

The Importance of Focusing on Strengths & Passions

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"Ego trip: a journey to nowhere." – Robert Half

For many years, I was controlled by the biggest known villain, the ego. The ego would make me think I was not good enough at XYZ and that I needed to get better at it "or else." The ego would also make me think that my worth is based on what I lack and not what I am grateful for or what I'm good at. Basically, the ego is a piece of st. Which in turn made me think I had to settle for less. How f**kin stupid is that? Each and every day that I was being controlled by the ego, I was becoming less and less of who I really am. I felt forced to act like who I wasn't out of fake feelings such as guilt, fear, and lack of awareness. These same feelings also made me think I needed to improve on the areas that I was "lacking" because I didn't feel like I was enough. When I felt this way about myself, so did the external experiences as many believed I was not performing up to "expectations" or that I was not doing things the "right" way.**

Along the way through the repeated practice of many self-help techniques, I became conscious enough to realize "Wait a minute, I have choices I can make!" If something I do is not "good enough" or "right" from the "critic's" perspective, which ironically is the ego but, in another form, then who gives a fk? I've found that learning from the mistakes I've made, while coming from a**

good place and trying my best, is the most efficient way to grow and improve. So why listen to criticism from others when I found the best way to learn in life is through life's experiences?

One way to learn from mistakes is to track results. As an MMA Bettor, I've been doing this for almost two years as you can see in the link below. It wasn't until this year I analyzed the results and applied them diligently. Let's take one look at what I'm referring to below.

<https://www.betmma.tips/AnthonyS364>

Straight Pick Stats							
	Picks	Correct	% Correct	Units Bet	Units Profit	Profit per Pick	ROI
Big Favorites	43 (19%)	35	81 %	150.00	20.23	0.47	13%
Slight Favorites	85 (38%)	54	64 %	245.75	31.78	0.37	13%
Slight Underdogs	65 (29%)	37	57 %	148.25	39.70	0.61	27%
Big Underdogs	28 (13%)	5	18 %	47.75	-24.14	-0.86	-51%

In the far-right column of 'Straight Pick Stats,' is ROI%, which for big underdogs is -51% (essentially dust). It's the lowest ROI % for me and it makes sense considering the % chance of winning and the fact that the fight plays out one time. I have a choice here; I can try to "prove" that I can make a high, positive ROI% on the big underdogs (the ego would like that lol) OR I can focus primarily on betting what has shown to be the most successful (i.e. Big Favorites, Slight Favorites, and Slight Underdogs). Personally, I like the second choice more. Since the implementation, I've created more success and more confidence process wise.

Let's take a look at another example. From an ROI% standpoint, I've had SIGNIFICANTLY more success betting straight fight picks and props versus parlays. Why? Because parlays are riskier than the other two categories.

MMA Betting Stats Summary

Overall Stats		Straight Fight Picks		Props		Parlays	
Right	174 (58%)	Right	111 (58%)	Right	59 (61%)	Right	4 (40%)
Wrong	126 (42%)	Wrong	82 (42%)	Wrong	38 (39%)	Wrong	6 (60%)
Avg Odds	1.87	Avg Odds	1.89	Avg Odds	1.85	Avg Odds	1.64
Units Bet	901.7	Units Bet	591.8	Units Bet	279.5	Units Bet	30.5
Avg Bet	3.01	Avg Bet	3.07	Avg Bet	2.88	Avg Bet	3.05
Units Profit	103.57	Units Profit	67.57	Units Profit	45.44	Units Profit	-9.44
ROI %	11%	ROI %	11%	ROI %	16%	ROI %	-31%

When a parlay hits, it pays off more than if you were to take one of the legs straight BUT does parlaying have more “value” than playing legs straight? Are my results at parlaying likely to get better if I keep playing them? Let’s examine these questions on the most recent parlay I placed.

Fight	Pick	Odds				
Pi Alan Patrick vs Bobby Green	Green to win	W -260				
Pi Roxanne Modafferi vs Andrea Lee	Lee to win	L -320				
		Parlay Odds: -122	2	-2.00	\$-2.00	-100%

Above, I placed a 2-unit parlay on Bobby Green and Andrea Lee to win their respective bouts at UFC FN: 184. If I placed 1 unit on Bobby Green to win straight and 1 unit on Andrea Lee to win straight AND the same respective results happened, I would’ve lost about .62 units compared to the 2-unit loss in the parlay. Now, let’s assume Andrea AND Bobby won their respective bouts and the 2-unit parlay cashes so the profit is 1.64 units. If I placed 1 unit on Bobby Green to win straight and 1 unit on Andrea Lee to win straight AND they both won it would’ve been a profit of “only” .70 units. Lastly, let’s combine the respective results of each scenario combined. When playing each fighter straight, it would’ve been a combined profit of .08 (.70-.62) whereas the parlay combined loss would’ve been -.36 (1.64-2). So, I ask myself after this example, “Is there value in “parlaying” and I say, “no”. BUT the ego would LOVE if I could keep parlaying to “prove” that I can win at it AND make more profit if it hits. I still don’t give a f**k what the ego has to say. I am using this example as a lesson learned rather than wishful thinking that I could go back in time and undo this lol. So, remember, it’s never too late to change or adjust.

TLDR: The ego doesn't know st. You are very powerful, but maybe you haven't realized it yet. Focus on strengths and passions because it leads to longevity, happiness, and dividends.**

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