

**CASE STUDY: DISTRACTIONS**  
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Here is a case study of an actual one-hour client meeting. I was attempting to help him with focus by drawing out his distractions. He is an Ultimate Fighter preparing to travel out-of-town for a single elimination tournament. One loss and he's out, no consolation fights.

MAY 4: Weigh-in

MAY 5: Tournament

*April 30: Leave for destination in early am. Deal with traffic to airport. Check bags. Wait in security line. Arrive seven hours later.*

*April 31-May 3: Jet lag. Find a local gym for light workouts and drills. Careful not to get hurt or cut. Rest in room, meditate, visualize. No partying.*

*May 4 -- Rules meeting, regulations, procedures. Media photos/interviews and autographs for fans.*

*May 5 (first round): Blind draw for opponent. Could be the top ranked guy, could be a rookie. Wait for the draw. . .*

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I pointed out to him that everything he just described to me in detail was either completely out of his control or partially out of his control. (Listen to **Control Factors** session.)

Control would begin for him when they drew his opponent's name. **That's when 80% of his match would be won or lost.**

That's when his focus should become telescopic and microscopic. That's when he should say,

*GREAT! VICTORY IS NOW MINE!*"