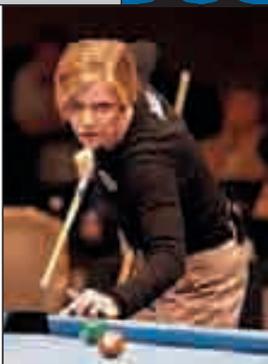


INSTRUCTION

ACCORDING TO ALLISON

BY ALLISON FISHER



Mental Discipline

The most important ingredient—and therefore the first ingredient—in playing better pool is to control the mind. The best fundamentals in the world will never compensate for a wayward or mischievous mind. You can have perfect alignment and know exactly what to do, but if your mind says, “You can’t make this,” you will miss.

When you understand the power of the mind to positively impact your physical experience and know that you actually have the power to direct it, you align yourself with the greatest thinkers, artists, and sports people in the world.

The first thing to do is to start paying attention. Start observing how your mind is reacting to things that happen to you when play-

to start training our mind to think like a winner by speaking like a winner. By simply changing the way we perceive ourselves, we expect and allow good things to happen.

When we think negatively, we sprout seeds of discouragement, which are initially expressed as negative talk. This negative talk is like a seed of destruction and just keeps us struggling. When we think positively, though, we generate seeds of inspiration, which grow into expressions of success and spring forth seeds of encouragement and creation, leading to a happier life and more achievement.

The next time you miss a shot, instead of saying, “I am so useless. I always miss,” say instead, “I may have missed this time, but I know I can get these shots.” Then slowly replace these positive excuses with positive affirmations like, “I always shoot straight. I am a great shot maker. I know how to run out. I am a winner. I was born to win, and/or when I play pool, the balls always role in my favor.”

In this way, you will start to make your mind your best friend. Instead of the mind reacting negatively to a challenging situation, it will start to react positively and give you the power to execute a perfect solution.

Just like any part of the body, we also need to feed and exercise the mind. Success talk is one effective way to do that. However, for it to be truly effective, you must first understand that the mind is not you. It is another tool that you can use to help you or hurt you play better pool. ♦

Co-authored by Paul Turner, inventor of the Allison Fisher Billiard Aim Trainer (www.billiardaimtrainer.com).

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The mind is the master of the senses and therefore it controls the physical body. Start to see your mind as another very important tool to help you play better. Don't let it dictate to you by allowing negative thoughts to consume your energy. Believe in the best possible outcome and tell it what you want it to do. Use your intelligence and your free will to direct your mind to positive thoughts of success, confidence and empowerment.

ing. Like a detached observer, start listening to what your mind's current response is. As an observer, make a concerted effort to separate yourself from what the mind is saying. Listen to the self-talk you have created and then slowly start correcting it. The good news is that the mind can always be trained, no matter how old your physical body is.

The best way to correct negative thinking is to replace it with “success thinking.” We have