

Pokermind's User Guide



This guide contains:

- First steps when opening the application
- Explanation of the main sections of Pokermind: Warmup, Cooldown and mental game statistics
- Why you should incorporate a Warmup and a Cooldown into your routine
- Warmup and Cooldown editing recommendations

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1.Introduction

Greetings! How are you? I'm Gerard, creator of Pokermind, and I'd like to welcome you and thank you for being here to try Pokermind. It is a pleasure having you.

This guide is **very important** because I will guide you in your first steps when opening the application and I will give you tips so you can get the most out of it.

You can find the links to social networks below, you should follow us right now! It's a great help.



2.Installation

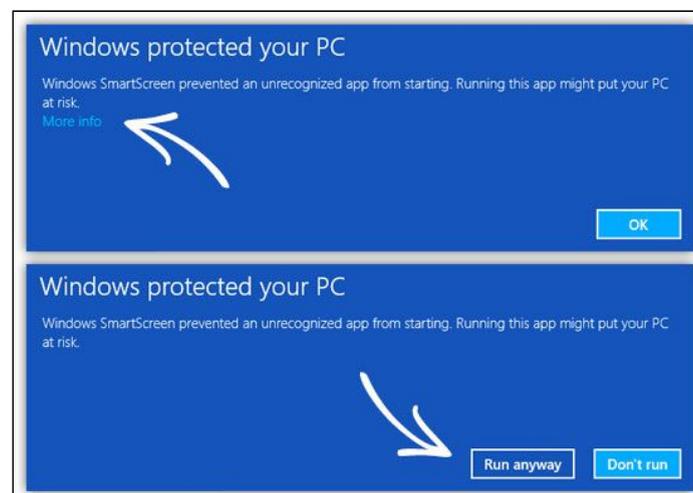
You can download the application on this [link](#). The installation is only available for Windows but, being a web application, you can also access it through app.pokermind.co (if you use Mac or prefer the browser).

It is recommended to install it so that when you go to play and do a Warmup you won't face the distractions present on a browser.

Warning: Windows may block the installation if you have Windows SmartScreen enabled.

Pokermind is not what's being installed, as I said, it is a web application. An encapsulator called [Electron.js](#) is installed, which is used to convert web applications into native Windows programs. It is a very used framework and that **does not entail any risk for your computer**. The blockage only happens because of a lack of official Windows certificate by Electron.

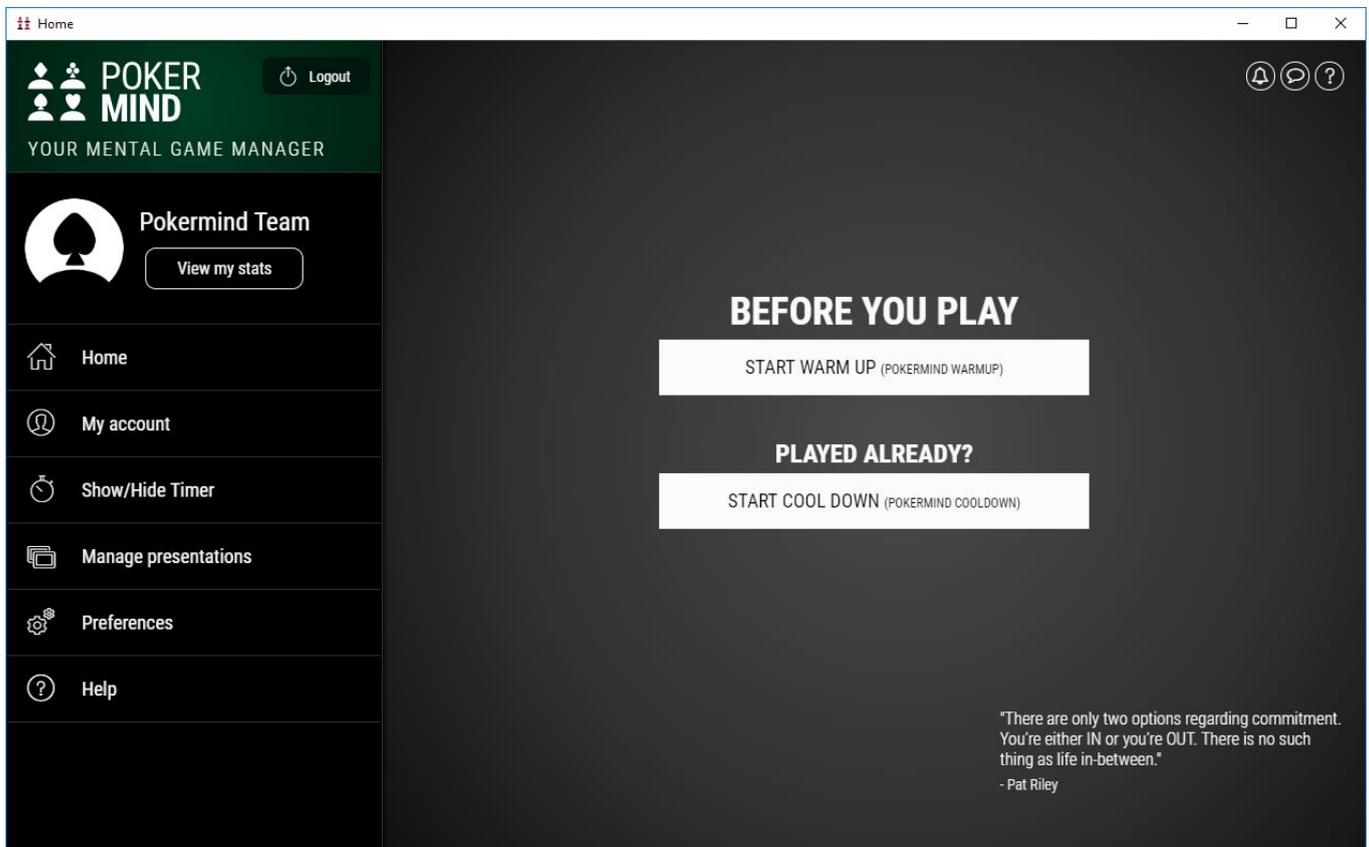
To skip the block click on "More Information" and then "Run anyway", as you can see in the following image.



3. First Steps

We open the application. You can log in with the same username and password with which you have registered on the website.

Once inside, a welcome tutorial will appear that shows you the main sections of Pokermind.



