



Are you playing to win – or just playing not to lose?

NAME:

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This worksheet is a supplement training guide to “Are you playing to win – or just playing not to lose?” video published on April 18, 2016.

You may have heard the phrase "playing to win or playing not to lose." They sound similar, but think back to the last game you witnessed in which a team mounted a furious comeback to win.

The winning team played more aggressively and took more calculated risks to come from behind. Essentially, they played to win. The team that originally held the lead changed their focus and played cautiously, not to lose.

Playing not to lose- When you are playing not to lose, your focus isn't on what you could improve but on protecting what you already have. It's maintaining on your comfort zone. Your energies are channeled into shoring up the status quo, and guarding against what you don't want to occur. It's driven by comfort or– on what you don't want – rather than by what inspires you – on what you do want.

Playing to win- When you are playing to win, your energy is channeled into creating new opportunities and breaking new grounds. Having motivation to take action always. It requires putting what you already have at risk for the sake of something better. It's about trading the comfort of the known for the uncertainty of a future that is yet to be created. It takes courage because it involves risk.

How can you change your mindset to play to win, not to lose?

There is a huge difference. You don't want to be on a team playing not to lose. So here are some tips for playing to win. Get hungry again and maintain your competitive edge. NBA players like Michael Jordan and Kobe Bryant made careers by being the most competitive player in their time. Take calculated risk and avoid your comfort zone.

How will you transform your life with this new knowledge?

Our JTPG and peak performance online classes will begin soon. Sign up to our website, follow us on facebook and twitter, and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to your personal greatness.

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