

poker queen

All aspects of your mental perspective on the game of poker have an impact on how you play. This is the same for those new to the game or those with years of tournament experience behind them. In fact, one of the best ways to learn how to win poker tournaments is to not only practice the game, but to make specific mindset shifts that allow you to bring your full mental power and control into managing all aspects of the game while ridding yourself of distractions and negative thoughts.

Notice Your Thoughts

Becoming aware of when the mental messages you are sending are creating a lack of confidence, a distraction, or even adding to stress and focus problems is important. Your opponents are watching everything at the table. They can sense when you are waiving and losing confidence in your mannerisms, facial expressions, or in specific patterns of behavior. By noticing these negative thoughts and replacing them with a focus on the strategies you have learned through our poker coaching and poker training courses, you turn from feeling overwhelmed or uncertain about what to do to having a clear, proven, and effective game plan.

Go Into Every Tournament To Win

One of the biggest mistakes new players make is to talk themselves out of a win before the first card is dealt. If you are looking at other players and comparing yourself negatively, or if you feel this simply is not your night to win, it is highly likely you will walk away empty-handed.

Going into a tournament with confidence, strategy, and a positive mindset is always how to win poker tournaments. This comes from practice and working with the experienced poker coaches and mentors to help you reach this level.