Observe the main page for a few seconds to identify the main sections:

- Top right: **help and notification icons**.
- In the center, the buttons to start the **Warmup and the Cooldown**. The name in parentheses on each button indicates the active presentation at that moment. We will see how to change them shortly.
- On the left, the **main Pokermind menu**. From top to bottom:
 - Mental Game Statistics
 - Back to the main page
 - Access your account details and subscription
 - Open / close the integrated timer
 - Configure Presentations: to create and edit Warmups and Cooldowns
 - Preferences
 - Help

3.1. Tutorials

You can access guided tutorials if you click on the question mark icon on the top right. This question will start a different tutorial specific to the screen you are on. You will also find other questions marks around the application that will give you more information about the element that they accompany.

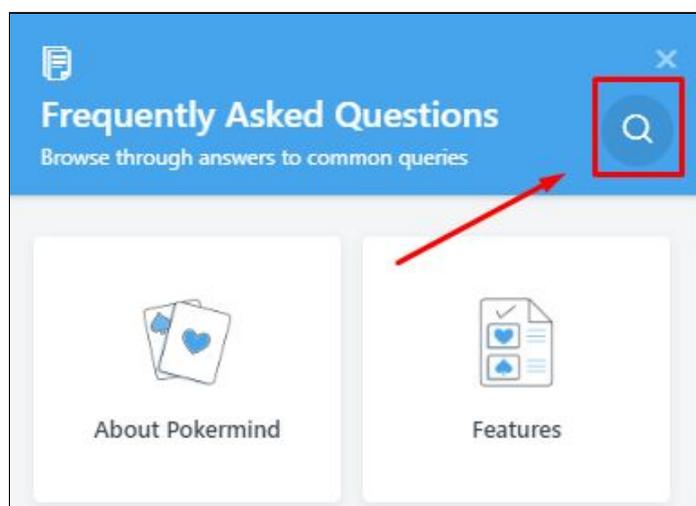
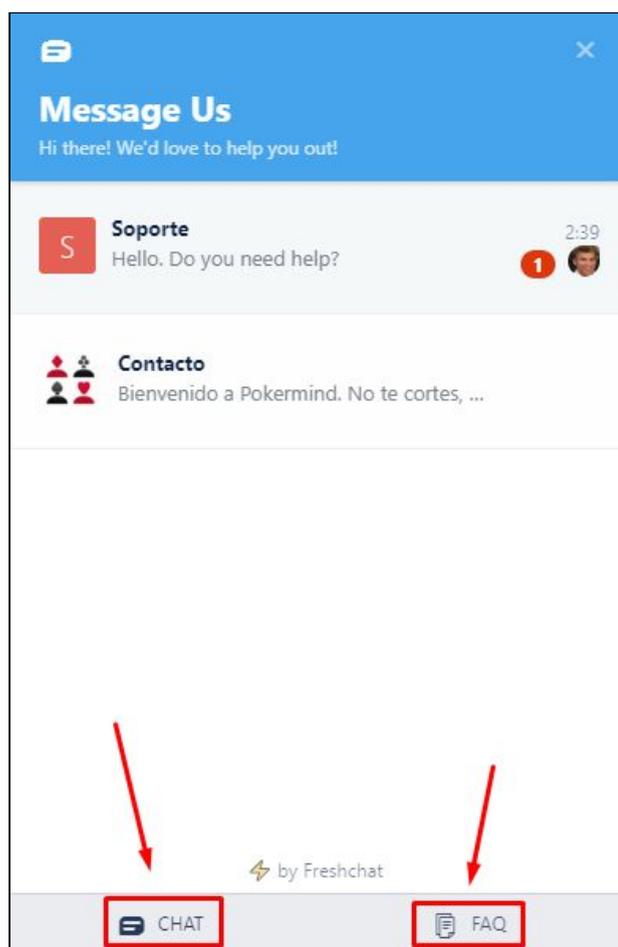


3.2. Live Chat

If you click on the middle icon, the **live chat** will appear so you can easily contact us for any problems, questions or suggestions you may have.

In the chat window, you can also find our **FAQ**, with written guides and answers to the most frequently asked questions, organized by sections.

The FAQ has a search engine so you can easily find the information you are looking for.



3.3. Notifications

Next, the bell icon opens the **notification bar** with which we will inform you of new articles, updates, offers and any information that we need to transmit quickly and effectively.

The bar will open automatically when there is new information or you will see a red number next to the bell icon indicating the number of new news you have not seen.

3.4. Preferences

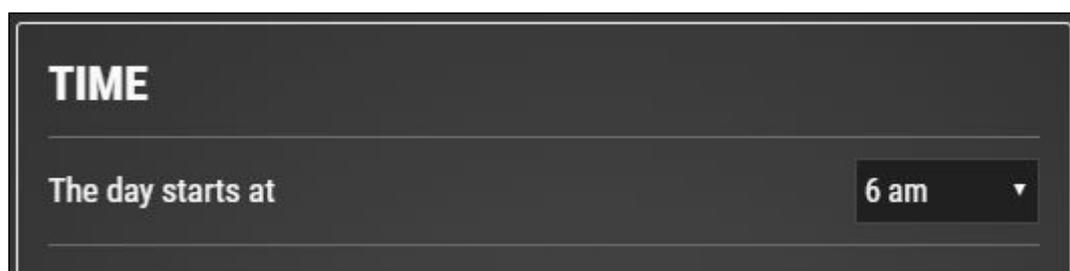
You can find the preferences in the main menu of Pokermind, on the left side of the application. For changes to be effective, you must save before leaving the preferences page.

In the preferences you can select:

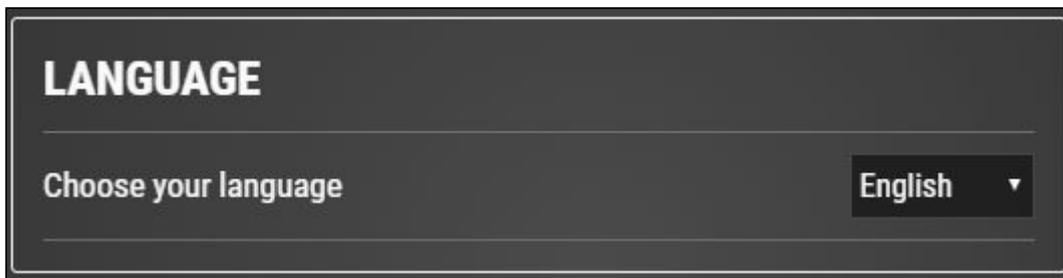
- **The behavior of the chronometer** integrated in Pokermind: you can choose when you want it to appear and when not. The chronometer serves to control the time of your sessions and the time it takes you to finish the two routines (Warmup and Cooldown).



- **The time at which your day begins.** To assign late night sessions to the day you want.



- The language of the application



- The background of your presentations. You have seven images and four background colors available. You can select each one to see a preview of that background.



