



SET THE TONE

SPORTS PERFORMANCE & ADULT GROUP TRAINING

ATHLETE MINDSET

A solid mindset as an athlete is what will separate you from the rest and make you a winner on and off the field. You can learn more by reading our Mindset information on our Health & Wellness page, but here we explain the mindset of an athlete in the simplest way...

Talent is measurable and comparable, but the right mindset (every day) is what adds value to the talent. To have a great mindset as an athlete, you must first eliminate doubting yourself. For years, no matter how much support you have, you still doubt yourself. You get up to the plate with 2 outs and you're thinking "I can't hit his fast ball." Or you're at the foul line, down by 1, with 3 seconds left and you're thinking "I just hope I don't miss both!"

These thoughts must change in order to win the small battles in your head. The truth is you already know how to hit a fast ball and you have hit over 500 foul shots in your life! You know you can do it, yet you still play this head-game with yourself, and it leads to lack of execution and production.

These negative stories and thoughts are made-up stories in your head that only YOU believe. They're probably coming from past experiences. But those past experiences are not who you are today! You're not that athlete anymore! You have learned from your mistakes, and you have prepared for more pressure situations! Now you know how to respond, and you know what it takes. You're here BECAUSE of those past experiences. This is the situation you want to be in. A chance to play with some unshakable confidence that you /your team can get the job done!

The key is to understand by being an athlete, you're signing yourself up to experience some failure. That's what sports are supposed to do. That's why athletes are more successful later in life. They know how to handle losing and keep moving forward. Others lose and don't know what to do so they crumble mentally and become a chronic loser. You can't spend time focused on losing. It doesn't help anyone. It doesn't make you better, stronger, or a fun person to be around. It brings negativity, bad body

language, and with a losing mindset, it will lead to a string of continuous losing in several areas of your life. Your best bet is to learn from a loss, correct whatever mistakes were made, and continue toward your goals as if nothing happened except a learning experience (which has now made you a better athlete and a better winner).

A Great Mindset for Athletes...

- *Open to learning MORE*
- *On time is the best time*
- *Your body is the only machine you get to use. Treat it right.*
- *Team first*
- *Every day is a chance to get better and work toward your goals*
- *Losing is full of lessons*
- *Failure will happen, Quitting will not*
- *Emotion is controlled, good or bad, always.*
- *Positive thoughts before, during, and after adversity hits...and it will hit hard!*
- *It takes hard work to get to the top. It takes a whole lot more to stay there!*
- *Winning will boost your ego, but if the ego gets too big, you will lose.*
- *A "comfortable" winner quickly becomes a loser.*