully supports you.

With a powerful language you can move mountains, you can win competitions and you can give direction to your life rather of that life gives direction to you!

Avoid using the following words: need, hope, try, maybe, probably, difficult

A few tips:

Avoid words like 'should', 'hope', 'maybe', 'try', 'Likely', 'difficult', because these are not empowering words.

The word 'should' is without freedom. The association with 'should' is hard work and resistance. 'Should' raises resistance. As a child you had so much you should and you unconsciously developed all strategies especially to not do what you were told.

'Try' is full of the back doors. It lacks commitment. It looks pretty, but that is absolutely not the case. The result of 'trying' is probably nothing. It is exonerate yourself and leave you in a powerless state.

In trying I wish you good luck. Will you give it a try, it will probably quite possibly be that it will also be very difficult for you. Let's hope for the good outcome and let's try to have some influence on the results. Perhaps you will then win. Probably, maybe, I think, right?

In the Dutch language, we often put the letters 'je' behind words to make it small. It is also a representation of the Dutch culture. We are great at small talk. The use of 'je' is therefore not recommended if you're out on a grand victory. Or is it a small victory?

Clear common goal

The brighter and clearer the goal is specified the greater the probability that the target is reached.

Steps to reach a goal:

- 1 Look in the future all together and see how that future can look like.
- 2 Find out what would be an inspiring future. What would be great?
- 3 Formulate the goal from what you've seen in 1 & 2.
- 4 Determine the measurable results over time. Develop various calibration points and determine the measurable result.

**WINNING IS NOT A GOAL
BUT A RESULT!**

Creative and free football can be a goal. Winning is the result of this.

The preparation of a target is a joint process. In a brainstorming session you go through these steps, where each step the whole team align on before the next step is taken. In this process the team brings the conversation forward. Arguing does not help. What can you add? This is part of a creative process and for every one it should be inspiring.

Steps:

- Create an inspiring vision, a vision grounded in reality
- Create the profit
- Target versus Result.
- Structure for winning
- Existence for winning
- Enjoy the path to final goal

A Winners blueprint

To formulate a blueprint of a winner you can concentrate on following questions:

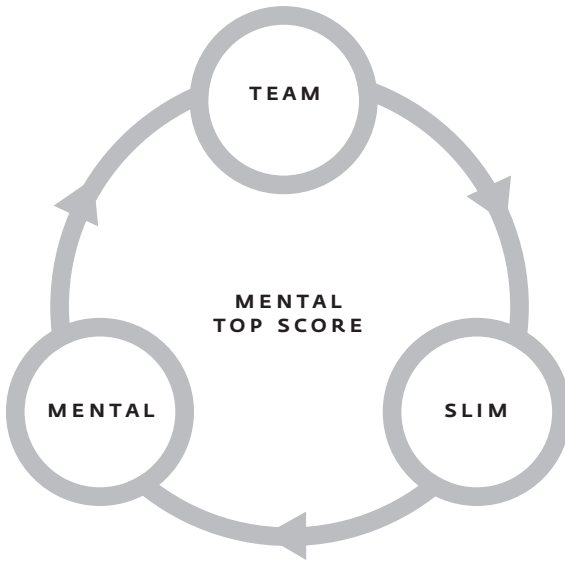
What image do you have of a winner? Are you a winner? Where are you a winner and where not? What is the image of the ideal winner, what features does he/she has to be the ideal winner?

What's nice to win? What are the risks? What inspires you to be the winner? Do you have a clear picture what for action are necessary in order to be a winner? Are you in all facets of your life a winner or are you just a winner at the moment the referee gives the final whistle?

The company 'Mental Top Score' chaired by Wim Bakker want to add something to winners in the sports world.

Mental - Team - Smart, is the motto. Being in team should be included by the individual athlete. The tennis player or golfer which creates a team around him/her can achieve extraordinary results.

In the following chapters we focus on these three areas.



Winner Jargon

Attack

Battle Cry that reads attack

Alignment

Obtained common goal

Commitment

Full go for it and make a stand

Goal

Target point obtained in football

Kill

Short powerful statement that clarifies what you plan are. Showed the neighbourhood

Lets go Powder

Do not know what it means it sounds exciting

No Prisoners

That sounds ominous, Lawrence of Arabia used it, what marked the end of an entire group of Turks

MENTAL

Winning is the result of the thoughts.

There is only one that can change the thoughts
and that is you.

Definitions

Mental – the spirit; through the thought

Mentality – mind, way of thinking and feeling

Mindset – What do you think is happening, what is your mental state?

Clearing – an open space in your thoughts where anything is possible

Concentration – be present, be sharp and be alert

General

Distinguishing your mental state:

How far will you go? What are you willing and what is blocking you? What are your thoughts? What is the unconscious mind? What do you tell and what is really there? What do you leave behind? What comes bubbling up? Is this private? Is it nobody's business? What is your mentality? How have you developed your mentality?

Mentally is through the thoughts. How is your mental state? The gray area where it is determined whether you win or lose. The area where it is determined whether you are presents yourself as a winner or loser. What are the thoughts and very important, how do you change those thoughts?

Everyone is free to have thoughts. No one can tell what thoughts you may or may not have or need. How do you function, is a result of how you think.

What you want is different from what you think.

The imposed chance

The mystery off the footballer standing face to face with the keeper and shoots the ball against the post or over the goal. Everyone expected that the ball had to go into the goal... but unfortunately it didn't.

What was going on?

The number of goals per match would increase as also the imposed chance is a goal every time. It's all in fractions of seconds and the willingness to analyze an imposed chance which ended as a missed chance. This is seldom done because of the painful experience.

There are several aspects that could increase the productivity in football. One is always to score at the imposed chances.

The investigation: what WAS THERE at that moment, and what WAS NOT THERE?

The following may be possible:

- a** Attachment. If one is attached to the result
- b** the use of the word NOT.

If you think at that moment: "If I controlled the ball but I will NOT shoot at the keeper, or if I shoot the ball but I will NOT miss or I will NOT shoot at the post."

What the subconscious does: It allows the translation of the job to the physical action the word NOT is skipped. What then is stated: If I controlled the ball but I will shoot at the keeper, or if I shoot the ball but I will miss or I will shoot at the post."

It is not surprising that it goes wrong. That's because the command is incorrect. The command would be: I bang the ball in the goal. I pop it right into the goal. I'll pick him along the keeper in the goal.