3.5. Predefined templates Warmup / Cooldown

We return to the main page where you can find access to Warmup and Cooldown.



By default, Pokermind includes the **predefined templates "Pokermind Warmup" and "Pokermind Cooldown"**. They are templates to showcase the possibilities of these two presentations and to help you create your presentations from them and not from scratch.

I recommend you do them once to give you an idea of their structure and content.

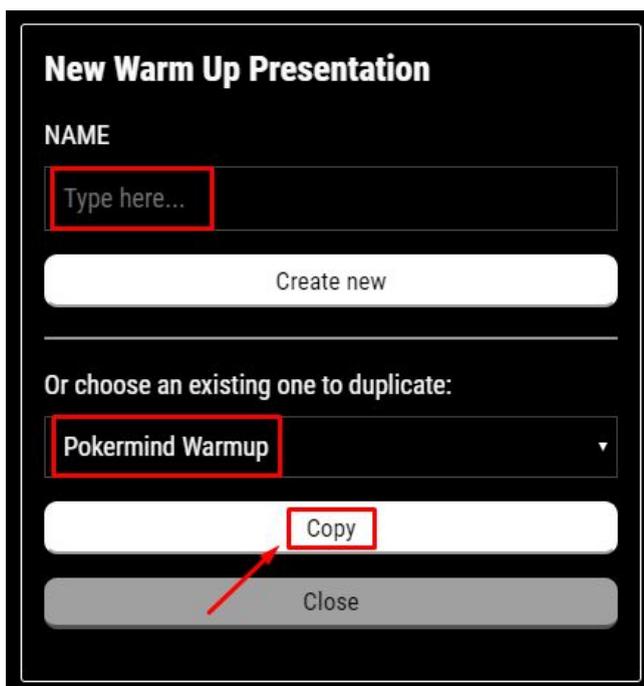
Notice: They are not made to be your routines. Customizing your presentations is essential for Pokermind to be useful for you. It's very important. Next we will see why and how to do it.

4. How to create your presentations

Go to **"Configure Presentations"**, in the main menu on the left. You can see the Pokermind Warmup and Pokermind Cooldown activated. Both predefined templates are not editable and you can not delete them.

To create your first presentation **click on "New presentation"**, write a title, select the Pokermind Warmup, and click on **"Copy"**.

We can also create a new presentation without content if we click on **"Create new"**, although it is advisable to always start with a copy of the predefined template.



New Warm Up Presentation

NAME

Type here...

Create new

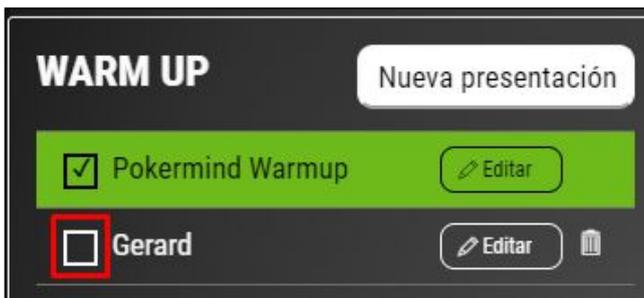
Or choose an existing one to duplicate:

Pokermind Warmup

Copy

Close

Once created, click on the box that accompanies it to **select it as the active presentation**.



WARM UP Nueva presentación

Pokermind Warmup Editar

Gerard Editar

And click on **"Edit"** to enter the presentation configuration screen.

5.The Warmup

5.1. Objective of the Warmup

First, **why do a Warmup? What is its objective?**

The objective of the Warmup is to prepare yourself, it is to help you **play at our best level**. It's a routine to perform to the fullest, to make sure you take action to start the session ready and strong. And in doing so, avoid starting unfocused, or without clear ideas of what you want to achieve in this session, or without remembering your objectives, or going from your daily routine to the session without knowing if you are in good state to play.

If you play without any preparation your performance will suffer and it will change a lot from one session to another, it will depend on the day, you will not be controlling anything.

With the Warmup you can control your state, create separation between life and the poker session, remember your objectives to focus on what really matters, review your mental and technical game leaks to keep improving, and motivate yourself to play at your best level, which is the only thing that matters.

5.2. Why should you customize your Warmup?

For the Warmup to be effective, it is **essential that its content is as personalized as possible** for three main reasons:

1. So that its content is what you really need, **adapted to your situation**, your leaks, your personal motivations.
2. Written in a way that **speaks to you** directly, similar to the way you express yourself or better understand the concepts. Then, that content will resonate more with you and it will be more efficient.
3. So that it is pleasant for you and **easy to do**, deactivating the sections that you do not like and adapting its duration to what is comfortable for you.

If not, when you do it, it will not be useful since it will not change your state or help you improve, you will procrastinate and end up leaving it.

The more effort you put into customizing your Warmup the better. You do not have to make it perfect in the beginning, as you repeat it, you will see what you like or don't like, and little by little you will improve it.

In the end, it is about taking action and doing it, because **you know this is the best thing for your game**, and it is better to have a less complex routine but one that is easy to

integrate and turn into a habit, than to have a very strict Warmup routine, long and full of content, that you never do.

5.3. Evolve your Warmup

To avoid the boredom and diminishing returns that repeating the same Warmup have, you also need your Warmup to change over time.

Repeating the same thing over and over again becomes dull and boring and if you do not evolve your Warmup, it will lose its usefulness because you will not be as concentrated when you do it and you will end up leaving it.

So, when you notice that your Warmup is getting heavy or boring, it's time to edit it and change its content.

In addition, you will internalize and learn its content over time, especially from sections 2.1. and 2.2. in which you will work your mental and technical leaks. It will be necessary to go deep into the same content or change it to keep improving, not stagnate and keep the Warmup interesting.

5.4. Create multiple Warmups

It is also a good idea to have more than one Warmup **for different situations**.

For example, if you play **multiple sessions** in a day, you can have a more complete Warmup for the first session and a shorter one for the following sessions.

Another example, you can have Warmups for **different moments of variance**. If you are running badly or running well, the things you have to focus on are very different.

When running bad, you have to reinforce your confidence and focus on what really matters, which is to keep playing the best you can, gain perspective and silence your negative voice and fears. And running well you have to focus on not lowering your level, not relaxing, not playing on autopilot or with open distractions, not over trusting yourself, and keep doing things right.

5.5 How to do the Warmup?

It must be done with attitude. It's like playing poker, you can not play on autopilot, you can but you're wasting your time.

You have to be active, have an intention, not just read it, but be thinking what you read and really asking you the questions that will find.

If you do it simply because you have to, wrong. Do it because you know that is the best thing for you and do it the best you can.

