

MY BELIEFS

**I can't give you a class on mental toughness...
You will only get that by experiencing it yourself.**

**My aim is to ignite the fire inside you
to get you on the path to reach your goals.**

**You will never truly know how your own mind works
Or how powerful it truly is until
you push it to places it has never been before.**

**Most people never reach that point because they quit
as soon as it hurts.**

**I know what's on the tail end of quitting,
It's a pain far worse... which is why I never quit.**

I am asked all the time, are the hardships worth the rewards...

"Yes they are!"

REMASTER MIND

MASTER YOUR MINDSET REMASTER YOUR LIFE

Become inspired by Greg's life experiences

Learn the steps to overcome negative thinking

Take charge of your life again

"This is more than a workshop...
It's a life shop"

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How to Re-Master your mindset
and achieve your ultimate self

GREG VAN BORSSUM

Few people know the steps Greg has trodden to forge his own pathway. His primary school teachers told him he would amount to nothing, his high school teachers said he would end up in prison or dead. A skinny kid, Greg became the target for bullies so in order to combat this he undertook martial arts and weight training to gain the strength and skills to fend them off and soon becoming immersed into both realms.

Greg wanted to change his life and become a champion. The major turning point in Greg's life and after a friend's mother laughed at him for wanting to compete. That day he decided he wouldn't just compete, he would win. Greg trained relentlessly and 7 years later he won the National Title, receiving his pro-card and becoming the world's youngest professional Natural Bodybuilder.

Greg then worked to make it in the movie industry with no qualifications, no experience and no skills. The Australian Film industry wouldn't give him a chance, so instead of quitting he decided to market himself to the Hong Kong Film Industry. He set up a dummy film company, studied Mandarin at nights and organized meetings by phone with the Hong Kong film companies. He saved his money so he could afford the plane ticket and that's where he made his start. He also spent time training martial arts inside the walls of the historic Shaolin Temple in China. However not all went to plan in the film industry and Greg ended up having to come home and start over again. Though he eventually he found success and was soon working alongside Dr George Miller as 2nd Unit Director & Motion Capture Director on Academy Award winning films Happy Feet 1 & Happy Feet 2 and most recently as the Principal Fight Choreographer / Weapons Specialist and an actor, on critically acclaimed film Mad Max Fury Road (Winner of 6 Academy Awards).

Greg always had a yearning to become a World Champion like his father, and in 2014 his dream became reality when he flew to Kentucky USA representing Australia where he and his team-mate won the World Pistol Titles.

Greg's life experiences in life, business and sport have taught him to bring out the very best in himself and others. Then in 2014 after a series of life changing events, Greg turned his sights on becoming a keynote speaker, author and educator to inspire & help people overcome adversity, find hope and to teach them how to lead.

In 2018 Greg became the first Australian speaker and just the 82nd person to ever receive the prestigious Toastmasters Accredited Speaker Designation, which is something he holds in high regard for all the Toastmasters Organisation has added to his life.

HOPE!

Have you ever asked yourself these questions?

WHERE AM I GOING?

WHAT AM I HERE FOR?

WHAT IS MY PURPOSE?

WHAT WILL MY LEGACY BE?

What have you done to answer these questions?

YOU WILL AMOUNT TO NOTHING

MY TEACHER MRS FITZPATRICK'S WORDS



GRANDMA'S LESSONS

LEARNING TO FLY

**TIRED OF BEING
SCARED & WEAK**

REASONS TO CHANGE

**PROVING PEOPLE
WRONG**

THE GREAT DRIVING FORCE

CHAMPIONS MINDSET TO A WARRIORS MIND

AT THE HEIGHT OF MY CAREER I BECAME MORE SELF CONSCIOUS
THAN EVER... I KNEW I NEEDED TO REGROUND MYSELF.



