

How does Roger Federer using the Laws of Attraction to his advantage?

I thoroughly enjoyed watching Wimbledon this year. I mainly caught the evening highlights with the interviews and commentary from a variety of fantastic ex-players. John McEnroe stands out as one of my favourites to listen to, as I think he is for many. Being interested in the inner workings of our minds I enjoy that John McEnroe has a poetic frankness about this. And I was also impressed at how much psychology was at the heart of the interviews and the analysis in the highlights of each day of action.

Roger Federer was described as the King as he has broken so many records and at the same time makes winning look so effortless. He won the 2017 final of Wimbledon for a record breaking 8th time without dropping a set and he was also the oldest man ever to win it.

These were some of his comments after the 2017 Wimbledon final:

“It’s just belief that I can achieve such heights” ... “If you believe and dream you can go really far in your life”

“It’s magical,” “I can’t believe it yet. It’s too much. I kept believing and dreaming and here I am today for my eight title. I hope to be back to defend it next year.”

“Better than holding the trophy and winning is just being healthy”

“To celebrate tennis it’s very special, centre courts always packed and we the players always appreciate that so so much.” ... “Thank you to my team, everyone’s amazing, thanks to the family , thanks to Switzerland, thanks to everybody”

So what is Roger Federer’s secret?

I listen to Abraham Hicks’ Law of Attraction teachings regularly and recently I heard something about chilling out that made me think about Roger Federer. One of the keys to Law of Attraction is to relax or chill out. This seems counterintuitive to a lot of people , especially those of us that believe we have to put a great deal of effort into our lives for successful results. Abraham explains that if we have a relatively small life we can effort and make ourselves succeed. But when our lives get bigger- and of course Roger Federer has a very big life- then we cannot effort and control this big life, we really do have to chill out to allow our life to flow in the best possible way to us. And his 6 months of chilling out this year definitely helped him!

His other comments are also in alignment with Law of Attraction: he comments on his beliefs, beliefs are just thoughts that we keep thinking , so this is a reminder of the power of our thoughts to help us believe and then achieve our dreams.

Finding good feeling thoughts and especially appreciating things in our life is always helpful for our mental wellbeing. Instead of focusing on the time out he was forced to take due to injury Roger Federer focused on being healthy. He also commented on his hope to defend his title next year. Hope is certainly a good emotion to have, being hopeful about events can help tip the balance from negative to positive thinking.

Roger was also full of appreciation for everybody, which is also a fantastic way to keep the positive energy flowing.

So happy holidays and remember to chill!