Harmony Model

Develop the trinity: brains, heart and balls.

To know what the trinity means, we take a look at the well-known sign of the cross: You touch works with the fingertips

whether furrowed brow, and with a smooth motion to make a cross motion by descending towards the navel (still with your fingertips) and then again diagonally to rise towards both shoulders. During this symbolism the following is used: In the name of the Father, the Son and the Holy Spirit.

The sign of the cross is made countless times a day on this globe, sometimes careless, thoughtless and sometimes with the highest devotion and attention. It is a proven fact that assumes power of the sign of the cross, like some other symbols.

In fact, everything you see exist out of three operating separately, yet independent aspects: A certain form, a body and a cohesive force.

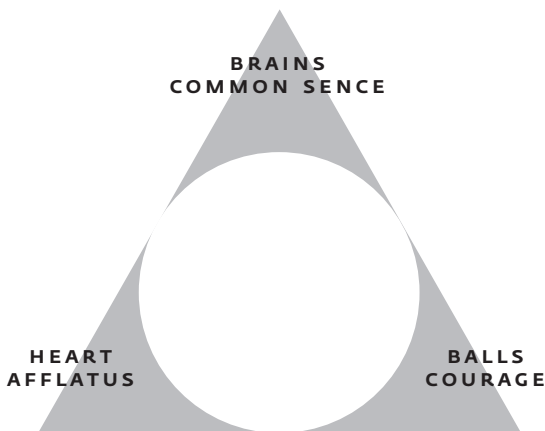
As long as these aspects are in harmony it is doing well. But oh damned if they live in disharmony with each other. Think of a maximum inflated balloon.

That reminds me of the good old days when there was still a buttoned pigs bladder football. When it was still had to be 'blown'. Prior to a competition the ball (or what looks like it) always was a subject to a pressure test: The referee while clasping the ball with both hands firmly pressed it with both index fingers as deep as possible. If not within minutes the leather had adopted the original shape the needs to be pumping up. In the case that of totally no impressions was possible, then there could be fear for an explosion and the field had to be cleared.

Yes... those were the days.

That the ball is still used in modern times as an excuse is for sure. Some balls are too light and 'whirl'. In indoor football, the 'flop ball' is named, a ball that sticks to the feet and which gives a totally different game.

Let the ball for the ball and let us return to the three-one-united.



After Physical Power, condition and tactic we can distinguish in football the following

- 1** Understanding, insight (brains)
- 2** Inspiration, afflatus (heart)
- 3** Courage, dare (balls)

If the enthusiastic aspirant flying into the field with only one of these qualities, he lays it off against an opponent who developed all three aspects.

It is important that each individual player, and the group as a whole, should be developing these qualities. Power, technique and tactics: By playing strong with the technique you possess or ought to need.

Understanding, insight (brains): By divide your powers properly, by you uses creativity, by you uses solution-thinking, by adding something extra, by thinking ahead.

Inspiration, afflatus (heart): Through to tap your inspiration, by the experience of 'play the game' with fun.

Courage, dare (balls): By being brave and do the things that are currently needed without you being stopped by fear and/or uncertainty.

These aspects are all to be trained and/or be developed. Individual is measurable where a player can still work on or where he can improve himself. These aspects are deepened and have a powerful effect when they are developed as a team, this because of the support which one may be for each other.

However, individuals and team need a different approach. The team will be working on game situations and how they will handle these situations as a team. All with the same thought, all with the same commitment, evoking the power needed at the right time, all of what the situation asks for. All for one and one for all! Within this team spirit anyone will contribute from his own potential to the total thought and challenge.

When the whole team as one inspiration, strength and being clever submit to the moment... they can win. On what level they are playing, they can win from everyone!

Self-confidence

The leak, the inner dialogue, to have access to and being with it, is the beginning of building confidence.

Confidence arises when you are not guided by your inner dialogue. Most people are not even aware of their inner dialogue. But be aware of it. You've constant thoughts and opinions on everyone and of anything and everything. For example: about this book. Constant, the inner dialogue: what stupid, I already knew that, hey, nice. I believe nothing, hmmm that makes sense.

You have opinions about your partner, your neighbour, your boss, your fellow players, the trainer, the opponent, the stadium, the locker room, the tea during the intermission. About EVERYTHING you have an opinion which you are proclaiming to yourself.

It is even so bad that if someone else says something, before the other stops talking you are already been listening to your own inner dialogue, to what you think the other says. You answer on your own dialogue instead of what the other said to you! That does not mean that your inner dialogue is always the best given advice and that you should follow it!

Your inner dialogue for instance can fool you that after a 0-2 it makes no sense to continue and that you've already lost the game. Listen to something else instead! That did the Czechs after a 0-2 against the Netherlands, during Euro 2004, Czech Republic - Netherlands which ended in 3-2). Of course they were also helped by the famous exchange done by the Dutch coach.

Notice your inner dialogue and just accept it the way it is. Just notice it and nothing else. You won't succeed in pushing it away. It's just there. But you can occasionally decide not to be led by it. And anyway to go for it because you just want to win.

Confidence you can develop by ensuring that you have been practicing. Confidence does not come by fooling yourself. Avoid fooling yourself that undermines who you can be and you do not honour who you are.

Acknowledge yourself for what you do have performed and accept who you are and accept who you are not. This is the basis of confidence.

What is there between the ears?

Caveat: If you're comfortable in your skin then it doesn't automatically say that it is also good in the mind.

Feeling OK could be a result of working with your body, a result of training and sports.

Feeling OK could be a result of your thoughts. If you act according to your thoughts that is the first step to have it 'okay' between your ears.

Brain Activity

During the game, there is no time for discussion. The ball is coming and you must be alert. You want to receive the ball or you have to cap the opponent. Prevent that there will not occur gaps. Make walking actions. In seconds decisions should be made. Which guy should I follow? Should I act or wait? If the man get past me should I pursuit? If the ball is not near you estimate the situation. Where am I? Is that okay? There is an impulse to go deeply, to offer yourself for receiving the ball. In a flash the tactical instructions from your coach go through your thoughts. No, not too much risk. Do not go forward.

Have you ever thought how you managed yourself during a match? What you programming look like? It looks like if you always follow the signals and invitations of your subconscious. You constantly make choices based on the estimation of the situation, related to your past experiences, the instructions of your teammates around you, but above all driven from your subconscious.

