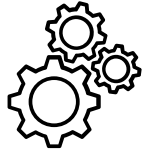


'CHANGE YOUR GAME' SERIES

THE GAME CHANGERS MINDSET PLAYBOOK

The Ultimate Guide to Building Clarity
& Mental Strength one resource,
activity and conversation at a time

GAME  **CHANGERS**
MENTAL PERFORMANCE COACHING



HEY COACH!

I'm so glad you're here!

You and I both know that a strong mindset isn't just “**nice to have**”, **it's an absolute game changer**. It's what keeps athletes locked in when pressure's high, bouncing back after mistakes, and believing in themselves when it matters most.



That's why I created this **Mindset Playbook**.



This isn't a “**read once and forget it**” resource. It's a collection of the exact tools, activities, and conversations I've used with teams and athletes to build focus, confidence, and mental resilience, the kind of mindset that shows up when the scoreboard, the crowd, and the moment demand it most.

I know your plate is full, so I designed this to fit right into what you're already doing. Whether you want to run a quick activity before practice, reset your team's focus mid season, or give athletes strategies they can use in games tomorrow, **it's all here**.

Use it your way. Make it yours. And watch how the small, intentional moments you create around mindset can completely **change the game** for your athletes.

I can't wait to hear how it impacts your season.



You ready? Me too. Let's do this!

-Coach K

Kristyna Bertolone
Owner, Founder



Kristyna Bertolone, M.Ed. Owner/Founder & Performance Consultant of Game Changers Mental Performance Coaching, where she partners with athletes, coaches, and teams to strengthen the three game changers that transform potential into performance: mindset, leadership, and team culture.

A former Division II college athlete with a Bachelor's in Exercise Science and a Master's in Education (Curriculum Development concentration), "Coach K" brings over 15 years of teaching and coaching experience to her work. She spent more than a decade developing K-12 curriculums and leading high school athletic programs in Connecticut before launching Game Changers in 2021 to make a deeper, wider impact in the world of sport.

Since then, she has worked with hundreds of teams and thousands of athletes and coaches nationwide delivering workshops, presentations, and virtual sessions that break down big mental and cultural concepts into practical, teachable moments. Her approach is deeply rooted in education, connection, and clarity with a signature ability to meet people where they are and move them forward with confidence.

Through every conversation, interaction, and resource, Kristyna's mission is clear: To educate, equip, and empower individuals to lead with confidence, perform with purpose, and change their game.

HOW TO USE THE PLAYBOOK

This playbook is here to make your coaching life easier, your team stronger, and your athletes' mental game sharper. It's not a one time activity, it's a toolkit you'll keep coming back to **all season long**.

STEP 1: GET FAMILIAR

- Skim the table of contents to see the range of mindset tools available.
- Read the short intro for each section to understand the “why” behind the activities.
- Highlight anything that immediately makes you think, “We need this.”

STEP 2: START SIMPLE

- Choose 1-2 activities you can realistically integrate into your current schedule.
- Layer these into your week without overhauling everything you already do.

STEP 3: BUILD IT INTO YOUR ROUTINE

- Use quick mindset warm ups before practice or competition.
- Save deeper conversations for meetings, bus rides, or downtime.
- Rotate the tools you use so athletes get exposure to different mindset skills.

STEP 4: ADAPT & MAKE IT YOURS

- Adjust the language and examples so they fit your team's personality and sport.
- Share your own mindset stories; athletes connect more when it feels personal and real.
- Keep track of what works so you can repeat it next season.

STEP 5: KEEP THE MOMENTUM

- Revisit activities throughout the season to refresh your athletes' mental game.
- Use the reflection prompts to track progress and spark new conversations.
- Remember: mindset is a muscle, the more you train it, the stronger it gets.

PRO TIP:

Small moments matter. A two minute mindset reset before a game can make a bigger impact than a once a season pep talk.

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Your cooperation helps me continue creating high quality, practical resources for coaches and athletes everywhere.

Thank you for respecting the work that went into creating The Game Changers Mindset Playbook and for keeping it where it belongs, **with the people you purchased it for.**

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Kristyna Bertolone / info@thementalgameisthegame.com/home



FREQUENTLY ASKED QUESTIONS

QUESTION 01

WHAT IS THE ‘MINDSET PLAYBOOK’ AND WHO IS IT FOR?