Furthermore, a routine of this kind **only works if you really do it and if you are constant**. It's like going to the gym, going once every two weeks does not help much. It is not necessary to be perfect, but constant.

Also, something curious happens with the Warmup, when you make it a habit, simply starting the Warmup will induce in you its positive effects because **your mind will associate "doing the Warmup" with the "state of playing poker at my best level"**.

That is why many athletes have rituals before competing. The simple act of doing that ritual, however ridiculous, helps them to enter the zone because they have accumulated many repetitions and their mind already associates that action with the desired state to compete.

5.6. Discipline and routines

The only value of a routine is to do it. You have determined that this is the best routine for your game and that this is the way to be satisfied with yourself, make the most of this opportunity that is poker and achieve your goals. It is not necessary that each day you have to determine that again and fight against yourself every day. No. Now it's time to do it without deliberations or complaints.

Of course, it is a drag, most actions that we know are the best for us are, there is no other way, and that is not an excuse to let go, not do it, and then look back and see that you are at the same point and that you have not improved anything.

Laziness will leave you stuck in the same place where you are and the only way to freedom and to get the life you want is discipline every day, every second. The discipline of doing what you know is best for you and the discipline silencing the weak inner voice that always tries to prevent you from doing.

If you think it's the best for you, do it, period. Discipline is freedom.

5.7. Summary

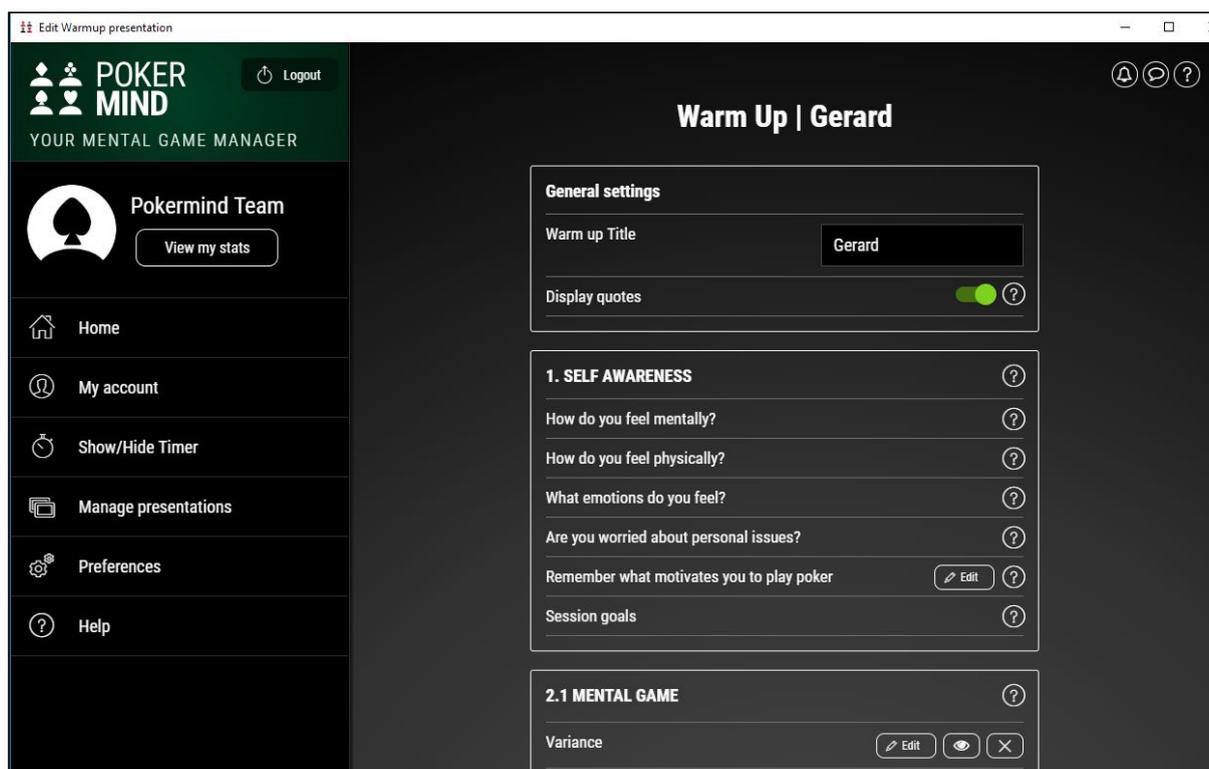
In summary, the Warmup is very powerful and its benefits are many ... but **only if you take action and are constant doing it**.

To make it as comfortable for you as possible and efficient and easy to turn it into a habit, you need to customize it, change its content, disable what you do not like, give it the right duration for you and evolve its content over time so that it remains relevant and interesting. You can also have different Warmups for different situations.

Also, do it with intention, with an active mind, same way you play poker, avoid autopiloting, and this will also help you start the session already activated and thinking.

6. Edit the Warmup

Within the "Configure Presentations" window, click on "Edit" your Warmup.



6.1. General Options

In the "General settings" we can edit the title of the Warmup and activate / deactivate the quotes that appear in the titles of the presentation. These quotes are motivational sentences by famous people, like those found on the main screen in the lower right corner.

6.2. Section 1: Self-Awareness

The first section, called "Self-Awareness," serves to **separate life from poker and focus** on what you're going to do now, play. For this you are asked questions so you can reflect on your current mental, physical and emotional state.

This step is important because sometimes we get to play quickly and then we realize that we are worse some days than others and our performance suffers. **In order to change your state you must first be aware of it.**



6.2.1. Remember what motivates you the most to play poker

The only editable screen of this first section is "Remember what motivates you to play poker".

You will find a few general reasons already written, but I recommend you spend a few minutes thinking to find the deep reasons that motivate you to play, **why do you play poker?**

This **is a very important step** in the Warmup since knowing your "why" will motivate you, will give you perspective and will take away the nonsense of short-term variance.

If you remember how important poker is to you, that you are here because you want and your reasons are powerful enough and you have it very present always before playing, laziness, demotivation and losing today will not matter. Your "why" is much more important than any bad beat.

6.2.2. Objectives

The Warmup includes a screen of objectives in which you can determine specific objectives for that session and set your volume objectives of the session and the day.

This part is not editable, when you do the Warmup live you can write these objectives.

It is very important to set goals in each session and to be aligned with your long-term goals, since to reach them it is enough to determine the actions that have to be repeated each day and then do them. Setting goals every day before playing is the only way you can reach your goals and play with intention, following your plan.

6.3. Section 2.1.Mental Game

Mental game problems are not poker problems, they are your problems, defects of your mental game, which are reflected in poker.