All kind of programs are running in the background, your estimation for example the chances of winning. This program itself provides new input and displays according to the game progresses more and new findings. It resets itself constantly.

In addition there are thoughts that reminds you of how good players you think that the others are. Also this program is adjusted during the match. Whether the program how good you are and to what extent you are able to cope against the other.

Furthermore, you talk all the time to yourself and provide your own actions and those of the opponent of your comment. You could broadcast it directly on the radio. All in all a pretty busy happening there in the upper room (your brains). All your actions and thoughts are controlled from that central command room in your brain.

It is clear that there is a lot to gain in this area. The profit is based in ourselves. It depends on what instructions we hear. Instructions from ourselves, given by ourselves of what we experience as the truth about ourselves and what we want others wish to believe.

From what we believe, and what's bubbles up from our subconscious, on which we will act. We will put that extra step ... or not!

More knowledge about all of this is essential to the secret of winning all the way to fathom. Not the knowledge to manipu-

late yourself and others, but the knowledge of the being. Through Landmark Education you get after a three days study and research this valuable tool in your hands. You can be anything you want, everything, as a choice.

Ways of Being

What you do is a result of who you are!

Here we are concerned with the 'Ontology', the doctrine of being. All experiences take place in it. You actions are a result of it.

Examples of 'being': happy, sad, excited, joy full, present, grumpy, cynical, critical, unhappy, driven, respectful, recognized, confident, witty, adventurous, investigating...

A variation on this: What you can be is a leader, a winner, unlucky, an eternal 2nd one, a researcher, an inspirer or fill in yourself: A...

We all have a reasonable idea of who we are and how we are. This has become our truth. That this 'truth' has been imagined by ourselves in our early years, we are not aware of anymore. The idea that who we are has nothing to do with our past, is something difficult to imagine. The so-called truths we learn and have pronounced about ourselves as a child continue to

haunt us throughout life. It takes years of study and self-examination to understand and to get insight in that. But it can also be done in a shorter period.

The Landmark Education training gives insight (and more) in a study of three days. You also learn how to create a way of 'being' you can choose which inspires, touches and moves you and that suits you, again and again and in every situation. From the chosen option of 'being', follows automatically action that fits in this way of being, automatically, naturally for us, without effort or attention. Is that wonderful? Once you have that, and it inspires you to be a 'leader', 'power full', 'genius' to be, you do not have to work hard or think of how to achieve something, because you're already being, what you want to be. It is there already immediately!

Tip: If you want the rest of your life to live in freedom; then do the 'Landmark Forum' at Landmark.

Concentration

The Indian is because he is, because he eats what he eats sleep because he sleeps.

What gets you out of your concentrations that are your thoughts, including the thoughts that you have to concentrate?

Every thought gets you out of your concentration.
Even the idea that you have to concentrate.

Where you want to go is to have your mind free of thoughts. But be assured, you need not be a yogi. Everyone has thoughts. The idea is that you don't focus on these thoughts. Don't resist against it. Remind what resist exist. Don't put energy in it. The golden rule applies: where you resist that continues and grows. That which you accepts disappears. So be free of your mind and no slave of it. Do what you do without you having to think about it. Be where you are, without thoughts whether this is good or that it is correct. It's good how it is. It's fine how it is. You're there!

Being one with your team and your surroundings and everything that can and is not, either, acceptance of your team and your surroundings and everything there is and is not, either, be aware of your team and your surroundings and everything there is and is not, either, you are focused, aware, alert.

But the idea that you should be this means that you are not here.

Stop masturbating with your thoughts.

How do you achieve this state of being?

Speak out all your thoughts, concerns and desires. To have clarity in whom you are and what you stand for.

Be with your team and with your environment. After all it only goes about the team, the ego and their own interests, just do not matter anymore.

The thought that you have to concentrate all makes that you are not concentrated.

Be 1 with your team, your environment, with everything that is and is not, at that moment you are concentrated.

Develop a winners-'Mind'

The following ingredients are necessary for you to develop a winner mind:

- Be aware of where you're at!
- What game are you playing?
- What do you have on stake to win this game?
- What is needed to win, or what do you deliver in the game?

It starts with the willingness to see that everything happens in winning or losing, that you're the cause of it.

Not your neighbour, not the coach, not your fellow players, not the director, not the fans, not the referee, not your partner. YOU are the cause. You are the one. Eventually you choose to act from this context.

This is actually nothing more than being 'responsible'. You're accountable to no one, only to yourself.

The moment you lose you have the choice. Did you lose due to the circumstances or are you willing to look where it is because of you. In this case, you open the possibility to develop yourself further and to learn of the loss. How you can learn the lesson in this situation, is by looking what was missing, what you did not do, which caused the loss, actually it was logical result. Now you have access to winning the game.

You are aware of where you're at, what game you want to play, what extra ingredients are needed to develop your winners-mind.

Doing something extra!

Stretching your productivity, do some extra on daily basis.

Suppose your standing on the field with a team, where it is a natural thing to do something extra.

How are the chances of this team?

Doing something extra is a way of 'being' which you can practice.

Doing something extra is doing something you normally would not do. For example, calling someone you do not would just call or ask your partner if you can do something for him / her.

In a team, this could stand in any given week on the agenda. You tell each other what you have done for extras and/or what extras you are going to do that day. You can include per day three additional things you can think of. After one week this is a automatism, which results in a reflection during the match.

By doing this exercise you force yourself to get there where you have not been before. It is a form of self stretching and placing yourself by doing more outside yourself than you are used doing.

Of course it makes sense to also look what you can do additional in the field of football and training. It is not necessary to make this way a way of being. The doing of this exercise gives an extra fulfilment and satisfaction in life.

You can also play this as a game with the name: "Doing the impossible."

TEAM

The power of a team

The following story can be found on the Internet. In this story everything is said essential for a Team.

The Goose Story

Next fall when you see geese heading south for the winter flying along in a "V" formation you might be interested in knowing what science has discovered about why they fly that way.

It has learned that as each bird flaps its wings, it creates uplift for the bird immediately following. By flying in a V formation, the whole flock adds at least 71% greater flying range than if each bird flew on its own.

People who share common direction and sense of community can get where they are going quicker and easier, because they are travelling on the thrust of one another.

Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to do it alone, and quickly gets into formation to take advantage of the lifting power of the bird immediately in front.

