



BOOK NOTES

Inner Excellence

by Jim Murphy

- Our 3 minds: The Critic, The Monkey Mind, and The Trickster.
- Daily journaling on gratitude, intentions, and lessons to build self-awareness and reinforce an inner scorecard.
- Structured visualization of high-pressure moments and desired outcomes, rehearsed at least 1–2x daily.
- Short, powerful 'I am' affirmations to reprogram beliefs and align identity with your best self.
- Nonjudgmental awareness practice: observe thoughts and emotions instead of fusing with them.
- Regular 'reset and reframe' moments that ask, "What can I learn from this?" in any setback or stressor.
- Deliberate practice with immediate feedback, emphasizing learning over winning in every rep or meeting.
- Simple process goals for each day or performance (effort, presence, gratitude, focus on controllables).
- Purposeful routines around key events (pre-performance, travel, post-performance cool down and review).
- Periodic review sessions to document progress, adjust goals, and refine mental routines.
- Using service and 'play to learn' as guiding mindsets so pressure becomes a chance to grow, not prove.
- Mindful breathing and brief meditation blocks to calm the nervous system and reset under pressure.

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