

MAMBA MENTALITY

LIFE LESSONS LEARNED FROM KOBE BRYANT HIS LEGACY

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INTRO

Kobe left behind a legacy as an incredibly hardworking role model. He left us with some great lessons on succeeding in basketball and in life.

This presentation is about how the Mamba Mentality can help you as a player and as a person.

WHAT IS MAMBA MENTALITY?



https://www.youtube.com/watch?v=2EtHt6h_63o

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MAMBA MENTALITY

“Mamba mentality is all about focusing on the process and trusting the hard work, it’s just trying to get better every day.”





THE MAMBA MENTALITY IS A WAY OF LIFE

**The next part are all examples on how
to adapt your mindset.**

“NEVER GIVE UP ON YOUR DREAMS”

“it’s easier said than done, because I think we all have dreams. But once you go through the process of trying to make those dreams a reality, you hit obstacles. And I think unfortunately, because of pressure or anxiety or responsibilities . . . You kind of give up on those dreams and somewhere along the line you lose that imagination. I think it’s important that you never lose that. You can’t give up. That’s the most important thing. I never gave up on my dream.”



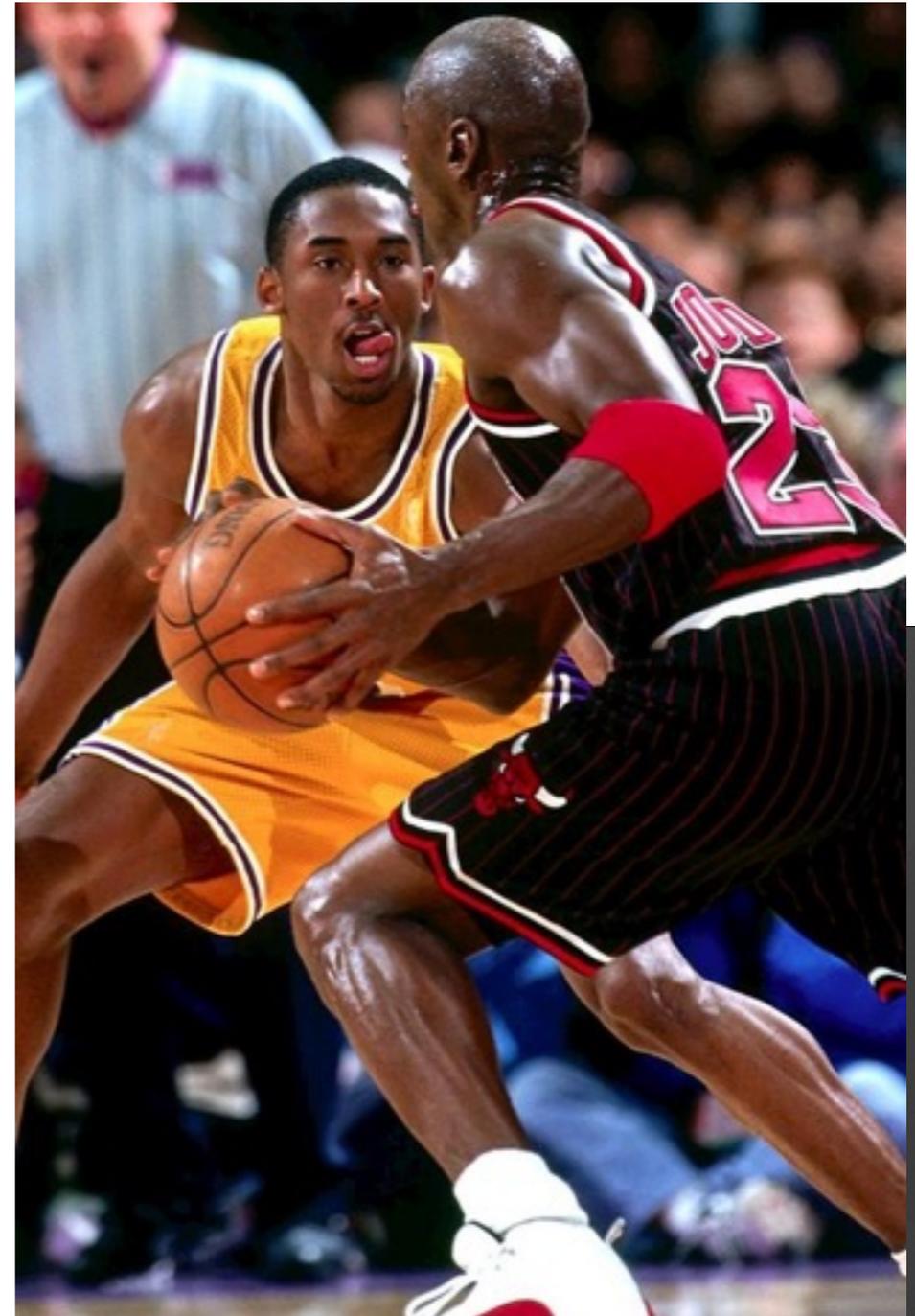


“RELENTLESS WORK ETHIC”

It’s the work ethic that begins separating you from the rest of the crowd. When you’re willing to work on your craft and put in more hours than anybody else, you start pulling away from the pack.

“I WILL NEVER BE OUTWORKED”

“I wanted you to know that it doesn’t matter how hard you work, I’m willing to work harder than you.”



NEVER OUTWORKED

Goalcast



<https://www.youtube.com/watch?v=aj7fgZQCe0M>

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“HAVE PATIENCE”