If we have as much sense as a goose, we will stay in formation with those who are headed the same way we are going.

When the lead goose gets tired, he rotates back in the swing and another goose flies point.

It pays to take turns doing hard jobs.

The geese honk from behind to encourage those up front to keep up speed.

An encouraging word goes a long way.

Finally, when a goose gets sick, or is wounded by a gun shot, and falls out, two geese fall out of formation and follow him down to help and protect him. They stay with him until he is either bootable to fly or until he is dead and they launch out on their own or with another formation to catch up with the group.

If we have the sense of a goose, we will stand by each other like that.

For me the goose story is an inspiring story. I'm impressed with how the group functions, from the miracles of nature.

How is it possible? If man could live like this, then many of the current problems do not exist.

The creation of team

There is no strategy to create a lasting team.
The creation of a team needs to come from the team itself.

Let a team create themselves as a team. Team arises when all sections, everyone talks to each other. Team can be constructed if each one wants to stand for each other. Team arises if one accepts another. Team arises when one has an inspiring common goal.

What is the strategy? Team building is done in a conversation. This meeting you held as a leader. You lead the conversation; you do not dominate the conversation. It is investigating a conversation for common challenges to go for a commonly created of a challenge and fulfilment of this challenge. Commit to a common challenge. The common interest should also serve the individual interest.

Winning a championship is not an inspiring goal. Being there for each other or going for it together can be inspiring. What makes it so interesting, extraordinary, particularly to be part of this team?

Steps for creating team:

- Inventory of the individual commitment (use for example, the commitment form and see on commitment paragraph)

- Keep a tracking form from each individual personal for growth results (see paragraph tracking form)
- Develop a common purpose
- Held a team meeting, where an inspiring future is created, resulting in the formulation from a determined feasible result
- Create a path to the future, where the walk of that path is a game
- Give an inspiring short name to the project
- Make sure the whole team stand behind it (alignment). If that is not the case, start again or see what the opponents can add to so it gets bigger and more inspiring before you to continue. If you don't do this then it looks as you are mopping with the tap open and it does not work.

Being in the team

And so, my fellow Americans: ask not what your country
can do for you – ask what you can do for your country.

JF Kennedy Inaugural Address (January 20, 1961).

It is an experience being in team. You are or you are not. You can not be a little bit team. If you experience being in team then the whole team is in team. If I do not experience being in team, then the whole team is not a team.

The trick is to distinguish it.

Examples of non-team are: You are not in communication. You're with holding. You're hiding. You feel guilty with respect to the team. This can occur when you have promised something within the team and that when this promise fails you don't communicate this.

If there is no team there is lost energy and/or power, things do not run, you are tired, lethargic and irritable.

This shows that a foundation it is to be in team to let the team function as a unit, and in order to be successful.

When we had the busy Arnold just started with this book all kinds of other things arise and he found little time for writing. It did not work out and he saw all kinds of ghosts. This observation he sent by mail to know Wim (in communication) and spoke that the motivation was missing and that he did not feel being a team. The above rules (which Wim sent him) made Arnold aware of complaining (which it was in fact) and thus was in one fell swoop all objections away. This 'team' was palpable again.

The leader as a critical success factor

A team without a leader is like a headless chicken, running fast with little sense of direction.

Now there could be several leaders within the team, at all times

each could respectively be responsible for something. Nevertheless, it is necessary that there is an overall leader. This leader is responsible for the entire result. In football this is useful if it is the trainer / coach.

A leader has a vision that is worth coming out of your bed, a vision that is in the future. The leader is together with the team engaged in the realization of that vision.

The charisma of the leader, his way of speaking, his attitude, everything has an impact on the team. If the leader is self confident, this will radiate on the team.

Does the leader says he is confident that the goal will achieved, but he thinks in the meantime the opposite, then there will be no trust within the team.

Important is how the leader thinks and is. It does not matter WHAT he says. It matters HOW he says it AND HOW HE THEREBY IS. The interaction between the leader and the team determines the success of the team. The leader represents the team and what it stands for, without annexed to be.

Cause or suffer

Is it to LEAD or to SUFFER?

The choice is simple. The question is simple. Are you a leader or a victim?

Do you have the initiative or not. If not then you become a victim, a victim of the circumstances, a victim of your story, a victim of your opinion.

Although, the choice is simple, there is not much in daily life that we chose to be a leader. It is a human trait to avoid accountability allowing the door open to be 'the victim'.

Leadership arises where you are willing to be the cause of what is happening and what is not, regardless of the conditions.

Being a victim is continued to believe in your story, and your right self-created drama. You're looking for the reason of the error of loss to everything and everyone except yourself.

An example of being a victim is when the referee gets blamed for the loss. It sometimes happens that the referee proven erroneous decisions and that thereby the goals fall. Sometimes these erroneous decisions endlessly repeated on television and from all sides exposed. The media also find it a great idea to blame the referee. But do you really believe that the referee determines who wins? The best man may blunder as much as he wants, just like you blame the loss to the referee.

It is a choice. Being a victim seems the simplest, but it brings you not far. Leadership, however, gives access to freedom and winning.

Is it to be a leader or boss?

There is a difference between a leader and a boss. The boss tells what you should do, a leader request you to act and gives you the choice whether or not to do. The leader creates a win-win situation. He leads but stands on the sidelines. He encourages, inspires and has a vision. He creates the purpose and vision with the team. He creates accountabilities and does requests, requests where you can say yes or no. As you say yes, you take that with you because you have chosen it yourselves. A leader is there for you.

With a boss the responsibility is in hand of the boss. With the leader this is the team. The leader is responsible for the fulfilment of the purpose and the realization of the vision.

Ground for coaching / training

Coaching and/or training makes sense if the following basics are present(CTRA):

- Commitment (what is to be achieved, which aims to grow and how far will you go to accomplish this)
- Trust (there is a relationship of trust, self-reliance, to the trainer and/or coach, it is clear what the coach and/or trainer add)

- Request (there is a request from the commitment by the trainer and/or coach to be supported in the realization of the commitment)
- Acceptance (the coach and/or trainer's has accepted the request)

14all & All41

ONE for all and all for one.

If you touches one then you have to deal with all of us.

Who does not know the stories of the three musketeers. Their motto was 14all & All41. This was their motto and this was their everything. An unprecedented brotherhood by joining forces an unbeatable trio.