THINKING OUTSIDE THE BOX

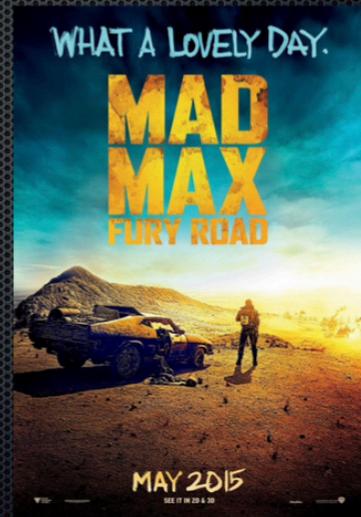
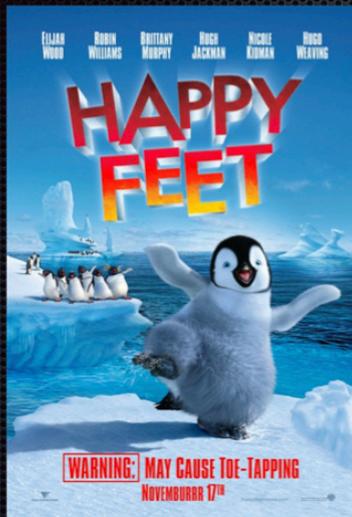


DAD'S LESSONS

"HOW ELSE"

DEEP END LEARNING

JUST SAY YES!



NEGATIVE MINDSET

KNOWING THE SIGNS

- ✦ LACK OF ENERGY
- ✦ PROCRASTINATION
- ✦ DISBELIEF AND DOUBT
- ✦ TELLING YOURSELF “I COULDN’T DO THAT”
- ✦ LOSS OF HOPE
- ✦ DECIDING TO SETTLE
- ✦ TAKING LOSSES AS NEGATIVE

HOW TO CHANGE YOUR MINDSET

- ✦ SUCCESS V’S FULFILMENT
- ✦ IF YOU’RE INJURED - “WHAT CAN I STILL DO”
- ✦ START YOUR DAY WITH INSPIRATION
- ✦ POSITIVE SELF TALK - STACK GRATITUDE
- ✦ LESSONS ARE IN THE LOSSES
- ✦ GET BACK TO NATURE
- ✦ KEEP A JOURNAL





PUSHING THE ENVELOPE



HOPE

◆ **H**EART

◆ **O**BSTACLE

◆ **P**LAN

◆ **E**XECUTION

SOME FOOD FOR THOUGHT

- People often speak about the negatives of having a plan B. I have to say there are positives in having a Plan B if you know how to use it. I use my carpentry as this plan. I didn't want a Plan B my mum convinced me to have a Plan B and when I am forced to use it I know I'm not doing enough and its time for me to change gears.
- Compartmentalized thinking it has positives and negatives. In the medical field it's like being pragmatic but in the work environment it can be a negative
- One of the techniques from my life I use with my martial arts students is to work them so hard they have no physical strength left and then it comes down to their mind. Will they embrace the technique and continue learning or will they quit. This is the moment the real training begins because when the strength has gone and exhaustion has set in then it comes down to sheer determination and will and it is in this moment they find the technique
- I enjoy the moments in life that recalibrate you, like when a plane hit's massive turbulence suddenly everybody becomes very focused and that's the same thing in life when things go badly suddenly you have to step up and focus on you have to find solutions you have to look for answers in places you might never have looked before. You start drawing on assets inside yourself that have been languishing because you've been calm and you haven't needed to call on them. In your life when you feel the urgency to become something more you have to treat it like that moment of turbulence so you can find that focus to draw on what you've got to make you the person you need to be.
- I was thankful that the first job I ever had out of high school was a male nurses aide in a nursing home because I had the chance to meet and speak with elderly people filled with regrets for a life less lived. They dwelled on the things they never had the courage to do... it haunted them. I was only 18 but it was then I made a pact with myself to realise all of my dreams and to not stop until I had achieved them all.
- When trying to become something great you should treat your goalsetting as storytelling the plot points of the journey as it will help you visualise the path.
- Find your wall and learn when it hits you. Everybody has a wall. Mine hits me at the half way point. This is the moment when you need to dig deep and overcome. Once you know when it comes it shows you roughly where you are in the process so you know you are closing in on the goal.
- I treat my life as pragmatism through passion. I became pragmatic in my process many years ago as I don't believe motivation lasts you. Some days we feel like it and other days you don't and if you work of motivation you won't last but if you work off a pragmatic approach you know the 'WHY' and the bigger picture. If you do this it will lead you put specific steps and plans in place to reach the goals. Then bit by bit, day by day you will close in on your victory,
- To become the people we want to be we must disengage with the world around us and be totally and wholly inside our own minds to visualise and create the pathway and the vision to reach that goal.

