

Mental Toughness Map [7 minutes/day]

Step 1: Centering Breath [30+ seconds]

- Square Breathing x 2+: breathe in 4, hold 4, out 4, feel relaxed 4--let breath happen
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Step 2: Performance Statement [2 minutes]

- Creating a Performance Statement
 - Write a 1-2 sentences for each category that describes exactly what you want to do. This is a **process** statement. It is something you **do**. It is **controllable**.
 - Tips:
 - Write it as if it is already true. (*I always _____*)
 - Write specifics. (avoid something like: *I am really good at golfing*)

Putting: (*I always assess my speed before every putt*)

Wedge: (*I stay relaxed when I am chipping*)

Driving: (*I have a consistent pre-shot routine*)

Mental: (*I always have a "next-shot" attitude when I play. I don't let my last shot affect my next shot*)

Other:

- **Repeat each to yourself 5 times (slowly and with intention)**
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Step 3: Personal Highlight Reel [3 minutes]

- Spend 3 minutes visualizing what it looks like to be successful (1 minute each category)
 - See past success, imagine future success in intense/pressure-filled situations, imagining the next scheduled game/event you will compete

3 past successes:

2 potential future successes in intense, pressure-filled situations: (*add how you want to feel, too*)

The start, middle, and finish of your next match:

- For this visualization:
 - Use SELF camera angle (your eyes are the camera)
 - Feel how you want to feel physically and emotionally
 - Visualize at game speed
 - Focus on visualizing the process

Step 4: Identity Statement [1 minute]

Two Parts:

Part 1: What is the biggest strength you possess, or you want to possess, that proves you can achieve greatness?

Tip: Write it as if it already has occurred.

- Examples: *I am consistently motivated to improve. I work extremely hard every day.*

Your Part 1 Statement:

Part 2: What do you hope to accomplish in your sport?

- Examples: *I am consistently contending for a championship.*

Your Part 2 Statement:

- Put both parts together for your identity statement.
 - **Repeat each to yourself 5 times (slowly and with intention)**

Step 5: Centering Breath [30+ seconds]

- Square Breathing x 2+: breathe in 4, hold 4, out 4, feel relaxed 4--let breath happen

Action Plan:

- **Complete these steps 3+ times per week**
 - Recommendations:
 - Right away in the morning or right before bed.
 - Bonus: on the way to meets.
- **Right Now:** Schedule a recurring time **right now** on your phone...you can change it later
- **W.O.W.** it!
 - **Within One Week:** explain this to someone else and put it into action