All the hard work, all the sacrifices, all the sleepless nights, struggles, downfalls, it all pays off. It's just a question of time!

“I have strategic patience. The time is going to come because I'm going to keep banging on the door.”

Michael Jordan said that he felt that Kobe was the only player who ever approach his work ethic.





12 YEAR OLD KOBE

“EVERY MASTER WAS ONCE A DISASTER”

At the age of 12 Kobe joined a summer league. He had been playing basketball since he was 3 years old and was obsessed with it. His father was also an NBA player and he wanted to become one too.

In the entire tournament he wasn't able to score a single point. “I was absolutely devastated, I went home frustrated thinking is basketball really something for me?”

Then I heard about the story that Jordan once got cut from his high school team and that motivated me to play the game again.

“TALENT IS OVERRATED”

“Kobe: I think talent is the most overrated thing in life; it’s what you do with your talent. I wasn’t the biggest, strongest, quickest or most skilled player. But I outworked everyone, I took the ‘can’t’ and ‘won’t out of my vocabulary.”





“SET A STANDARD OF EXCELLENCE”

Kobe was a perfectionist. And he demanded 110% not only from himself but also from his teammates, and he wasn't afraid to let them know when he felt they were slacking.

Never allow yourself to cheat, hold yourself and your teammates accountable of keeping the standard super high in practice.

“BECOMING OBSESSIVE”

A lot of people say they want to be great, but they’re not willing to make the sacrifices necessary to achieve greatness.

Fall in love with the process of what you do. If you’re only in it for the money, fame or accolades, you’re not going to make it very far.



“DO YOUR HOMEWORK EVERY SINGLE DAY”