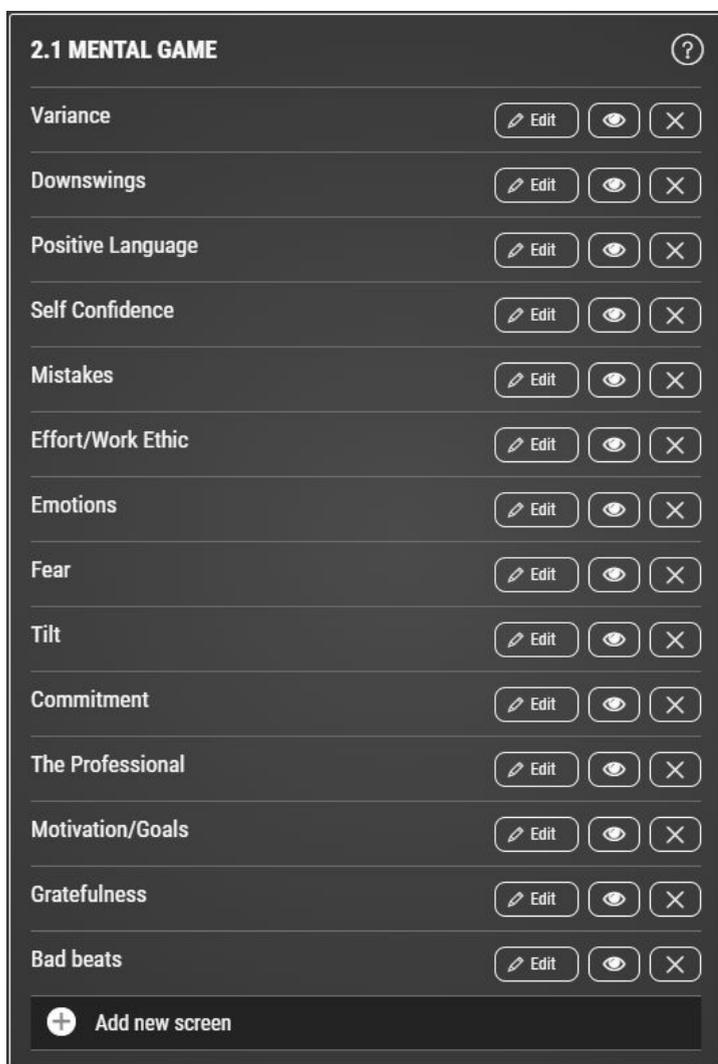
The mental game is global, **the mental game is you.**

And poker, being such an intense activity, amplifies them.

The way to improve these leaks is to substitute their false beliefs or lack of understanding for rational beliefs that are helpful for poker and for your life, and not an obstacle that causes repetitive emotional distress.

This is only achieved by daily repetition of the new beliefs / concepts until they are internalized and are your new way of thinking by default. **This is what you will achieve with this section of the Warmup.**

Not only is it enough to repeat them mechanically, the important thing is to be deeply convinced of the new beliefs and understand them.



This section is divided into slides, each one corresponding to a specific mental game subject.

In the basic presentation we have these 14 subjects that try to cover the mental game in general.

But as we said before, it is very important that you spend time in retouching these slides or even create yours from scratch.

To get started, I **recommend that you select a few topics to work on at the same time. Between 2 and 5 slides that cover your most serious or urgent leaks.**

The focus is that you improve, and if the Warmup is very dense and you add a lot of content to it, it will be very difficult to remember the key points of each slide.

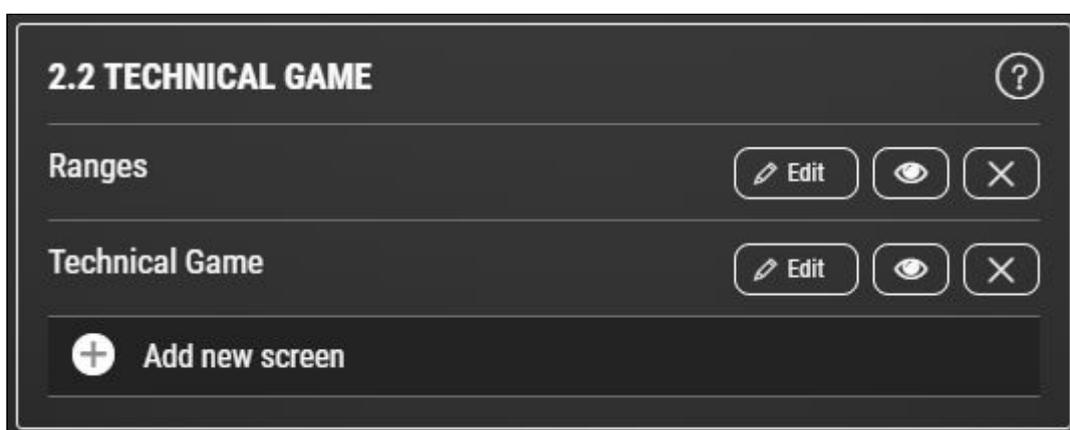
It is better to focus on improving a few topics each time and, over time, change them and work your mental game little by little.

From the topics you select, delete the sentences that you do not like or that not resonate with you or change the way they are written so that they are more personal. Your brain should "click" when you read these phrases, you should feel that you understand what they are trying to say instantly.

To keep the slides that interest you, you can delete the ones you do not want by clicking on the cross or you can hide them by clicking on the eye icon. Delete the ones you think you'll never use and hide the ones you think you will. This way it will be easier to edit the presentation in the future.

You can also change their order by clicking and dragging.

6.4. Section 2.2. Technical Game



This section is for you to **refresh concepts of your technical game** in which you are working and to have them present just before playing.

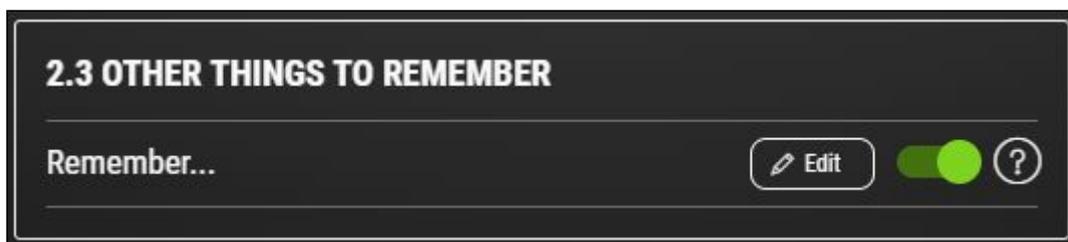
If you click on "Add new screen" you will see that you have the option to add a text screen, as in the previous section, or an image screen.