Commitment form

Personal Information

Name / Call Sign.

Initials and surname.

Address.

ZIP / City.

Phone.

Mobile.

Email address.

Date of birth.

Birthplace.

Birth father.

Birth mother.

Hobbies.

Sports.

Study.

Season Objectives

Where are you standing at the end of the season?

Sporty performance.

Private (study, hobby, relationship).

Where do you want to grow in football?

Where do you specialize?

Where is your interest?

Where are you in your football career?

Where do you want to play football?

Which footballer is an example for you?

Tracking Form

General

Attendance list.

Playtime.

Physical condition

Condition.

Speed.

Force.

Performance during games

Technique.

Targeting.

Locomotion.

Mental state.

Concentration.

Stress resistance.

Motivation.

Mentality.

Creativity.

Soccer-specific

Ball skills.

Insight.

Football Instinct.

Shoot Engineering.

Team

Team spirit.

Leadership.

Initiative.

BEING SMART

What is being smart?

Stupid people who do have an advantage in there,
so smart are they.

Being smart is the opposite of stupid. Every human being has the ability to be smart. There are no purely smart and merely stupid people.

Doing stupid is an opportunity to deceive your opponent. Being smart plays an important role in winning.

Those who are not strong should be smart. This implies a little bit that strong people are stupid. That is as foolish thought as the assumption that blonde women are stupid. Women already know very quickly that they if they do a little bit clumsy, that the men shoot forward to help her. And then who is the smart one?

The question now is: How can you reach with the minimum, the maximum? Or to put it differently: how can you, with what you have, achieve maximum?

You achieve this by being smart.

The man who is inspired to be smart will be smart.

Smart or stupid is again a way of being, which you by your mind itself maintains and / or can influence.

Being smart is a journey of discovery. Being smart is being open. Being smart is being present with what is and what is not. Smart is thinking ahead - anticipate.

Being smart is go with the flow or dancing with the flow.

Being creative and resourceful

Within a team there are several characters, and persons with a variety of qualities and both good and bad qualities. It is smart to distinguish each other's good and bad qualities. Chances are that one of the persons possesses the quality of being smart. This person should get plenty of space to express his thoughts and where ever is possible to add this cleverness.

The profit generated from nothing.

Being creative is a creative process. That means that you invent something from nothing, so you win. Not based on something you already know, something completely new. something you think/create on the spot on a creative way setting your opponent on the wrong track, being unpredictable. How the opponent behaves, what he/she does, by the new (from nothing) play the opponent does not know what he can do or what awaits him.

Creating opportunities from nothing assumes purely and only

the possibility of a chance in itself. Without prior representation of how it will look. However, a created opportunity is something else than to exploit an opportunity. A step forward therefore is to create out of nothing a goal.

As a creative process a building with little effort only has to be just created. For example: I create a goal out of nothing by bringing in something what drives me: example: half game forward.

With ball possession on the left side all the players who are on the right move to the middle and then forward. Detached players may be played the ball and if this can't the ball must be played deep. As long as there is ball possession the focus of the team should be playing forward. Inside the box is required immediately target to shoot in the goal. Outside playing deep is required.

Is this a known way of playing? No. Is this a wise play? Maybe not it is in any case a possibility, something new, something which the opponent will react on. And what happens if the opponent comes in ball possession...

Be creative! Play from nothing. Everything is okay; it is finally a creative process.

A good example of a creative process is when the keeper leaves his goal and plays at the side of the opponent. It normally happens only in the last minute when there is a backlog of only one goal. The phrase "everything or nothing" is often used. I think it's appropriate, with this in mind come the most

surprising game moments. Too bad it only happens so late in the game.

The first time a goalkeeper rushed forward was a true creation from scratch!

Intelligence of the team

In conducting team meetings, it is important to appeal to the team-intelligence. Handle various problems and let the team come with the solutions. Make sure there is plenty of space for each to come with a solution. In this session, it is not about THE SOLUTION. It is about solutions and variations to find solutions. If the meeting gets in a discussion then everything is bogged down and all the creativity and space is gone from the conversation.

Group discussions in order to smart handy clear solutions come to be a part of the promotion of the team spirit and intelligence. It is an inspiring creative process, wherein there is an open end in advance.

To Measure is To Know

Do you have a goal in mind, it is clear what the result will be if the goal is reached. The result is usually measured. It is smart to get to the goal to create points in time and then tune it. So you do not get surprises.

You can also measure where the goal depends of, the results of one team, for example, depends on the team atmosphere. You can measure this when all team members give a number between one and five. The average indicates how the atmosphere is. Pitfall of the measure is that you measure too much and no more know what you measure or measures only to measure. You can also get attached on the measurement result. If you only have an eye for the measurement result in that you forget what it stands for.

The Preparation

Failure in the preparation, the preparation of the failure.

Enforce LUCK

Do what you ought to do and
have done what you did.

Enforce luck is not depending on coincidence. Do anything that can be done. Do not cut corners and take care for example that you have practiced. Play like your live depends on it, without giving it that meaning.

Breaking repeating patterns

If one discussed, agreed tactic does not work then it is important to be smart and be creative. Make sure there is space to think smart and to have creative variations on tactics, they should be discussed. Even smarter is as though these variations are discussed in advance. This adds something to the tactic.

PLAYING

General

The next section is entitled 'Playing with...' first had the title: 'dealing with...'

As I was more concerned with playing the game, I found it inspiring to give it the current title. This gave it more space and creativity.

By this I indicate that there is an important difference between 'Handle' or 'play'. If there is a problem, then you want that out of the way. But sometimes that does not work and whatever you do, the problem is getting back on your path. It doesn't work apparently what you do. It is then time to look at how you can play with it. Who knows it casts a different light on the case and you will find another entrance to handle the problem. Because the game is a challenge to the problem and it may very well be that you will take pleasure in playing this game.

Playing with...

The referee

Respect and accept any decision the referee
make or not make.

It would be ideal if the game can be played without the referee. But when interests are at stake you need someone who is impartial.

Then it is important the game with the referee, to play it in the right way. He will do his best to be objective but that is the outside.

How do you deal with the referee? It is important that you prevent him from whistling against you because then you are playing football against twelve instead of eleven. Creeping in the ass of the referee is the other extreme and will have a counterproductive result.