This playbook is a ready to use collection of activities, conversation starters, and resources designed to help athletes strengthen their mental game. It was created for coaches of all sports and levels who want to help athletes build focus, confidence, resilience and composure, without adding hours to their workload.

QUESTION 02

HOW IS THIS DIFFERENT FROM OTHER COACHING RESOURCES?

The Mindset Playbook focuses on practical, coach friendly tools you can use right away. These aren't abstract concepts, they're proven strategies that fit seamlessly in to your existing practices, meetings and team routines. The goal is to give athletes skills they can actually use in competition, training and life beyond sport.

QUESTION 03

HOW MUCH TIME WILL IT TAKE TO USE?

You can implement most activities in 5-15 minutes during practice, team meetings or even bus rides to games. However there are longer activities you can use to take up a classroom session or even work to be done at home/in the off season. The structure allows you to pick and choose what fits your schedule.

QUESTION 04

DO I HAVE TO USE EVERY ACTIVITY, SECTION OR GO IN ORDER?

Not at all. Think of the playbook as a mindset toolbox, pick the tools your athletes need most right now. You can work through it step by step or skip directly to the activities that address your current goals or challenges.

QUESTION 05

IS THERE A RIGHT TIME OR SECTION TO START WITH?

There's no wrong time to focus on mindset. You can start in pre season to set the tone, mid season to help your team refocus, or post season to reflect and prepare for next year. My advice? Start small. Introduce one concept, let athletes practice it, reinforce it daily, and add more tools over time. The more consistently you use these tools, the stronger the results will be.

WANT HELP OR GUIDANCE? THAT'S WHAT I'M HERE FOR. [BOOK A CALL!](#)





A MESSAGE FROM **COACH K** TO THE **ATHLETES** USING THESE RESOURCES



Hey kid -

This playbook isn't about telling you to "just be positive" or "tough it out." It's about giving you real tools you can use to build confidence, reset when things get tough, and strengthen the way you think, because your mind is **just as important** as your body in sports.

Inside, you'll find activities, prompts, and exercises to help you focus, bounce back after mistakes, and believe in yourself even when doubt tries to creep in. Some days it'll feel easy, **some days it won't, and that's normal.**

Growth happens in the small, consistent moments.

Remember: your mindset isn't fixed. It's like a muscle, the more you train it, the stronger it gets. And every time you practice one of these tools, you're giving yourself an edge that goes **way beyond the scoreboard.**

Take it one page at a time.

One breath at a time.

One practice at a time.

You don't have to have it all figured out today.

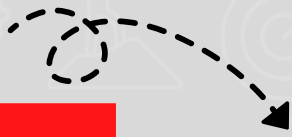
You got this and I'm here to support you every step of the way.

-Coach K

Kristyna Bertolone

Owner, Founder

THE ES S D N M



THE FOUNDATION OF YOUR GAME!

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MINDSET

THE FOUNDATION OF YOUR GAME!

Why it Matters

Mindset is the foundation for every action an athlete takes, in games, practices, and life. A strong, flexible mindset helps them stay composed under pressure, bounce back from mistakes, and keep moving toward their goals even when it's hard.

What it Really Is

Mindset isn't just "thinking positive." It's the ability to choose how you respond, stay focused on what you can control, and train your brain the way you train your body.

How to Build It

- Awareness – Notice patterns in thoughts, emotions, and self talk
- Reframe – Replace unhelpful thoughts with constructive ones.
- Practice under pressure – Simulate challenges so composure becomes second nature.
- Consistency – Integrate mindset work into daily routines, not just game days.

How to Use This Section

- Start with the activities that best fit your team's current needs
- Layer them in during warm ups, cool downs, or team meetings; 5 minutes is enough to make an impact.
- Revisit them often; repetition is what cements the skill.

Coach's Corner: Pick 1–2 mindset tools and use them consistently for a month. Your athletes will see more benefit from depth than from variety. Treat mindset as a skill to train consistently, not something that changes overnight.

ADD MINDSET TO PRACTICE

✓ PRE PRACTICE MENTAL RESET

Remember your athletes are coming to you from school, home, chaos, stress...if you want them focused, are you teaching them how to get focused and leave whatever baggage they're carrying at the door?

Help your athletes shift in to the right mindset before practice even starts!

HOW: Start practice with 30 seconds of deep breathing, visualization, athlete affirmations, grounding exercises, athlete prompts...

This helps athletes transition from where they were to where they are, emphasizing being present, in the moment and getting in to a high performance state.