Text screens have the same format as section 2.1, slides to write your content.

And in the images screens, you can upload up to 6 images per slide so that, for example, upload ranges you are working on or hand histories that exemplify situations you are studying or a particular mistake that you have committed in one hand and want to keep in mind.

It is a totally optional section, if you do not add any slide it will not appear.

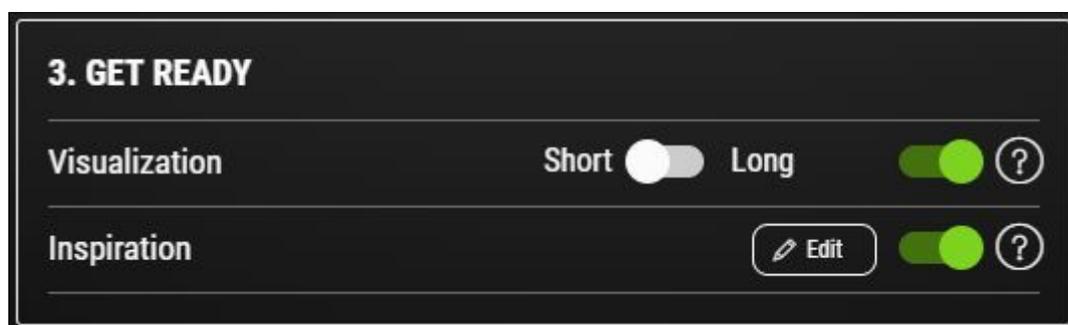
6.5. Section 2.3. Other things to remember



The idea of this screen is to remember other points that do not fit into the mental game or technical game. They can be your rituals or a checklist of things you want to do or check right before you play like closing skype, or turning off your phone, or sitting properly, or drinking water ... whatever you want to check always before playing .

If you do not want it to appear, you can deactivate clicking on the slider on the right.

6.6. Section 3. Get Ready



This last section of the Warmup has two parts, Visualization and Inspiration.

6.6.1. Visualization

Visualization, in the form of a guided audio, is a **training technique that is based on imagining or vividly remembering a state, a reaction, an action, that you want to train by doing repetitions in your mind.**

In this case it is a visualization of A-game to remember and induce in you your best state to play poker and **start the session at 100%.**

For that, you will be guided in remembering or imagining a session in which you were playing at your best level and that you notice how you felt, what you focused on, what you observed, how you reacted, what you were doing well, why you

were playing so well, etc ... to try to induce that state of A-game in you and make it more likely that you start the session in the same way.

You can select between a short and a long visualization. The short one has a duration of 2 min 15 seconds of A-game visualization, and the long one, almost 7 minutes long, includes a part of relaxation before the A-game visualization.

You can try them and see if you like them. Again, it is an optional section and you can deactivate it if you want.

6.6.2. Inspiration

Inspiration

You can add text, a video and/or an imagen. In any combination you prefer.:

Text - Max 1000 characters:

It's time to crush

Add a youtube link :

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

Add an image that inspires you :

[Upload Image](#) - [Image url](#)

You can upload an image or copy an url.

Cancel
Submit

On the inspiration screen you can upload text / image / video, in any combination, and the idea is to upload **content that motivates you, that inspires you, that gives you energy.**

For example, things you love or content that reminds you of a very important goal for you or your vision board, etc. Whatever it is that motivates you just before you start the session.

And, again, you can disable this section if you do not like it with the slider.

7. The Cooldown

7.1. Objective of the Cooldown

The goal of the Cooldown is to review your level of play in the session, reflect on yourself, determine what you have to improve, review the objectives that you had marked in the Warmup and close to the session so that what happened in this session does not affect the next sessions or your life outside of poker.

Each of these points is very important. Doing the Cooldown will allow you to keep improving as a player, always knowing in what state your game is, discovering new leaks and what you have to work on to improve in the following sessions, reflecting on yourself, improving your self-awareness and improving the ability to detect tilt, and all without forgetting what you do well, which is a large percentage of the decisions in each session.

With what you discover in the Cooldown, you can edit your Warmup and improve it. This way you will create a cycle of self-improvement and you will be able to optimize your Warmup little by little and increase the efficiency of your study and your sessions.

Reviewing is an essential phase in the process of becoming a great poker player.

Study → Prepare → Play at your highest level → Review

This is the cycle that will accelerate your career and the only proven way to succeed.

8. Edit the Cooldown

8.1. Self-reflection

1. SELF REFLECTION

Rate your game this session ?

How have you run? ?

Have you tilted? ?

Why have you tilted? Edit ?

Which emotions have you felt on tilt? Edit ?

How these emotions translate into your body? Edit ?

What mistakes have you made because of tilt? Edit ?

Why have you ended this session? Edit ?

Positive things about last session Edit ?

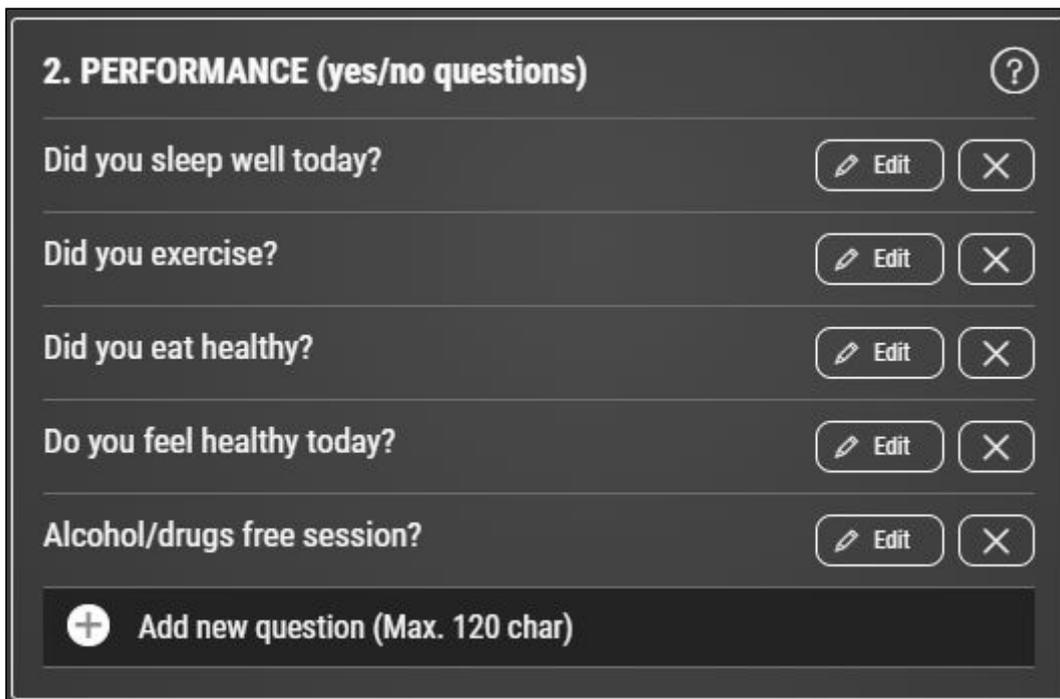
Things to improve Edit ?

