

Hello and welcome to my Table Tennis Secrets Newsletter!

In the next few weeks we're going to be investigating just how YOU can take your table tennis game to the next level - and then many levels beyond that!

We're going to be looking at, amongst other things, what motivates you to play the game, how to go about achieving things that you can't even imagine at the moment and what the best players do that we can all learn from. It's going to be fun!

You will be one of the first to hear the latest and most effective self-help goodies and psychological techniques specifically tailored towards table tennis.

Why am I doing this?

Well, as you probably know me I love the sport of table tennis.

And I equally love applying everything I learn through life coaching to my own TT game.

This has proved to be very successful, and I want to share what works (and what doesn't) with everyone else out there who fancies taking advantage of it!

Many people ask exactly what a life coach is.

My reply is usually that I 'help people to achieve what it is they want in their life'.

And that is what I am here to help you with, to achieve whatever you really really want in table tennis.

So sit back, relax and allow me to entertain, motivate and hopefully inspire you to new table tennis heights!

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"Why Are You Playing Table Tennis Anyway?"

Hmm, an interesting question.

As you and I both know of course, it is quite simply the best sport on the planet, combining a multitude of both mental and physical skills.

It keeps your body fit and your brain active, is sociable, competitive and also fun.

But the one thing that we must do before going any further is to decide which of the many good things about the sport you are actually in it for.

For example, personally...

I don't play the game because I enjoy it.

I don't play the game because I like the people.

I don't even play the game because I like to win.

The one reason that I play table tennis is because I enjoy the challenge of becoming the best player I possibly can in a sport that tests me in every possible way.

When you know what it is you want from a sport, it makes it a whole lot easier to go out there and get it.

So, do you play for enjoyment?

Do you play to keep fit?

Do you play just to win?

Really ask yourself what it is that attracted you to the sport in the first place, what it is that keeps you back, no matter what level you play at, from beginner to going Olympic champion.

Because the beauty of this course is that it can be applied to whatever table tennis goals you have.

Whether it's to play for your country, to win a tournament or just to go out with someone that you rather fancy in your club (!), the principles that we are going to look at can help in any area of your game.

You just have to know what it is that you want!

So your assignment this week (by the way, I set assignments all the time; simple ones that make massive differences) is as follows:

On a piece of paper somewhere, in a notebook or a journal, write and complete the following sentence:-

"I play the wonderful sport of table tennis because..."

And remember there are no wrong answers!

Keep the answer safe somewhere so that you can look at it often.

Because what you have written in forms the basis for everything that we do from here on.

Maybe you started to play as a means to get fit but now really fancy beating your rivals.

Maybe you started young to please a parent and now play because you love the game.

Maybe you simply want to be the best!

When you are in one of my table tennis life coaching sessions I could probe further and respond to how you answered, for now, I'll leave you to really think about the answer that you gave, and what that means to your game.

And next time we'll look at how your beliefs can be used to turn you into a star player!

Until then, have a great week.

Javad Ameri