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Context to the nugget

Matt speaks about his take on terms such as Visualization and Meditation and speaks about how he relates to them. He specifically discusses a ritual of a 7-15 minute quiet time that he practices every day and speaks about the benefits of this exercise in improving one's performance in a certain domain.

Transcription

Deepak Jayaraman (DJ): Related them Matt, 'Visualization' that's the term that one hears a lot about elite athletes talk to us about how you think about visualization and how whether it's athletes or business leaders how one can leverage the power of that in unlocking the potential?

Matt Dixon (MD): I think that it's a very broad subject and it becomes something that is highly personal but ultimately anchor it in a phrase that I really like a lot about 'Creating confidence out of familiarity' and so the visualization it is a pathway or a route for the athlete or the business leader to put themselves in situations so that they can become familiar, so that they can grow and it's not hippy, dippy, it's not woo at all, it is an really important component so that you can lessen the ... or the barrier when people actually have to execute and so a lot of times and it doesn't take much, it takes very small repeated exposures to actually have an impact where you can start to develop this familiarity. We actually quite often with very busy executives as well as our professional athletes we tend to pair visualization with meditation again another big word, there's absolutely no doubt that meditation is a performance enhancer but really when you think about meditation it can mean very different things to very different people and one of the habits and we are very habit driven things that are repeatable and you just do one of the habits for most of our executives and professional athletes is some form of meditation and married with that some form of visualization and so I will use myself as an example all most every day I tend to take about a 7 to 15 minute it sounds very bizarre and very quirky but for 7 to 15 minute quite time so you can call that a nap you can all that a visualization you can call it meditation but it is time to empty your mind. For professional athlete we tend to use that time to take a piece of their performance, maybe it's the start of the race or the swim is really chaotic, maybe it's coming off of the bike onto starting a marathon and we just have them sit quietly in a cool place that is dark there's no screens their eyes are closed and they visualize the action that they are going to do in that environment, now the outcome might be that they fall asleep and that's really rejuvenate from a physiological stand point, the other component is that they might fall to sleep but they have a chance to actually put themselves in situation and find familiarity that's a wonderful performance enhancing habit and when there is just quite time and you don't fall to sleep or whether you actually full out of visualization do fall to sleep, then you are getting spike of growth hormone and having much better energy in the rest of the day, it's a very

simple habit and so I think, I answer two questions there what it is and then second how do we implement it and so I think I went on a journey there Deepak.

Reflections from Deepak Jayaraman

DJ: I see a lot of people getting hung up about terms such as mindfulness, meditation, visualization and so on. I think my big takeaway here and what I tell the people I work with is whether you have built in a pause button of some sort in your daily life. It could be journaling at the beginning or the end of the day or running or quiet time like Matt mentions. Baking regular time for reflection is a key element that often gets ignored in the pursuit of one more item in the never ending check-list!

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End of nugget transcription

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Matt Dixon - Nuggets

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- 46.03 Matt Dixon - Athlete to Coach to Entrepreneur
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About Deepak Jayaraman

Deepak seeks to unlock human potential of senior executive's / leadership teams by working with them as an Executive Coach / Sounding Board / Transition Advisor. You can know more about his work [here](#).

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