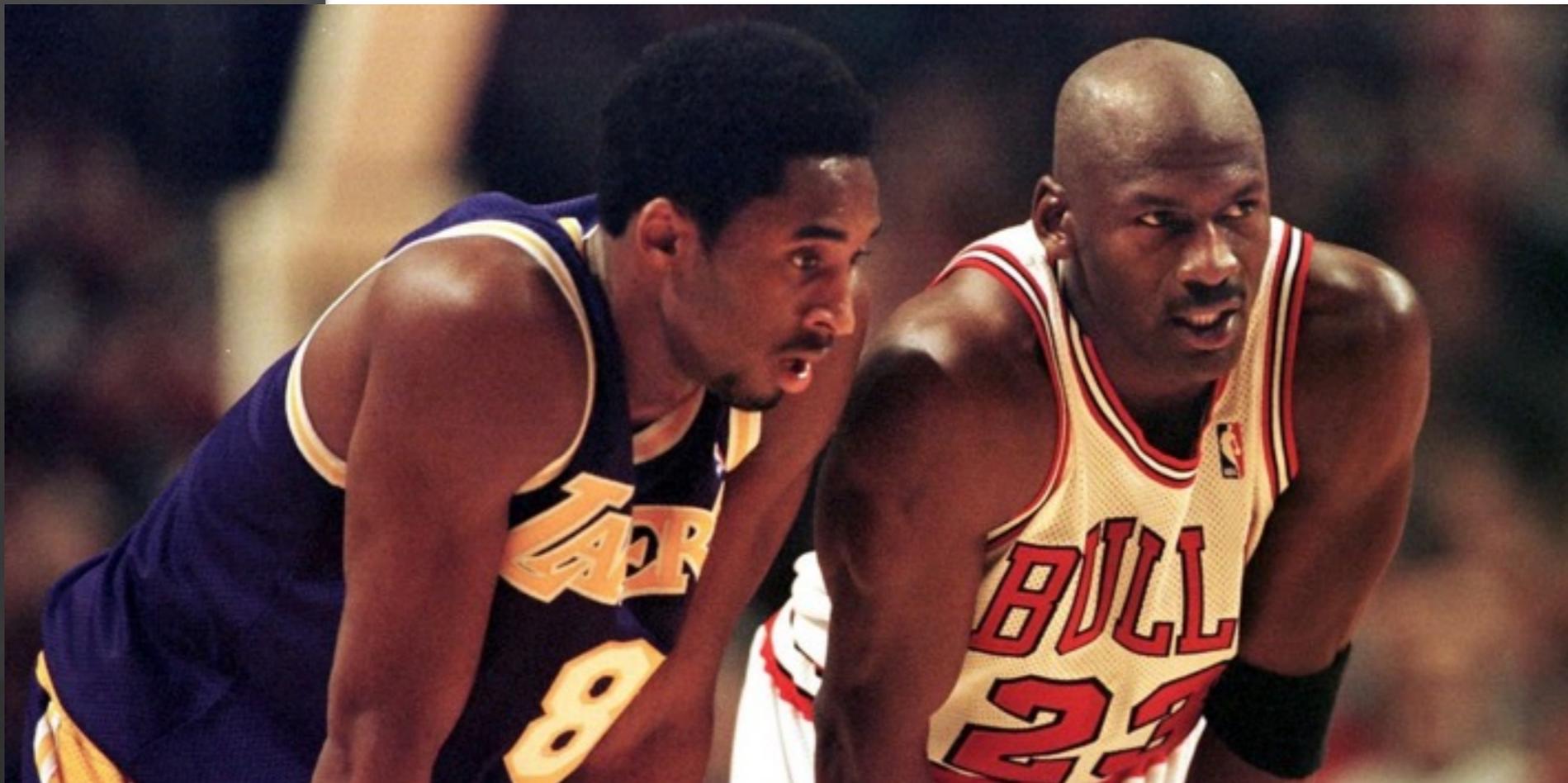
Kobe was obsessed with studying other superstars. He watched their tapes over and over again. He wanted to be ready long before he faced these players in a real game.

Kobe was known for his attention to detail and unbelievable understanding of the game. Make it a habit of watching tape daily. It can be a 10 min clip, but try to learn something everyday.



“I HAVE STOLEN ALL MY MOVES FROM THE GREATEST PLAYERS”

I watched tape of all the best players, over and over again. Then tried those moves out on the court, till I mastered them. I wanted to be better at the moves than the players I learned it from.



“HAVE GREAT MENTORS”

Kobe his idol was MJ. Everything MJ did, he wanted to do better. MJ became his mentor even when they were still competing. Learn and mimic from the best!