First section of the Cooldown. This is the review section. It is done through multiple answer questions to determine their reasons or causes.

As you can see it will be reviewed: your level of play, your tilt, your emotions, your mistakes, why you have ended the session, the positive things of the session and the things to improve.

There is a predefined set of answers to each question and you can add your own answers while doing the Cooldown live. Also, if you want to edit them you can do it by clicking on "Edit".

8.2. Performance



2. PERFORMANCE (yes/no questions) ?

Did you sleep well today? Edit ×

Did you exercise? Edit ×

Did you eat healthy? Edit ×

Do you feel healthy today? Edit ×

Alcohol/drugs free session? Edit ×

+ Add new question (Max. 120 char)

In the second section, Performance, performance variables are reviewed, that is, routines or habits of your day to day that can affect your performance at the tables and from which you want to follow up.

These variables are controlled with yes or no questions, in which the "Yes" is positive for your game, and the "No", negative.

Basically, you can find 5 questions that refer to sleep, exercise, diet, health and alcohol.

You can delete the variables that you do not like and also create yours.

This section does not serve to see the percentage of adaptation of these routines in your life, Pokermind is not a manager of your life, this serves to see, with the statistics of the mental game, how they affect or not your level of play.

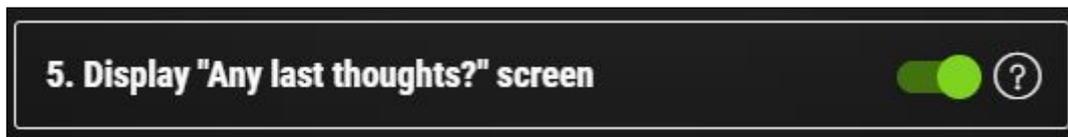
8.3. Review Objectives

In this section you will review the specific and volume objectives that you have determined in the Warmup. Easy and simple.

8.4. Played Games

In this section, you will enter the number of hands you played and the winrate of the session, and they will be used to generate mental game statistics.

8.5. Last Thoughts



Last section of the Cooldown, "Last Thoughts". It is your personal poker diary. The idea is that if you like to write you can do it here.

Writing is a great reflection tool to learn about the session, about what you want to improve, clean emotions that may be stuck after the session and get poker out of your head to return to your normal life.

If you do not like it, you can deactivate this section.

10. Mental Game Statistics

It is the third pillar of Pokermind. We access them through the main page, in the menu on the left.

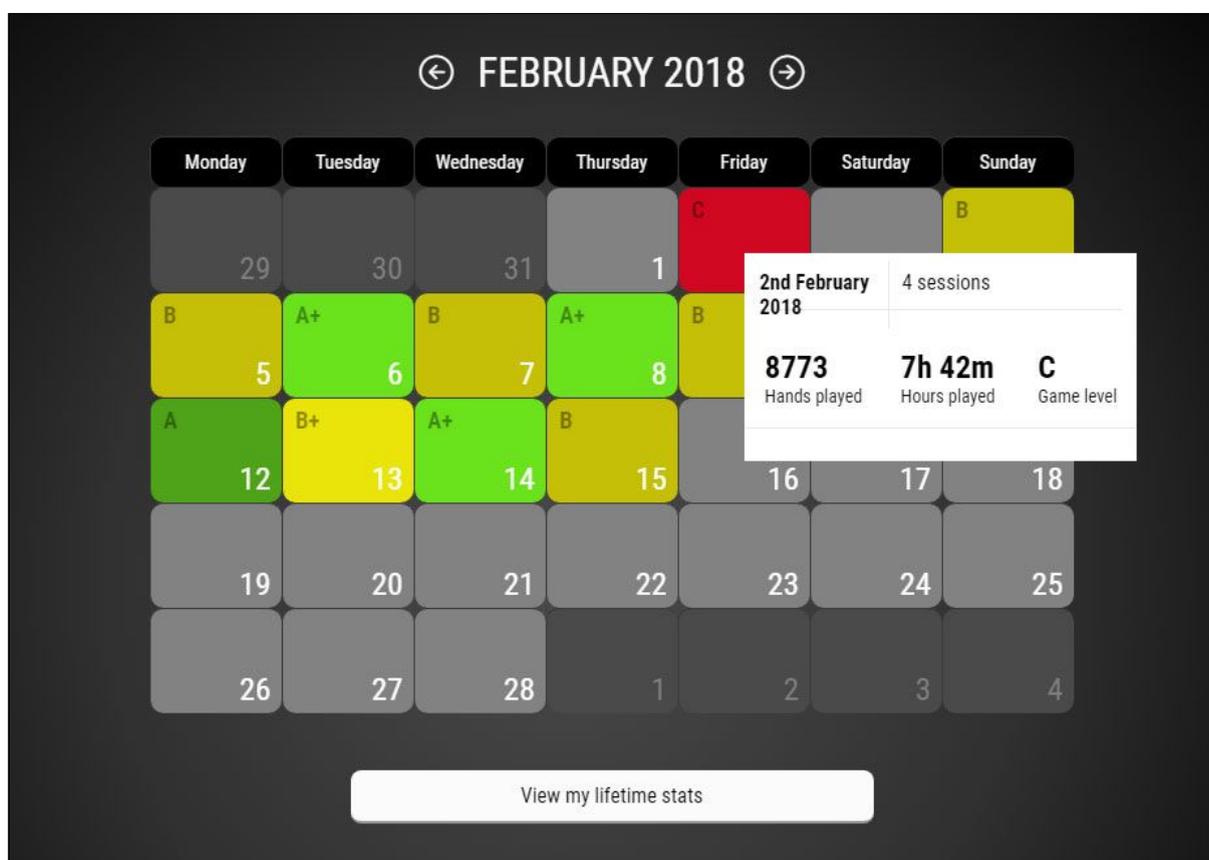
These statistics are generated from your responses in Warmups and Cooldowns.

Like any statistical data, they need a good sample of the population to show results with a minimum degree of confidence, so they will be useful as you go on doing more and more routines with Pokermind.

10.1.Calendar

When you open the statistics, the calendar will appear first. In it you can visualize your level of play in each day with a color code. This way you can quickly identify the highs and lows of your level of play.

