

## The Heart of the Integral Athlete

One thing is to use ONLY your mind in developing a mindset. The other is to bring in your heart... and integrate it into the mindset. If you are not going to feed (on a daily basis) that burning desire within you that wants to achieve the best ever version of yourself, it is unlikely that you will get there. At the very least, it will be much harder. This practice will fill out "the space" within your mindset, impacting thoughts and mentality and making them more powerful. Making you more powerful. Making you more relentless.

And it starts in your heart. The impulse. The vision. The passion. The ambition. All of them will make up the contours of your desire, and I equate desire with heart. Like Napoleon Hill said, "the starting point of all achievement is desire". How many people have you seen attaining incredible success? And I mean in the sports arena and out? How many people came from having no conditions, no chances, no opportunities, no one believing in them and yet they got to where they wanted? The answer is "simple". They started from their desire and they kept nurturing and fuelling both desire and mindset on a daily basis.

One thing is to be inclined to have mindset #1 and fuelling desire but doing it unconsciously or without paying the necessary attention to it. The other is to make it a daily practice where the right amount of intention and focus is channelled to your heart and to your mindset. So yes, you have to visualize yourself achieving your goals but you have to do whilst connected to that burning desire of yours. And when you do this enough you will have this ability embodied within you and then it happens naturally. Athletes report to me (and I agree) that it's like having a continuous motivation and inspirational boosting machine on all the time.

So one of the things that is crucial for you as an athlete (if you're not already doing it!) is to start taking steps towards the mindset you would like to have and that will support and inspire you to achieve your goals – doesn't matter what your goals are. Don't be afraid of dreaming big because of the reasons I just pointed out. Instead, dream big and dream smart, i.e., bring your heart into the equation! I deeply believe that there



is a place for each one of us in this world to excel at what we do best and manifest it in some type or form in the world. In your case, through excelling in your sport and becoming the best you can become. The best as an athlete. The best as a human being. Imagine that for a moment. Wouldn't that be cool?

**Nuno Matos, PhD, Master Integral Coach™**