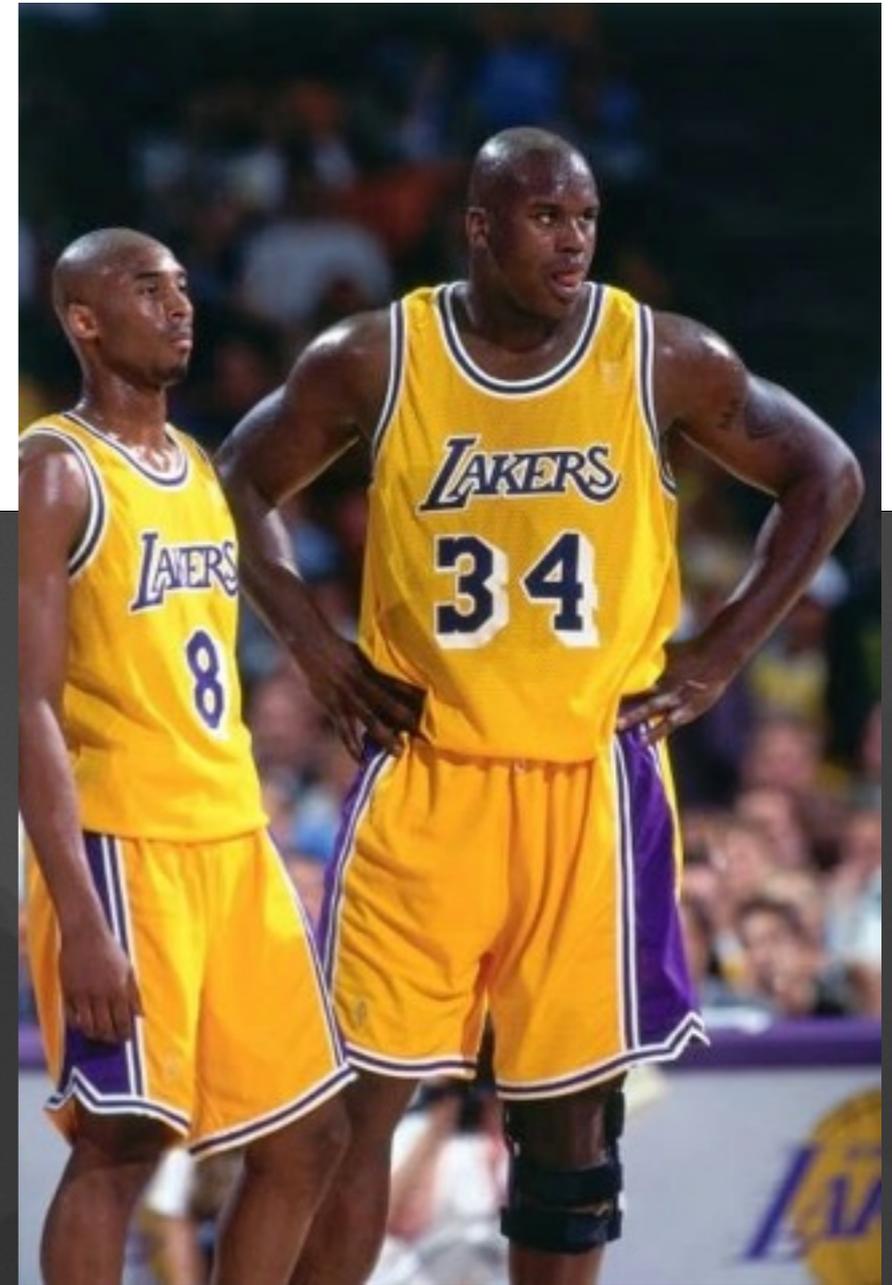
LEARN FROM YOUR IDOLS



<https://www.youtube.com/watch?v=v27Hk5Ole-k>

“IF YOU’RE AFRAID TO FAIL THEN YOU’RE PROBABLY GOING TO FAIL.”

Almost all human beings fear failure, however it’s what we do with that fear that matters. You can overcome your fear and use that energy to reach your goals. We all have that little voice that whispers that you’re not good enough.





“EVERYONE HAS DOUBTS”

“I have moments and I have days where I doubt myself. But to me, that’s the exciting part of the challenge. That’s when I realize this is a great opportunity to come and out bounce back. That’s how you respond to a challenge.”

**“THE MOMENT YOU GIVE UP IS THE
MOMENT YOU LET SOMEONE ELSE WIN.”**

Develop the mindset that quitting is not an option. To get what you want, you must work for it. Because ultimately, giving up means a 100% chance of failure.



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“CONFIDENCE IS KEY”

If you don't believe in yourself, then who will? Be willing to take chances and believe in yourself.

“CREATE YOUR OWN PATH.”