- We all think that life is endless but if we think about it in terms of time we only have 30 to 40 to 50 to 80 summers 80 winters maybe order very Springs so many times we will get to do each thing even though it feels endless but isn't Sophie think about it in a different way as if we only have maybe 20 or 10 or less summers left sunrise left then maybe will treat them little more heart and a little differently.
- What if you ate the exact same food for every meal every day? I've done this (I did this for 9 months in preparation for international competition) and it becomes one of the toughest experiences you may ever undertake. By the end it took me all my mental strength to eat one more piece of broccoli or one more egg. Unfortunately, most people are living their lives the same way.
- Our brain is a refractory machine it reflects and replays moments until the subconscious becomes more powerful than the conscious. This becomes more powerful and regimented in the way we live until we decide to make a change, usually out of necessity, to make it a forward thinking machine again... and this is done by the above process or disengaging from the world and going internal by meditation and having what I call Pre- realities. The science is there. So if you want to change the direction of your life try to separate yourself again from the social media world, close your eyes, relax your mind and use your brain to create and dream again and a more positive future awaits.
- Find the method that works for you in learning are you a book learner are you a visual learner how do you learn best by listening everybody has a different strength in the way they learn things I want you find your strength you can capitalise on the fact that that's how you learn best and you focus on learning that way.

I BELIEVE

**EVERY STRENGTH I HAVE BECOME KNOWN FOR
AS AN ADULT ARE THE VERY THINGS THAT USED
TO FRIGHTEN ME AS A CHILD.**

**WHAT YOU THINK ARE WEAKNESSES ARE REALLY
YOUR TRUE STRENGTHS WAITING FOR YOU TO
SUMMON THE COURAGE TO BREATHE THEM LIFE.**

*TIME TO ASK YOURSELF...
WHAT ARE YOU HERE FOR?
WHAT IS YOUR PURPOSE?
WHAT WILL YOUR LEGACY BE?*



MENTAL TOUGHNESS

Establishing it

Setting up the context of how **mental toughness training** fits into your rehearsal for the maximum benefit of the end user.

Enjoying it

Enjoyment and desire are the only two essential ingredients of improving performance. This part works on enhancing both without compromising one of them.

Controlling it

The value of knowing what you can control, influence and have no influence on at all core beliefs for greater mental toughness and the foundation mindset of excellence in performance.

Planning and reviewing it

Time is limited, way to improve are unlimited. This method is about how to use and balance your time using a set of mind vs. body guidelines. Plan, do (execute), record, review and then back to plan.

Repeating it

Why and how to develop mental routines for before, during and after you perform. Some are short, some are long but all are useful.

Seeing it

How to become better at mental rehearsal (aka imagery and visualisation) for the five different recognised purposes.

Mastering it

How to make your practice environment mentally harder than your competition one in just the right way to build mental muscle.