✓ PRESSURE TRAINING & RESPONSE PRACTICE

If we want our athletes to respond to adversity, we need to help get them in to tough moments so they can experience it and reflect on whether or not they like how they're showing up.

HOW: Intentionally add stress to drills- shorter time limits, more "game time decision making" challenges. Leave a few minutes of reflection for afterwards so athletes can discuss what happened, what they did, and whether or not they would like to try and do something different.

Recreating pressure situations helps to build resilience, improves quick decision making and encourages composure for game day pressure.

✓ MISTAKE RECOVERY AND RESET CUES

if you don't like how an athlete recovers (or doesn't recover) from a mistake, how are you redirecting their attention to what they could be or should be doing instead? Teaching athletes how to recover quickly from mistakes helps get the to the next play faster.

HOW: Discuss reset strategies as a team or in 1:1 meetings with your athletes, give them suggestions and have them demonstrate them in real time.

EXAMPLE: "Breathe + cue word + next play focus" "After you make a mistake say FLUSH IT and refocus on the next rep..."

If you are constantly seeing your athletes struggle, you gotta practice how to have a short memory for mistakes just like you practice physical skills. Incorporating it daily helps maintain confidence.

✓ POST PRACTICE MINDSET REFLECTION

PLEASE DON'T JUST LET THEM GO!

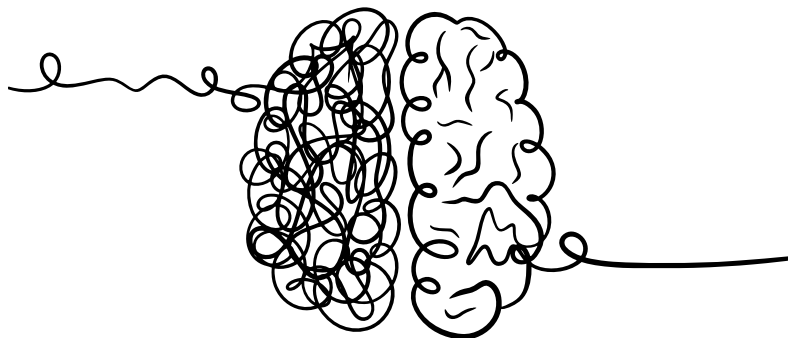
Encourage your athletes to process and reflect on what they just experienced and learned at practice.

HOW: End practice with reflection questions or athlete prompts to get them talking. Look for both wins and learning opportunities. Revisit the daily focus or theme.

EXAMPLE: "What's one mental skill you used today?" "Who deserves a shoutout for bouncing back during practice today?" "What adversity did you face today and how did it make you feel?"

By bringing them back together at the end of practice (hopefully mirroring how you started practice) we can help to reinforce their mental growth and build long term self awareness and confidence.

YOUR BRAIN

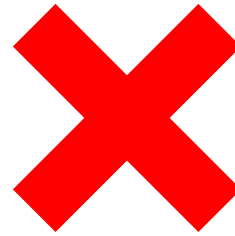


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THE HUMAN BRAIN IS PROGRAMMED...



**TO
KEEP
YOU
ALIVE**



**TO
KEEP
YOU
HAPPY**

EVERYTHING YOU EXPERIENCE IS LOOKED AT AS:

SAFE OR UNSAFE

**SO YOUR BRAIN
DOESN'T KNOW
THE DIFFERENCE
BETWEEN...**

YOU TAKING A HARD **TEST**

YOU PLAYING YOUR **SPORT**

YOU SPEAKING IN **CLASS**

YOU BEING CHASED BY A **LION**

**IT IS ALL EXPERIENCED THE
SAME INSIDE YOUR BODY**



THERE ARE **TWO PARTS** TO YOUR BRAIN

SUBCONSCIOUS

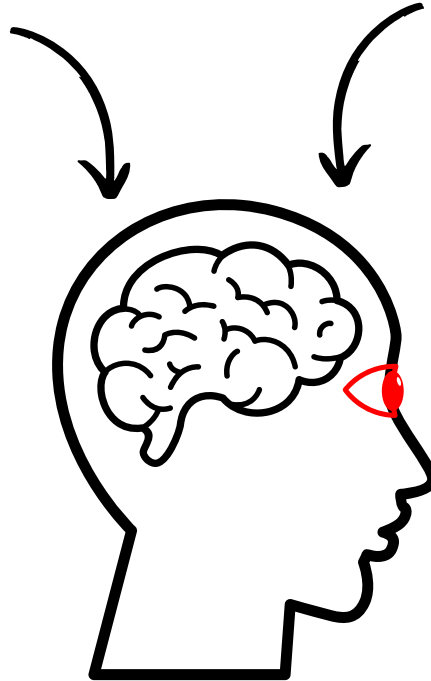
- back of the brain
- **always thinks we're being chased by a lion**
- where "fight/flight" and "ego/fear" live
- no thinking, just doing
- emotional thinking
- AUTOMATICALLY "TURNS ON"
- How we **react** to what's happening around us
- Stored memories
- Stored trauma
- easily triggered

