

Temptation - Tuesday, 9<sup>th</sup> August.

The car will come for me at 9:30, audience is loaded at 10:00, we start taping at 10:45

Regarding standbys...

There is a possibility that there will be 3 players there on Tuesday who have seen me play before (former standbys). The producers may program one of them up against me in each game. But then again, they may not. The 2 standbys that I know about are:

- 1) The pregnant argumentative lady, who will try to psyche me out.
- 2) The nice, short-haired, goatee-wearing family man, who, if he goes up against me, will probably already think that he's lost.

Russell says:

- Through positive visualisation, you've already gone through all the emotions
- Positively visualise the whole experience
- Train your mind to refocus; **"I Know The Next One"**.
- If the challengers get close, keep thinking **"they can't touch me"**.
- Remember the quote from Ali - "Is that all you got?" **NO FEAR. I AM THE GREATEST.**
- Never give up, take it one question at a time.
- It ain't over till it's over

Parko says:

- Don't feel you have to be entertaining. That's their job (They won't let you get a word in, anyway)
- Ignore the other competitors. **They don't exist.**
- **It's just Ed quizzing me.**
- **There's no one else there.**
- If I miss a question, let it go. **I Know The Next One.**

I say:

- I have to take it **one question at a time.**
- I have to **ignore what's at stake**, and **just keep pounding away.**
- **BE IN THE HERE AND NOW.**
- Focus **entirely** on Ed.
- I Know The Next One.
- Let them know I'm a force to be reckoned with. Make a point of saying these words, on camera: "I feel great! Bring it on!" "I believe I can do this."
- **IT IS ALL MINE FOR THE TAKING.**

## HERE ART I BLESSED...

1. I have played 4 games.
2. I am comfortable in front of an audience.
3. I am witty
4. I am popular with the audience.
5. I am popular with Ed & Livinia.
6. I am popular with everyone who makes the show. (Karla, Michelle, Andrea, etc., etc.)
7. Everybody wants me to win.
8. I have a broad-ranging general knowledge.
9. My reflexes are good.
10. My anticipating skills are good.
11. I know the show inside out.
12. I know how the question writers think.
13. My buzzer technique is good.
14. The show has become second nature to me. *It's my home turf.*
15. My mental attitude is good.
16. **I'm already more than half way there!**
17. **On Tuesday, I don't have to play as many games as I did last time.**
18. I have lunchtime to collect myself, and talk myself up again for the final game.
19. Winning this is second nature to me now.
20. In my regime, **my competitors simply don't exist.**
21. *I will look & feel good in the new suit.*
22. *I have my mantras & motivational music*

## HERE ART MY COMPETITORS CURSED...

1. They have never played a game of *Temptation* in the studio before.
2. They are intimidated by the lights and the studio.
3. They are terrified by being in front of a camera.
4. They are intimidated by the pressure to perform.
5. They are greedy for instant gratification (Cash Vault, Gift Shop, etc.)
6. They think "I come here wiv nuffink (so anything I can get is a bonus)."
7. They have no strategy.
8. They don't look at The Big Picture.
9. They have not trained as I have.
10. In the first game, they have no idea how good I am (I'll take them by surprise). *SURPRISE ATTACK*
11. In the second and third games, they will be daunted by me, and **THEY WILL GIVE UP.** (The second game last time was <sup>my</sup> biggest winning margin - I won by \$85 / \$90!)
12. Playing against me, they will make forced errors.

*I WILL MAKE THEM GIVE UP*

*I'm playing at the best time, with the best training, the best referees, and the BEST MENTAL GAME going around.*