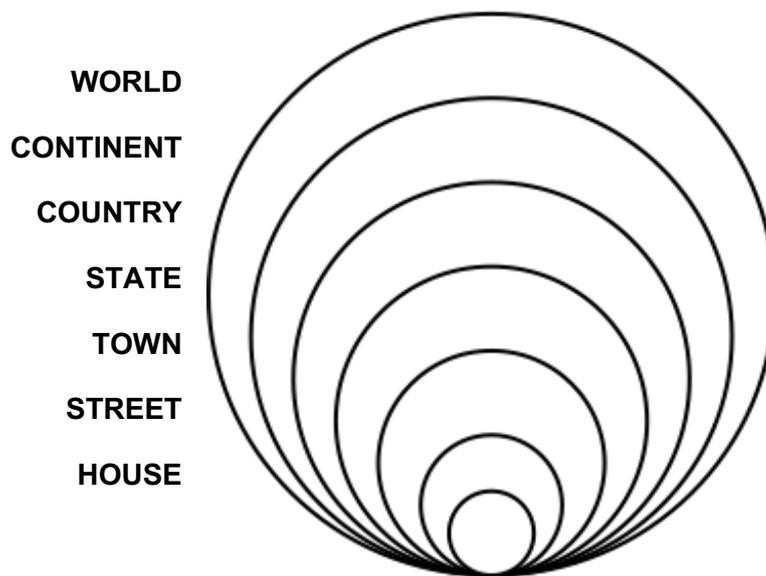
Thinking it

Pure mental conditioning; tools to help improve the accuracy of self-talk and thoughts of the maximum benefit of the end user.



Think of Planet Earth as a similar example.

The world can be divided into 8 parts (the 7 continents plus the oceans). In other words as complicated as the world is (and it is!) it can be made simpler by thinking of it as water + North America + South America + Antarctica + Africa + Europe + Asia + Oceania. In turn each continent or ocean can be broken down further into countries (e.g. Germany) or specific oceans (such as the Indian Ocean) and so on until even the bathroom in your house has a clear place in your mind.



Note that once you have **all the parts** of a layer complete you have a choice as to how simple or how complicated you want that layer to be in your mind. For example Australia can be thought of as one thing or eight things (six states and two territories) depending on what you want to do with that thought. **The way you think of it does.** This simple way of making complex concepts (the world / performance / virtually anything) seem simpler by breaking them down into categories is an essential part of building and maintaining genuine mental toughness. Even if we are wrong and accidentally miss a category or two, out the benefits would still outweigh the drawbacks.

Tactical Wisdom, Physical Capabilities, and Lifestyle Choices). Due to the nature of these pillars, three of them can be subcategorized in a very similar way regardless of what sport you play.



PHYSICAL PREPARATION

- We need to be physically warmed up to really perform. The link between your mind and body needs to be formed and once you have your **METHOD** (as each person will find a method which works for them) then you will have a distinct and clear mindset, which will let you bring your best to the stage every time you walk out.
- One of the things we work on so much in martial arts practice is breathing techniques. Learning how to breath using your full lung capacity will allow you to relax and move towards attaining your own personal performance state.

MENTAL PREPARATION	PHYSICAL PREPARATION

Most people take their time at an event more seriously than training for the event. Others try to make them as similar as possible. However the mentally tough actually take training (practice, effort) much more seriously than the events in which they are preparing. This **Mental Toughness Work** will help you to practice like it really matters and perform like you've already succeeded. **If you've put in the hard yards in training then we suggest you just turn up, chill out, enjoy the time and strut your stuff.**



1. Workout the total amount of time (hours and minutes) that you feel you want to dedicate to improving your performance in a week. To keep things simple you might want to exclude Lifestyle Choices for the time being and focus on the other 4 pillars. As effort is controllable then the total amount of effort per week would want to stay more or less the same. Lots of effort some weeks and less effort for other weeks you might benefit from a review of your time to divide that effort into smaller blocks.
2. There is no correct way to do this but it's worth pointing out than regular planned effort will result in higher in quality performances than an unplanned effort.

CONTACT INFORMATION



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