I looked at it this way, you were either in my war or out of it. We must carve our own path in life and stick to it. On the way you will meet people who say you can't make it, or that you should focus on different things. Don't let them distract you, and don't give in to their negative energy. Do whatever makes you happy.



“DON’T LISTEN TO PEOPLE WHO DISCOURAGE DREAMING BIG.”

A school counselor asked me when I was around 10 years old: “what do you want to be when you grow up? I said I wanted to be an NBA player.”

“He said, you know that’s not very realistic, and I said. Well This is I what I want to be.” But the counselor insisted: ‘I think you should be something else.’”

“I believe you have you dreams, you believe, you go for them, you go for them 100%.”



“BE WILLING TO MAKE SACRIFICES”

“There’s a choice that we have to make as people, ad individuals. If you want to be great at something, there’s a choice you have to make. We all can be masters at our craft, but you have to make a choice. There are sacrifices that come along with making that decision. It’s not going to be easy but you need to keep your focus on your dreams.”



“REACH OUT TO OTHER PEOPLE”

“I cold call people and pick their brain about stuff. Some of the questions I ask seem really simple and some of them seem stupid, quite honestly, for them. But if I don’t know, I have to ask. I always wanted to learn from successful people. That’s really important no matter how good or smart you are never stop learning.”





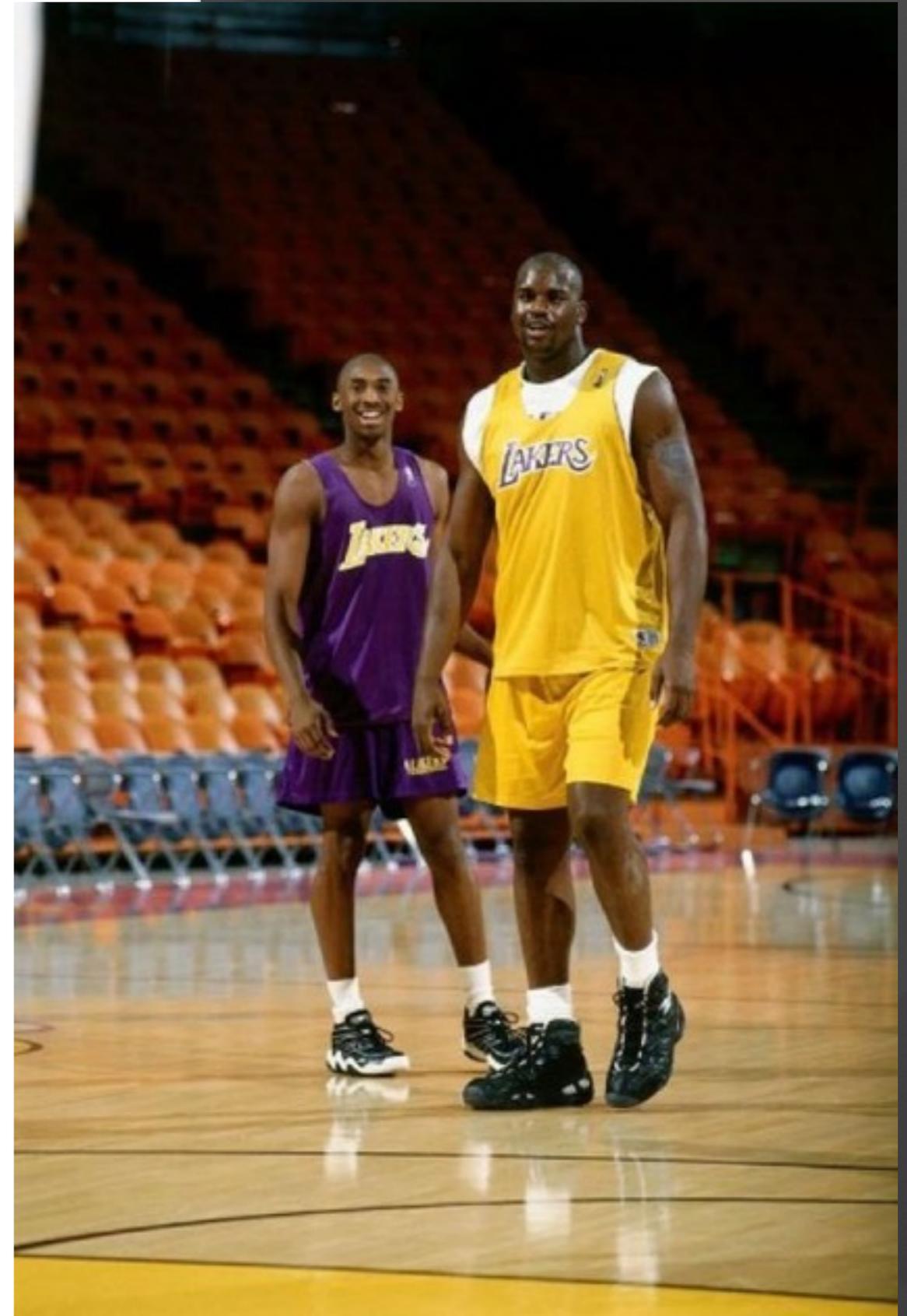
“HATERS ARE A GOOD PROBLEM TO HAVE. NOBODY HATES THE GOOD ONES. THEY HATE THE GREAT ONES.”

