Twitter Thread by Shane Martin



Shane Martin
@Shane___Martin

Michael Jordan. Kobe Bryant. D Wade.

3 killers… but 1 man behind the curtain.

Performance coach & mindset engineer — Tim Grover.

I spent hours studying his stuff…

Here are 7 key lessons for developing killer instinct, dominating the competition & coming out on top.

■



1 / Be Relentless

Success isn’t as complicated as most people think.

In fact, Tim boils it down to one simple trait: relentlessness.

For some…it’s innate. But for the rest of us, it’s a choice.

But what exactly does it mean to be relentless?

2/ Lose “Good Enough”

Over the years, MJ racked up quite a few championships.

But every off season he had one goal: to get better.

Why?

For winners, “good enough” is not an option.

Being relentless means committing to endless improvement —even when you’re winning.

Put it to practice:

Every time you achieve a goal, schedule a check in.

Ask yourself:
- Where did I fall short?
- What's my next advantage?
- Where am I phoning it in?

Winners don't get complacent with small victories…

Identify the next opportunity & pounce on it.

3/ Cooler, Closer, Cleaner

Grover has a simple framework for categorizing competitors:

1. Coolers: Avoid confrontation
2. Closers: Follow you into battle
3. Cleaners: Start the war, then finish it.

Metaphors aside, Cleaner's win. And they win big.

Which one are you?

4/ Extreme Ownership

When you screw up, you have three options:

1. Explain
2. Blame
3. Own

Kobe had many opportunities to blame his team —especially in the dark days of 05 - 07.

But he knew that only one of those choices leads to growth.

Every time you take responsibility for a mistake, you put you into a "constant growth cycle".

Screw up > own > learn > improve

No matter the outcome…

Take responsibility and figure out how to do better next time.

5/ Skip Shortcuts

Put simply, Grover is not a fan of shortcuts, and neither are his disciples.

His formula is simple.

Define:
1. Where you are now
2. Where you want to be instead
3. What you're willing to do to get there

Then make a plan and act on it.

Relentlessly.

6 / Welcome Pressure

How we view pressure determines how we're impacted by it:

If we fear it, it hurts us.
(negative stress, degrades performance)

If we embrace it, it builds us.
(sharpened focus, creates definition)



Put it to practice:

Try intentionally putting yourself into stressful situations.

Volunteer to give the presentation or to lead the sales call.

Your goal is simple: get in some small "pressure reps" so when the time comes, you're ready.

7/ Work Harder

After every game, Grover used to ask MJ one question:

"Five, six, or seven?"

What he meant: "What time we hitting the gym in the morning?"

Not if… But when.

Win, loss, soreness, fatigue — didn't matter.

Back to work.

This thread is part 2 in a series where I'll be deconstructing the habits, routines and hacks of high performing people.

Make sure to follow me to stay tuned: @Shane___Martin

If you learned anything interesting from this thread, a retweet would be greatly appreciated!

Linked it below!

Thanks for reading

https://t.co/MUm4u9lyIr

> Michael Jordan. Kobe Bryant. D Wade.
>
> 3 killers\u2026 but 1 man behind the curtain.
>
> Performance coach & mindset engineer \u2014 Tim Grover.
>
> I spent hours studying his stuff\u2026
>
> Here are 7 key lessons for developing killer instinct, dominating the competition & coming out on top.
>
> \U0001f447 pic.twitter.com/yMKomZ3biu
>
> — Shane Martin (@Shane___Martin) April 6, 2022