Show respect and accept him and omit the discussion. A referee knows full well when he made a decision that sits on the edge. Respect and accept the referee, then you have the chance that he will correct a previously taken wrong decision at a later time in the match in your favour.

You can show that you're not agree with a decision but do it subtly. You can call into question his decision as you do not personally attack the referee.

It is possible that the referee works to your advantage. It may be decisive in some games. Play the game with the referee and acknowledge that there can not be played without him.

Playing with your fears

Brave is playing with your fear.

Anxiety is a useful protective mechanism of the human being. It ensures that you take action to save your butts in emergency situations, often without thinking about it. We're however are masters in creating fear without a single life-threatening situation occurs. We invent a future, more or less unpleasant, undesirable situation and then we are afraid that this situation will also happen. Often we do that if we are in uncharted territory.

One of the greatest fears of man: to stand on your own for a full house with strange people and to speak. The most noticeable just before the moment you must go on. Yet the speaker survives the situation.

Fear is not counted among the good qualities of the humans and although often unnecessary, it is a normal phenomenon. The secretive about the drawing of the team is an act of fear, the football team acting out fear that withdraws after a massive 1-0 lead. In everything you do the question should be: Am I acting from fear? And often that is so. If you act out of fear, there is always resistance and there are blockages. There is no acceptance, no bend with the wind, no progress.

It works to recognize that you think, speak and act out of fear. That may be. There is nothing wrong with that. You are not less

to. It's just a way to express you. It is normal. But... it usually does not take you where the results are. You're out and it is not satisfactory.

Once you can distinguish fear you have another choice to something else. For example, courage! And mind you: fear and courage can go together. A feature of courage is also to embraces the fear (which eventually disappears). Courage helps you to get through your fear.

Brave is just doing things that you fear thoughts say you should not do them. Someone with courage is not someone who is blind to his/her fears. He has learned to distinguish what are real threatening situations and what are not. That way you learn to play with your fear.

Pressure

Play the game with pressure and the pressure disappears. See that pressure does not exist but is created by the mind. It depends on the meaning you give it. Playing with pressure is playing with the meaning. If pressure is created by the mind then this also can take away the thoughts.

One way to play the game with pressure is to stop thinking and to do what there has to be done.

Stress

Stress occurs when the game with pressure not played correctly. Stress occurs when there is too much pressure.

Money

Part of your income (for instance 10%) can be used to play. Pamper yourself with it. Spend it to yourself full enjoyment of life. Do special things. Treat yourself. For example with a massage, go out to eat, go on vacation, buy something beautiful. All this does not mean that you must waste it. If you spend money on something with no added value it is waste. If you not book a part of your income for yourself and therefore you do not play the game 'with money', that is also wasteful. You begrudge yourself then a number of exclusive experiences that provide great memories and recognition of yourself. Playing with money makes life exciting, fascinating and even more rewarding.

Sex

Every man is directed by his basic instinct, caring for its survival/offspring.

If a player is not in the match, he/she and his/her thoughts could be occupied with sex. The thoughts of that player can then be I want to f... or how can I f... after the game or he/she is disappointed that yesterday it did not happened or how do I turn on my partner or how do I get it upright again or something like this.

How do you deal with this basic instinct? How do you deal with this sexual drift? In the basic design of man is this primitive urge in planted the man to make sure that he/she anyway also propagates.

Can you imagine that you're not in the game if you know your mind is not where it should be?

How you deal with sex is a private matter. But take care that there is no sexual tension in your body when you run on the playing field. It distracts attention unnecessarily.

And you have a choice. Are you a sex machine or you're not? Is your mind in your head where it belongs or is it on a other place. The choice is yours even though it seems so hard (it's difficult because of your attachment).

Your partner

If you think you deal in some way with your partner to win, then you have already lost the game.

Playing with the media

Stop hiding.

There are different ways you can deal with the media. The pitfall is that you're going to play hide and seek or you tells

something what is not true. The media is there for the public to inform and to bring startling news. They are trained in browsing, rooting and eventually find what is concealed. Even if nothing is concealed, the media will look for what might be clogged. And they have enough with half a word to draw conclusions or to place question marks and thereby to cause unrest. It is the Game of the media and they are good at it! It is naive to think that you will win the game with the media.

Still, you can with confidence conceal all sorts of things, as long as it is no problem to give openness as soon as it is needed. Sometimes, it may well turn out to have nothing to say or to say something vague about something you like to get media attention. Then you play the game with the media rather than they play it with you.

The only way to play with the media to win is to play their game. Provide them with all the information and keep a stand for where you are a stand for. And that is of course the certainty that you will win. This sows the already disquiet at the opponent. You do that by telling us how you're going to win, which, why and by how much. The clearer and more credible you prove the more effect it has on the final contest.

The boxer Muhammad Ali (alias Cassius Clay) was someone who played this game brilliantly. He won game after game in the 60s - 70s preceded by a sensational media spectacle. Invariably he gave in which round his opponent would lay down. By proclaiming it with great fanfare was this statement nailed 'between the ears' of the opponent and the public. He had

created a space in which it would happen and then it happened nine out of the ten times. He had already won by speaking it before the competition began. For himself he was not focused on winning of the game, (which was already decided after all), but he focused at the moment when it would happen.

He played his own game within the game of whack sales and beating someone unconscious.

Play because of...

To Play

The game that I always play is the game to be the first off the train or the plane. With the train I have won as I am the first down the stairs off the train station where I live (Almere Muziekwijk). If you see a tall man running like a rocket down the stairs... that's me! When, I' am in a plane my game is to be first at the first checkpoint. This game is played mostly by more passengers.

To win the game I prepare while I' am boarding. I step on a specific site in the train, which I think that at the end of the ride the stairs will be closest near the exit of the train. By consciously play with this I create that I travel most efficient as possible. At a certain point it works automatic to step out, where you know you can leave the station the fastest. And NS has a system. To know this system allows me to win my game.

It has not yet occurred to me to involve fellow travellers in this game and to challenge them to play with me. In that case there is a joint winning added to the game. Now I myself always win this game. It is about nothing but every time it gives a satisfaction when I turn down the stairs and finishing first and acknowledge me as a winner.

My name is Wim, which is a variation on winning. This is an example of a game to play and to win for the winning. It has no meaning, it's totally fabricated from nothing.

Playing off...

The money game

What is on stake when you play the money game?

