

Win at Loretta's

Contact me today to get my FREE REPORT

HOW TO WIN THE BIG ONE – THE LAST PIECE OF THE PUZZLE

brappmag@gmail.com or 717.951.5620

© Jim Bull

Racers – Parents – Spouses

There is a lot of reading here.

Trust in the fact that if you take the time to complete these exercises that it will make a difference in your finishes at Loretta's.

Remember – there's lots of fast kids.

It's the one's that go the extra mile that will rise to the top.
(if your racer is under 10 years old they will probably need lots of involvement from you to make this work.)

You've made the financial investment – this will seal the deal.

FREE REPORT

HOW TO WIN THE BIG ONE – THE LAST PIECE OF THE PUZZLE

© Jim Bull

So you're headed to Tennessee to compete in the biggest race of the year.

You or your parents/sponsors have spent a lot of money on bikes and equipment.

You've been traveling all over the country to qualify.

You ride every chance you get.

You eat right and go to the gym. You train on your bicycle or run day after day trying to build your endurance to compete in the heat.

SO YOU'RE READY TO GO – RIGHT?

YOU'VE DONE EVERYTHING YOU CAN TO DO YOUR BEST – RIGHT?

DO YOU BELIEVE THAT YOU'RE GOING TO WIN?

OR

IS THERE SOME DOUBT THAT YOU MIGHT HAVE MISSED SOMETHING

THAT MAYBE THERE'S SOMEBODY OUT THERE THAT JUST MIGHT BE

A LITTLE BETTER PREPARED?



**YOU'RE RIGHT – THERE IS ONE MORE THING YOU NEED TO DO
IT'S THE LAST PIECE OF THE PUZZLE THAT MOST OF US MISS
BOTH IN THIS SPORT and IN LIFE**

The good news is that we still have time.

Time to give you the edge you need to get on the top of the box.

**The even better news is that it's the easiest part of your training
that you will need to do and it is FREE**

**Like riding however, you need to do it every day and you need to
start NOW.**

Do it now, do it now, do it now...



Some things to think about...

From the Huffington Post.com

The ones, who are crazy enough to think they can win, are the ones that do. ~**Anonymous**

Don't be afraid to give up the good to go for the great. ~**John D. Rockefeller**

I find that the harder I work, the more luck I seem to have. ~**Thomas Jefferson**

The starting point of all achievement is desire. ~**Napolean Hill**

There are two types of people who will tell you that you cannot win at Loretta's, those who are afraid to try and those who are afraid you will succeed. ~Jim Bull

**SO YOU'RE PROBABLY WONDERING WHEN I'M GOING TO LET
YOU IN ON THE SECRET**

**And if you came this far without quitting, you have a great
chance of winning.**

**I know – reading is lame. But it is the few that do the most that
will receive the greatest success.**

**I will tell you that if everything else comes together in Tennessee, your
bike doesn't break or the racer beside you doesn't take you out and you
do what I'm about to ask you to do.**

YOU WILL BE A CHAMPION

NO IFS, ANDS OR BUTS, YOU WILL BE A CHAMPION...

LESSON STARTS HERE

YOU HAVE TO DO THE FOLLOWING THINGS EVERY DAY

THE BEST RESULTS WILL HAPPEN IF YOU DO THEM

THREE TIMES EACH DAY.

It doesn't matter if you're four or forty – the same principles apply.

Here is the most important thing you need to know.

**YOU'RE BRAIN CAN'T TELL THE DIFFERENCE BETWEEN
SOMETHING YOU IMAGINE or SOMETHING THAT
REALLY HAPPENS.**

That means if you can see or believe that something will or can happen

It can...

Many people say – they'll believe it when they see it.

TRUTH IS

You have to believe it – then you'll see it.

YOU HAVE TO IMAGINE YOU WINNING THE BIG RACE OR IT WILL NEVER HAPPEN

I've been around this sport for over 30 years and every time I hear the following statement from a racer – I know their chances are slim.

My Goal is to be in the top 10.

And that's an ok goal if you want to finish in the top 10 – that's a great finish.

No matter what you want to accomplish at Loretta's

You need to set the goal – you have to write it down and you have to look at it every day, over and over again.

MAKE THIS YOUR GOAL

I'M GOING TO WIN ALL MY MOTOS AT LORETTA'S

If you tell yourself over and over again

I'M GOING TO WIN ALL MY MOTOS AT LORETTA'S

What do you think might happen?

Let me ask you this – what if this was your goal.

