



**Are You A Talent-Plus Person?**  
**Why Some Athletes Fail Where Others Succeed.**  
**13 Areas We All Need to Improvement**

Alan D. Tyson PT, ATC

Talent is often over-rated and frequently misunderstood. Each year we work with little leaguers, micro soccer players, to NFL and Olympic athletes. What makes each athlete different since even at the professional level there are differences in talent levels? Often the ones with the most talent don't stick around.... Why? Over the next few articles we will discuss what we call talent accelerators. Things that if done correctly will help accelerate your talent – whether in the classroom, board room, or on the field. Do these simple things daily and consistently and you will be a talent-plus person.

When athletes do great things, others often explain their accomplishments by simply attributing everything to talent. But that is a misleading way at looking at success. If talent alone is enough, then why do you know of highly talented people who are not highly successful? Think athlete who doesn't have the grades, or athlete that can't practice quite as hard because he or she is worried about always being a lead in their social life or hanging around the wrong people who don't support their athletic or academic goals. If you want to be really good at something, then you have to be different than everyone else. I have never seen a "C" honor roll.

What makes the difference? John Maxwell a leadership expert has outlined 13 (Baker's Dozen) crucial things that you can do to maximize your natural talents and become a talent plus person. What separates the talented from the truly successful is making the right choices. People who neglect to make the right choices to release and maximize their talent continually underperform. Your talent may give you an opportunity but making wrong choices can shut the door. John Maxwell in his book Talent is Never Enough points out that talent is a given but success must be earned.

The first and greatest obstacle to success for most people is their **belief** in themselves. Once people figure out where their sweet spot is (the area where they are the most gifted) what often hinders them isn't lack of talent, it lack of trust in themselves, which is a self-imposed limitation. Lack of belief can be ceiling on your talent. "I can't beat this person, we always perform poorly against this team, this team is better than us, etc". When people believe in themselves, they unleash power and resources around them that almost immediately take them to a higher level. Here are three beliefs that you need to buy into right now...

1. **Believe in Your Potential.** Too often we see what is, not what could be. Too many people fall short of their real potential. John Powell, a relationship expert, estimates that the average person reaches only 10 percent of his or her potential. Your potential is really up to you.
2. **Believe in Yourself.** People who believe in themselves perform better on the field, go on to do better in school, and get better jobs. Only with belief in yourself will you be able to reach your potential.
3. **Believe in Your Mission.** What else is necessary to lift a person's talent? Believe in what you are doing. Belief in your mission to be the best athlete will encourage you, it will empower you, and it will enlarge you to try and do different things.

### **Belief Determines Expectations**

If you want your talent to be lifted to its highest level, then you don't begin by focusing on your talent. You begin by harnessing the power of your mind. Your beliefs control everything you do. If I am not willing to "willingly without being told" to study that extra amount then I don't believe I can truly be a good student. If I am not willing to do that extra drill "on my own or after practice with my teammates" then do I truly believe I can be a great athlete? Accomplishment is more than a matter of working harder or smarter, it's also a matter of believing positively. It is the "sure enough" syndrome. If you expect to fail then sure enough you will. If you expect to succeed then "sure enough" you will.

**Actions Determine Results.** In 20 of the world's most primitive languages, the word for belief is the same as the word for do. There are two kinds of people, those who want to get things done and those who don't want to make mistakes. If you are the first type, then you already believe in yourself and take risks. If you are the second person, the good news is that you can grow! Which one are you. Results come from action. Simple, but many people don't get this simple concept. They simply hope for good results. Hope is not a strategy. If you want good results, you need to perform good actions. If you want to perform good actions, you must have positive expectations. To have positive expectations, you have to first **believe**.

**\*\*Remember to:**

- 1) **Always plan ahead for what you are going to eat**
- 2) **Obtain adequate amounts of protein**
- 3) **Work on your flexibility and**
- 4) **Supplement your diet with a fish oil and multivitamin**

**Let me know if I can help. Email me at [architechsports@gmail.com](mailto:architechsports@gmail.com)**

**Alan Tyson**

**Physical Therapist, Athletic Trainer, Certified Strength and Conditioning Specialist**