Hovering the mouse over each day will show a brief summary of the statistics of that day and if you click on it you will access the summary of your Warmup and Cooldown answers.



10.2. Global Statistics

If you click on "View my global statistics" at the bottom of the page you will access the important page.

In it you will find:



- Summary

Summary of hours played, hands, variance estimation and average game level.



- Winrates

Your winrate by game.



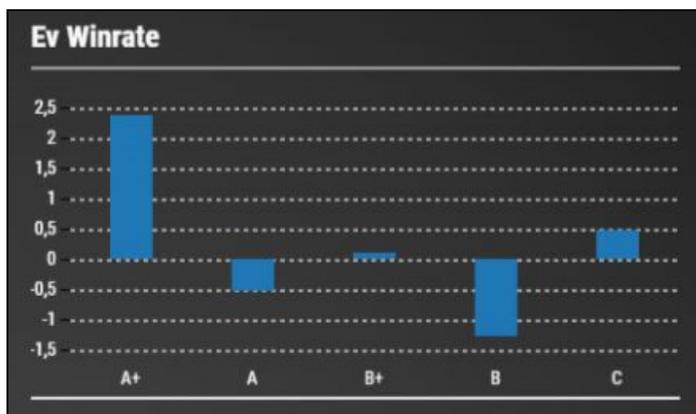
- A-game Graph

A graph of your level of play with respect to time. Perfect to see the evolution of your game level.

You can click on "Advanced Filtering" to expand the graph and apply the Cooldown performance variables as filters.

For example, we activate the sleep variable to see how the graph changes on the days we have slept well and compare it with the general graph.

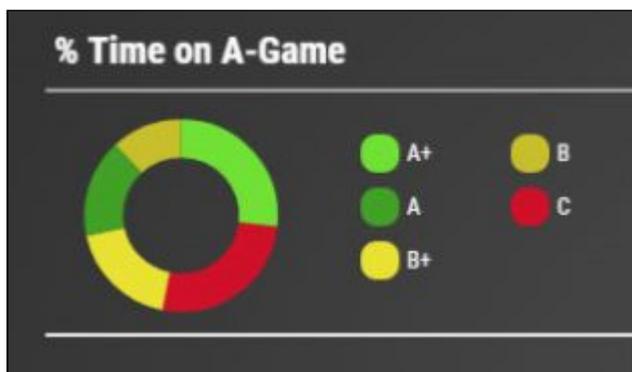
- **Ev Winrate**



Your winrate in each of your game levels. It is calculated by crossing your Cooldown responses with winrate and hands numbers.

Very powerful to calculate how well you play in each game level.

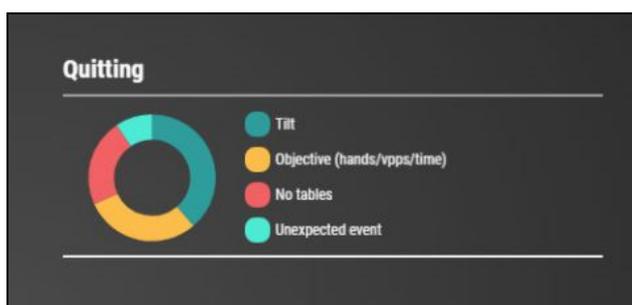
- **% of time in A-game**



Circular graph that shows you the time you spend in each of the game levels.

With these values and the ev winrate in each of your game levels, you can calculate exactly what your C or B-game is costing you and calculate how much you could win if you improve the time you spend playing A-game.

- **Reasons why you close the session**



In percentage, observe the reasons why you close the session.

Useful to identify reasons why you do not reach your volume at the end of the month and see if tilt is an important factor when closing the session.

- Your tilt profile



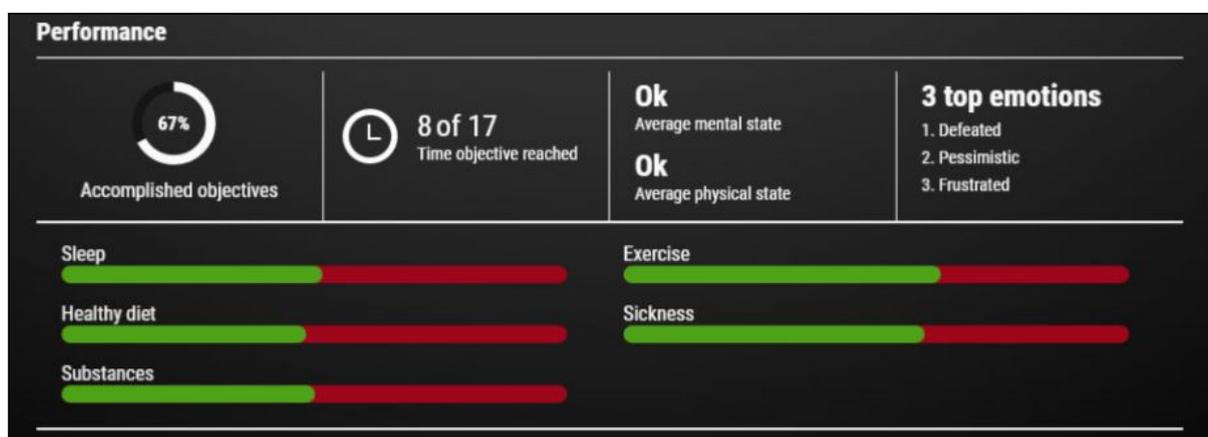
Summary of the most frequent answers you give in Cooldown questions that refer to tilt, by percentage.

Useful to learn from your own tilt and its patterns, to be able to identify it more quickly and take control it before it is too late.

- Positive points and things to improve

Same as the previous section, summary of the answers of these questions by percentage.

- Performance



You will be able to see the percentage of objectives that you propose and you end up achieving. The same for the percentage of the sessions in which you play as much as you decided in the Warmup.

You can also check your average physical, mental and emotional states. Very useful to detect problems when you start the session. Perhaps you realize that you play too often tired or with an emotional state not well suited to play poker.

And, in the lower bars, you can see your performance variables in percentage of yes / no.

11.Final

This is all. I hope that the guide will be useful to you to be able to take advantage of Pokermind to the maximum and that the application helps you to play better than ever, which is what it is for.

I appreciate any feedback you can give me, suggestions, ideas, tell me what you like, what you do not like. It will be very welcome and a great help for me to improve Pokermind and make it more useful and EV+ for you.

You can write me in the live chat of the application at any time or email me at gerard@pokermind.co.

I truly believe in the value that Pokermind offers and I hope it will be of great help to you and your path.

Regards!
Gerard