So while you might not want others to dislike you, success breeds jealousy. Rise above that, hold your head high and enjoy all the benefits of your hard work.

Too often, we worry about what other people think. Sometimes we care more about impressing others than becoming truly happy.

“FEELING INTIMATED OR NOT IS A MINDSET”

I realized that intimidation didn't really exist if you're in the right frame of mind. Choose to deflect the negative energy and brush it off. Even though that is easier said than done, this rule of Mamba Mentality will help you rid yourself of these toxic people.



KOBE DOESN'T FLINCH



<https://www.youtube.com/watch?v=BUdLLdR8Pow>

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“I CAN’T RELATE TO LAZY PEOPLE WE DON’T SPEAK THE SAME LANGUAGE. I DON’T UNDERSTAND YOU. I DON’T WANT TO UNDERSTAND YOU.”

Surround yourself with people with the same mindset as you!



“RESPECT YOUR TEAMMATES”

“When I got older, I realized that it’s more about respecting your teammates and communicating better. Not only to produce better results, but also to have good relationships with everyone else.”



MAMBA MENTALITY

EXAMPLES OF HOW KOBE APPLIED
THE MAMBA MENTALITY MINDSET



5 AM WORKOUTS IN HIGH SCHOOL

When Kobe was in high school he used to show up in the gym at 5 in the morning to work on his skills all by himself for 2 hours and then go to school.