A game that you could play is the financial freedom game. The game is to be free from money. Now this game can be played on different ways. What meaning would you give to being financially free. You can already be free without possessing any money.

Playing the game from this perspective already is a game in itself, being free from money.

Another game is to come up with some system that generates money for you while you sleep. Such a system operates than as the goose with the golden eggs. The system would generate money you can develop on a permanent basis. You could set apart (for example 10%) of your income to a certain deposit account, that is your 'Financial Freedom Account'. With this money you invest smartly. Investing smartly is a high efficiency with limited risk. But keep in mind there is always a risk. If possible you could play this game with multiple people. By joining forces and ideas which results in better and higher yields. Here one does not need to invest in stocks only. One can think of many variants, for example, young entrepreneurs who do not get loans from the bank, real estate, car parks, caravan storage places...

A seminar dealing with this last game is 'The millionaire Mind Intensive' of T. Harv Eker.

The media game

To be able to deal with the media it is wise to create a way that you play with the media a game. A game you support is to be in the company of the media and to be free in that game.

Ask yourself: what do you put at stake and how you involve the media in your game, in relation to what is at stake for you.

Create the game based on the idea that the media is your ally. Be in team with the media. Make them partakers of where you

are from, where you acknowledge the media for who they are. Take care they play the game with you, facilitate them.

Play the game with the media genuinely and inspiring and make sure that you give them something they can work on. Only then is it interesting for the media to play.

For example, look how Louis van Gaal and Co Adriaanse play the game with the media. Get out there what works for you and what you recognize in yourself. See what interesting and provocative statements do. Not sucked out of their thumbs, but from the authority of a winner.

Sex Game

Super suitors exist only in the imagination because they are created in the imagination, nevertheless, the experience itself often condone much. The first time you have sex with a partner is experiencing generally exciting and thrilling, the second ditto, as well as the third time. We like you to go there! But after several hundred times sex with the same partner it occasionally happen that an automatism is in force. The attraction or lust or both are missing. Then it's time to play the 'sex' game. You do this in a playful way with 'Desire' to go and investigate how it can be resurrected.

Desire is a natural phenomenon in humans which moderate often. That's a good thing; otherwise we would long be extinct. How do you play this game, is parallels how you live life. Be careful, or just with a lot of speed and risks. Generating

desire already arises when the language of lovers together is spoken.

It is creative and focused on stimulating the imagination. You make the rules of the sex game yourself.

For example, you set limits. The closer you approach those limits, how exciting it is. Even better is when the limits are exceeded.

The play on stage

Stop the drama.

A feature of man is that he plays on stage. You're not yourself, but you play a role. Many people play their role so perfectly, that they do not know that they are playing a role. The roll has become a reality.

And what you see in a good play: drama!

There are some drama pieces performed in the play of life. And we thought that it is all true. That it started to look as a reality. It is a popular role, playing the drama. Pulling out all the stops controls of the player include: looking glum, pout, sobbing, do pathetic, outrage, crying, screaming, screams and hysteria!

It provides the necessary attention but certainly not admiration. The player dominates namely the environment and where there is dominance there is no freedom.

Staging a drama takes a lot of energy. It leads usually even to more drama. With the result that the player when in the evening the curtain falls completely exhausted and unfulfilled is. Starting the next day and to continue the drama. There is a way to get out of this downward spiral and that is: Stop the drama!

Victims are attracted to this game. The advantage of this game is that you just do not need to be yourself. You play a victim. This can be for a very long time until you decide to be responsible for your life.

And if you really want to play on stage... create a role that is worthwhile playing!

Play without a hidden agenda

Play to play without a hidden agenda!

Play to play without an hidden agenda. Don't play games on other people. Play by the rules, not playing by the rules is playing your own game, which is tiring and does not give fulfilment. Except that you fool your fellow men, you also fool

yourself. Playing these games is simply inadvisable. The final result is a loss for all parties.

Continue playing

You could see how and where you can bring in play for yourself and for others. Here are some examples, where you could play along: Match, Tension, Backlog, the Rules, Jealousy, Profit, Power, Trainer/Coach, Truth, Attachment and your Honour.

It's not about the game, but how you play the game.

FINALLY

The message

Free, creative and inspiring football, that's the point! Football what is worthwhile giving up your free evening to, football in terms to play, football which is played to win. Win because it means anything, but then again all nothing.

The result of the free, creative and inspiring football is that it is a delight to watch the 2014 World Cup Champion, such a delight that it unites the people living on this planet. This book is a contribution to that.

Where I'm coming from is that there is openly spoken about winning as a common goal, winning in football but also to win in life, playing fully the game with each other and to encourage each other to achieve the impossible.

To show what people can do and achieve and being in contact with the greatness of humanity.

I want to thank everyone who has read this book and have a look at the knowledge of the secret of winning. Do you think it's worth attending than attend this book to a fellow human being. This book is available for free because I am fully convinced that we want to enjoy the game in the world.

Until you read the epilogue you can read about the services I deliver.

Business Consultancy

As a Business Consultant I support the Board of Directors, Boards of Executive and management in formulating an inspiring vision for companies, institutions and departments. By formulating an inspiring vision organisations will adapt a transformation process automatically. The goal to which working is clear, provocative and stimulating.

I also support the implementation of this vision and a translation of the vision into a mission, goals and measurable results. The difference between the transformation and change is that transformation does not change anything. Transformation opens up a new realm of possibilities.

With a vision you create a future where everyone can get / find a future that inspires.

Business Intelligence Consultant

As a Business Intelligence Consultant I support the Council of Directors, management and managers in obtaining management information, which is filtered from existing information (systems).

Seminar & workshop leader

General

The seminars and workshops are led by Wim Bakker.

I've trained groups and lead discussions. I do this in an inspiring inquisitive manner, which created the space for new insights. With these insights, existing patterns are broken through and new results can be achieved.

Wim Bakker can be reached at email: w.bakker@tripleb.nl.

Present with the Future

This seminar is a revolutionary method to put forward the selling annuities and pensions. More information is given in an oral interview about this seminar

Introduction Triple-B

After this introduction, it is clear what the Triple-B method has to offer. With the Triple-B method, the activities are needed in order to promote the usability of a product decorated with the focus on Available, Reliable and Usefulness.