I'm going to finish top 10 in my class at Loretta's

What do you think might happen?

That's right – you're gonna go 2- 8 - 23 and if you're really lucky you might finish 9th or 10th overall.

And trust me – there is nothing wrong with that.

Just by making the show you have accomplished more than thousands and thousands of other racers have.

YOU ARE ALREADY A CHAMPION.

BUT IF YOU WANT TO WIN – REALLY WANT TO WIN.

TELL YOURSELF AT LEAST THREE TIMES EVERYDAY, OUT LOUD

I'M GOING TO WIN ALL MY MOTOS AT LORETTA'S

I want you to make signs and hang them around the house, in the bathroom, on the fridge, on your ceiling in your room, I want you to see that message everywhere you go.

I want you to write a RAP song about it and sing it all day long and I want you to email it to me so I know you're doing it.

brappmag@gmail.com

you have to be accountable to somebody.

What's the worst that could happen?

You go 1 - 1 - 4 because some squid took you out on the start.

WHATS THE BEST THAT COULD HAPPEN

THAT'S RIGHT – YOU WIN ALL YOUR MOTOS AT LORETTA'S

C'MON – KEEP READING – WE'RE ALMOST DONE

Here's another really important truth that you have to understand.

People will try to destroy your chances of winning and they won't even know they are doing it.

So here's what you have to do.

This message goes out to the racer, the parent, the spouse, the sibling, the best friend. Please help your racer accomplish their goals.

DO NOT PUT ANY DOUBTS IN THEIR MIND

Here's what I mean...

You have to believe you can win and don't let anybody else tell you anything different.

What do they know – are they the one that is racing?

Do they know what you can or cannot accomplish?

Of course they don't...

It doesn't matter who else is racing.

It doesn't matter what their equipment is like or what money they have invested.

It doesn't matter if it's going to be 90 degrees all week.

It doesn't matter if you've never been there before.

It doesn't matter if you haven't rode in weeks because of an injury.

It doesn't matter if your girlfriend just broke up with you.

NOTHING MATTERS – OTHER THAN WHAT YOU BELIEVE

IF THEY ARE TELLING YOU THAT YOU CAN'T WIN

POLITELY TELL THEM THAT YOU HAVE SOMEWHERE ELSE TO BE
AND GET AWAY FROM THEM AS FAST AS YOU CAN.

This is so important – please ask everyone you know to support
you and your beliefs until this race is over.

If they won't then you need to UN FRIEND them right away.

Ok – there's one more thing you need to do.

You need to write yourself a PAP Page.

Take 10 things you need to improve on or want to believe or accomplish
and make a list.

Some examples:

I'm the fastest kid in my class

My corner speed is getting better everyday

I get the holeshot every time

2016 is my year

No one can catch me

I love racing in the heat

My bikes are the best

I'm grateful for everything I have

My sponsors are the best

Joe Racer (you're name here) is the 2016 Amateur National Champion in 250 B (whatever class)

You can use some of my ideas or you can come up with your own.

The important thing is that you make this list and read it out loud to yourself at least three times every day.

The more you do it – the faster you'll be...

Another great exercise is to write your PAP page out in sentence form over and over again. Do it three times each day.

It won't take you long but it will definitely get it in your head.

Remember what we said in the beginning:

YOU'RE BRAIN CAN'T TELL THE DIFFERENCE BETWEEN SOMETHING YOU IMAGINE or SOMETHING THAT REALLY HAPPENS.

Follow the instructions in this report and you will finish better at Loretta's than if you don't do the exercises.

I dare you to give it a try...

Thank you for reading this FREE Report

Please share it with all your friends.

I would like to know what you think of it and how it has helped you after the race.

Watch for other FREE Reports coming soon

And if you're interested in other training products or mental coaching please contact me directly at:

brappmag@gmail.com 717.951.5620

www.brappmag.com

Additional Help If Interested

Make yourself a Gratitude Log

It is sometimes a good idea to combine this in a notebook with your PAP Page.

A Gratitude Log is a notebook where you can jot down five things you are grateful for each morning.

It is the best way to start your day.

You start your day by reading your PAP Page then you insert the date and write down five things you are grateful for that morning.

Next – find yourself a higher power and let it guide you.

It may be the Holy Spirit, or the universe or any other God you believe to be your creator.

Be thankful to your higher power each and every day.

Ask for abundance in all you do.

Be kind to others.

And find your reason for being.

I believe you can accomplish anything you want.

Coach J