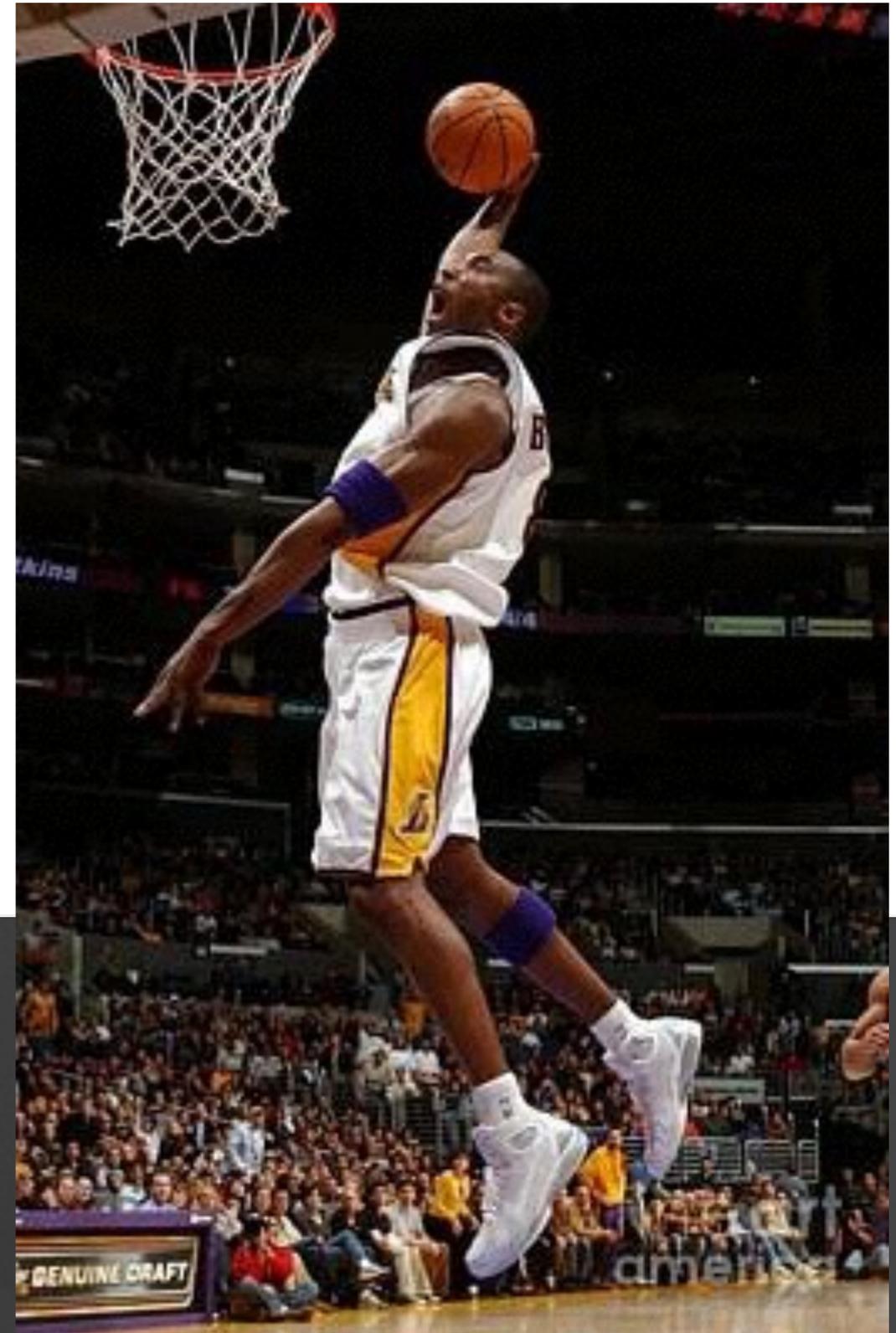


1 ON 1 RITUAL TILL 100

Kobe had this 1 on 1 ritual where he would challenge players to play until 100. His motivation was I'm already staying extra after practice to work on my skills, I might as well do it against a life defender.

The most someone ever scored on Kobe was 100-11.

Even in the NBA his routine stayed that he continued to ask his teammates or trainers, to stay after practice to play 1-1.





400 MADE SHOTS A DAY

My routine was that I had to make 400 shots every single practice. I counted all my shots and never went home before I made 400. In the off-season I doubled it and went for 800 makes a day.

KOBE WAS CAUGHT SHOOTING IN A DARK GYM FOR 2 HOURS

The janitor didn't wanted to keep the lights on, because practice was done and he wanted the players to go home. But Kobe stayed for an extra 2 hours working in the dark and getting shots up because he just didn't want to go home.



KOBE WAS ALWAYS THE FIRST PLAYER IN THE GYM EVEN WHEN HE WAS HURT.

Even when Kobe had a cast on his right arm he was the first one in the gym, all drained in sweat and working on his weak hand dribbling and shooting.





INTENSE WORKOUTS ON GAME DAYS

Even on game days Kobe worked out like crazy, from doing strength work to taking game shots full speed. For him game day was just another day to get better.



TEAM USA PRACTICE

Team practice started at 11am, Kobe decided to start working out at 4am getting 800 made shots up, and doing extra strength work. After that he joined the team USA practice. After lunch Kobe was again the first one in the gym working on his moves. He was on the court for 7 hours.

He wanted to show the guys that no one will ever work as hard as him.