***what usually shows up when we find ourselves facing adversity**

CONSCIOUS

- front of the brain
- "conscious" thoughts and decision making
- How we **respond** to what's happening around us
- must be "turned on"
- Knowing the difference between fact & fiction, helpful & hurtful, lions and not lions, difficult & detrimental situations

***what we want to turn on and show up for us when we are faced with adversity**



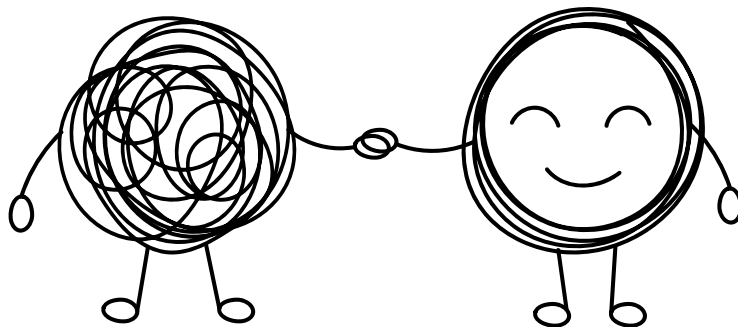
THE MAIN DIFFERENCE?

Your Conscious brain helps you **RESPOND** to adversity
"ok, this is happening...I can handle this"
"I'm **NOT** being chased by a lion..."
"This is difficult, NOT detrimental"

while

Your Subconscious brain causes you to **REACT** to adversity
"OMG why is this happening TO ME?!"
"AH IT'S A LION!"
"I'm in danger! I'm in trouble! I can't do this!"

REACTING VS RESPONDING



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REACTING **VS** RESPONDING

Reacting and responding are two different ways of handling adversity and being triggered.

REACTING

an immediate, emotional response that is often impulsive and may not be well thought out. But it can also be a gut instinct or a quick decision making skill. The important part of reacting is figuring out whether your reaction is helping you or hurting you in specific situations.

RESPONDING

can be a more thoughtful and deliberate way to show up that takes into account the situation and consequences. Responding can take planning and prep, and is often a result of reflecting on how you want to handle what it is you are handling.

In general, **reacting** can be less controlled and more instinctive, while **responding** involves more self awareness and consideration of the situation.

It's important to be aware of the difference between reacting and responding in order to make more conscious and intentional choices in your actions and communication.

SO HOW DO YOU “REACT”?

WHEN TRIGGERED, OUR SUBCONSCIOUS WILL REACT,
AKA TRY TO “PROTECT US” IN ONE OF FOUR WAYS...

FIGHT **EGO/ARGUE**

We feel attacked, we go “after” the lion, we lash out, “overreact”, we often get in to verbal or physical arguments. Not many people like this version of themselves.

“who do they think they are?” “I’m not listening to them.”
“I’m in danger and need to take care of things.”

FLIGHT **FEAR/ RUN** **AWAY**

We feel unsure of ourselves or our environment. Scared someone won’t like us, thinks others are mad at them, afraid to speak up/make mistakes.

“what if they don’t like me?” “I can’t do that I won’t even try”
“I’m feeling unsafe, I gotta go!” “I think they’re mad at me.”

FREEZE **SHUT DOWN**

This pops up when we absolutely don’t feel safe in our environment and we simply stop engaging in conversation, become quiet, don’t know what to do so you choose to just do nothing.

“I just choke under pressure” “i don’t know what to do”
“I don’t know why I can do it in practice & not in games”

FAWN **BACKDOWN/** **GASLIGHTING**

When someone disagrees with us or puts us down we start going back on what we said to make the conflict just go away. Or we pretend something doesn’t bother us or it never happened. We automatically just agree with our audience and lose our sense of self.

“yeah it’s totally dumb I don’t even like it anyways...”
“I’m just kidding, it was a stupid idea”.