Workshops / Lectures of Mental Top Score:

Secret of Winning

Breakthrough losses

The Winning Game

A Good Team

The Secret of Winning is the first lecture in a row. This lecture invites you to play, because only when you play you can win. Further it gives access to the secret of winning.

Breakthrough losses is an investigation why there are losses. And we look at the real authentic causes of losses. Only then you can switch a loss to a win, like the turning of a hand.

The Game Winning, first step is to win the game. And then to invent a game which have the name Winning. Actually it is an infinite game.

A good Team gives access to the power of a team. What is a good team? And how can you measure that?

Charter of Wim Bakker

From the moment I consciously think there was always that question: Why ooooh, why am I here on earth? What is the purpose? Why is it so? I have noticed that I am not the only one walking around here on earth with this vital question.

In 2004 I attended the "Living Passionately" seminar from Landmark Education. During this seminar I wrote this book. The Seminar Living Passionately goes about life as a game. During this seminar I saw that I myself can wait until I get an answer on that question. I can give an answer to that question myself. This is an opportunity to be in my life the cause of my life, being responsible for my life.

Here is my charter. I have created this charter created during the "Living Passionately" seminar.

Personal Charter of Wim Bakker

The purpose of my life is to have
People live and full fill their dreams,
which causes Miracles and Magic.

My fundamental values are:

Freedom

The Freedom to BE

Honouring

The ultimate expression of respect

Creativity

Creating everything from nothing

Extra-Ordinary

The greatness of Mankind

Universal

Be one, whole and complete

I promise to operate consistent with my values,
To accomplish my purpose,
And to be in service of Mankind,
This is who I am, this is what you can count on.

EPILOGUE

I have a dream

I want to end with, I have a dream, inspired by the speech of Martin Luther King: I have a dream. (Delivered on the steps at the Lincoln Memorial in Washington DC, on August 28, 1963).

I have a dream that some day Moroccans and Geert Wilders walk hand in hand to a football match, that football stadiums are overcrowded and cozy.

I have a dream that we Antilleans, Turks, Afghans, Iraqis and Moroccans are a people shrouded in Orange. I have a dream that we are a Dutch people. An Orange people we are proud on. Proud of each other for what we do and not do, a nation that fully lives and transcends the limits of survival.

I have a dream that we are there for each other.

I have a dream that we go for our dreams and that we live our dreams. We dare to dream and that we know what we want to achieve. We achieve what we want to achieve, a country where we can dream, a land where our dreams is the source of our inspiration. We are guided by our dreams and be with the fears that bring this great dreams with it, that our dreams are bigger than our fears.

I have a dream that we forgive what the Germans and Japanese have done in the period 1940 - 1945. I have a dream that we (the Netherlands) give the Germans beat in the final of a World Cup, not because they deserve it, no, just because it is about nothing and the Dutch People has access to the secret of winning.

I have a dream that we do not have to use weapons to solve our disagreements. I have a dream that differences disappear and that we threat each other as we are and that is equal, rich and poor, man and woman, child and adult, Jew and Palestinian, Dutch and Belgian.

I have a dream today that Jews and Palestinians walk hand in hand in Jerusalem. That they are a clean example, that it has more to offer in peace than to life at war.

I have a dream that we live in a clean Netherlands. A Netherlands where we are all going to keep the Netherlands clean and durable environment.

I have a dream that the government is there for their citizen. I have a dream that a government that is aware that all the money they spent is paid by the taxpayers, the citizens. A government that looks at how he can give the money back to their citizen and to be at service for the people. A return which is value added. A government that allows a choice as much as possible to the citizen and the confidence that citizen know to choose.

I have a dream, that we have a government that rules from leadership. A government that works for the people and that is from the people.

I have a dream that we have an education system that works. Where both linear and breakthrough learning is educated. An education system where there is a right to learn rather than compulsory, a system in which one chooses to get instruction.

I have a dream that we are healthy together, a dream in which we live in a country where the health cost are brought back to a minimum through living healthy, a country where everyone goes through vigorous and healthy life. That health care is not reactive (problem solving) but has a preventive functions (before the problem occur). A health care that has broken its barriers of Western Medical Science and where there is a synergy with Eastern Medical Science/philosophies. Diseases such as cancer and AIDS belong to the past, because we solved these diseases as a team. Not for the purpose of financial gain, but because we care about the other.

I have a dream that crime is part of the past. This is partly due to the development of a legal system, which is simple and clear. That the lines where one must obey is limited to one page. Actually one word: RESPECT. In a community where there is wealth and respect, there is no crime.

I have a dream that there is abundance for everyone.

I have a dream, that in spite of that one apple that Eve ate, we live in the Paradise on Earth. Why, because the Earth is Paradise! Although there is no peace every where, despite the abundance is not everywhere, although there is no light every moment, although it is not always the ideal weather. Despite the fact that...

Or is it Paradise, because there is no peace everywhere, precisely because there is no abundance everywhere, precisely because there is no light everywhere, precisely because it is not always the ideal weather, precisely because it is or is not, that we can distinguish that there is or is not.

I dream of a country where we are free because we are free, a country where we play because we play, we live as we live, fortunately, because we are happy, where we give everyone the best, a country where we have an environment where it is nice to be, a sustainable environment, where we can all become old, because life is a joy, a country where we encourage each other to grow and develop, a country where we have the choice of 'Living in or out of the box', a country where we recognize one another for our self-expression, a country where we give everything, because if we give everything we have everything.

So if we live that dream and if we go for that dream. Then we will see that there is always something to dream of and that there is always something new to invent or create.

And then... then we are in the now, the nothing, where we want to be in and that is the moment.

Secret of winning

"This book is about each possible game anywhere played, by children and adults, by amateurs and professionals, by men and women around the world.

Games, that have to be won, to the glory to the dough or simply because it is one game. The football game is taken as an example at the research into the mysteries behind winning.

Because we all want to win!

This is an airy book surprising statements and insights to come in "The Winning mood".

And for those who still lose... information about the workshops for real winners."

Wim Bakker



"I think of kids when I think of playing. How come I think of children and what is it that children stop playing and become an elderly person?

Where this book is for is to invite you to play fully. Only in the area of the game and play there can be won. It's not about the game, what matter is how you play the game!

Winning begins with the willingness to see you as a cause of the outcome of the game and play. This book holds up a mirror for who you are in relation to the game and winning. By looking in that mirror it gives you access to play full out and the secret of winning the game."

Arnold Brands