FINAL THOUGHTS

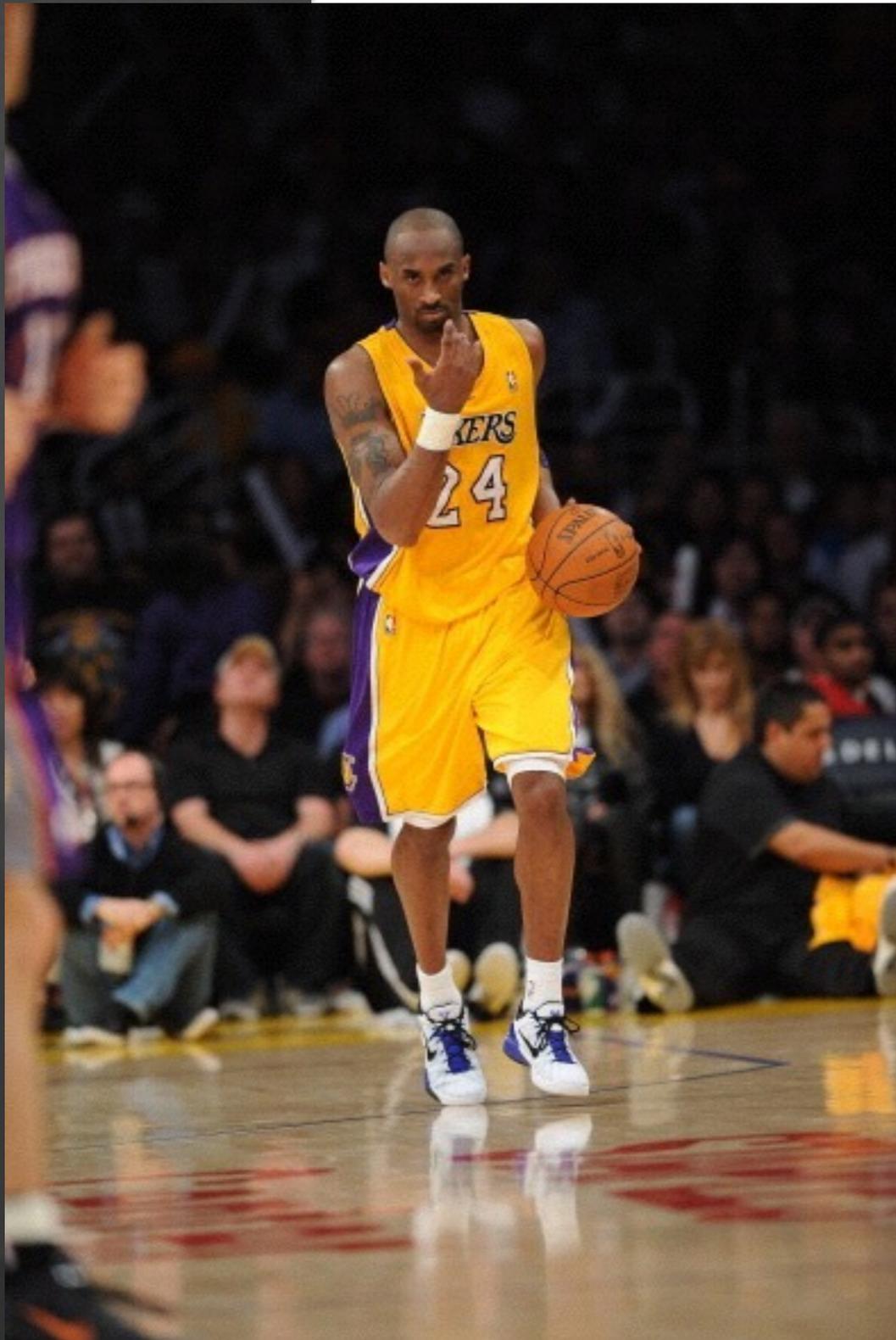
WHAT TO TAKE AWAY



5 MOST IMPORTANT LESSONS FROM KOBE

1. Follow your dreams
2. Create a crazy work ethic
3. Find a mentor
4. Never stop believing in yourself
5. Patience: quitting is not an option





FINAL THOUGHTS

Kobe Bryant's life philosophy was simple. Honor him by achieving all that you can. Focus on the positive, develop a strong mindset, and have great work ethic.

Then you can achieve all your goals.

Rest in peace, Mamba.