SO HOW DO YOU “REACT”?

Take the time to identify the different things that make you “react”. What makes you go in to Fight, Flight, Freeze and Fawn?

FIGHT

FLIGHT

FREEZE

FAWN

HOW DO YOU WANT TO “RESPOND”?!

IN ORDER TO TURN ON YOUR CONSCIOUS BRAIN, WHAT CAN YOU SAY, THINK, READ OR DO TO HELP YOU TAKE A QUICK PAUSE AND RESET YOUR THOUGHTS IN THE MOMENT?!

SAY >
THINK

Create and have a “go to response” that will help you during tough times, something you can SAY out loud to yourself or THINK inside your head.

READ

Go one step further and physically WRITE your preferred response somewhere you will SEE IT when you’re facing adversity.

On your equipment, on your shoes, on your wrist

DO

If words aren’t your thing, what is an ACTION you can PHYSICALLY DO that will help you move THROUGH the discomfort.

take a breath, clap your hands, squeeze your equipment, tuck in shirt, tie shoes

HOW DO YOU WANT TO “RESPOND”?!

“Where your attention goes, your energy flows”.
Use this page to reflect on how you want to help
yourself respond when facing your lions!

SAY

THINK

READ

DO

REACTING VS RESPONDING

How are you “showing up” in moments of frustration, adversity and pressure? Do you like the version of you who “reacts”? Or is a different version of you that you wish would show up?

MOMENTS I TEND TO REACT

HOW I WOULD RATHER RESPOND



REACTING VS RESPONDING

Your turn...

**MOMENTS I
TEND TO REACT**

**HOW I WOULD
RATHER
RESPOND**



FRIENDLY REMINDER



IT IS **OK**
TO REACT

AUTOMATIC AND
QUICK DECISION
MAKING CAN
BE AN ASSET

AND SOMETIMES
YOU **ARE** BEING
CHASED BY A LION

YOUR LIONS ARE
YOUR **TRIGGERS**

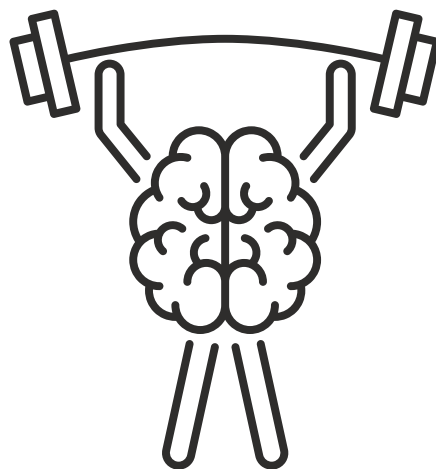
WE CANNOT IGNORE
OUR TRIGGERS

**YOUR TRIGGERS ARE
YOUR TEACHERS!!**

NOT ALL REACTIONS
ARE **“WRONG”**

There is **nothing negative** about being triggered. It's a calling to self reflect and to get curious about the reaction you are having. It's an **opportunity** to see what you have been avoiding or ignoring, but your body and brain have been struggling with. **SIT WITH IT!!**

TRAIN YOUR BRAIN



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IF YOU WANT TO
“TAME YOUR LIONS”

YOU MUST LEARN TO
“TRAIN YOUR BRAIN”

HOW???

“Be Curious, Not Judgmental”



Identifying your LIONS	Reflecting on how you react towards them	Consider if and how you would rather respond to them	Give meaning to this change and what it means to you and those around you
---------------------------	--	---	--

AND OVER TIME...

THE MORE YOU TRAIN YOUR CONSCIOUS BRAIN...

*HABIT TRACKING 28 - 90 DAYS

**THE QUICKER YOUR SUBCONSCIOUS WILL CATCH ON
REWIRING YOUR BRAIN TO KNOW
THE DIFFERENCE BETWEEN...**

**DOING THINGS THAT
ARE DIFFICULT**

VS

**DOING THINGS THAT
ARE DETRIMENTAL**

UNCOMFORTABLE, SCARY, NEW

HARMFUL, UNSAFE, DANGER, THREAT

TRAIN YOUR BRAIN

Identify your lions, reflect on “how” you react, think of how you want to respond, and make sure you know why you want to make this change!

WHAT'S YOUR LION?	*FLIGHT/FLIGHT FREEZE/FAWN HOW DO YOU USUALLY REACT?	*SAY/THINK READ/DO HOW DO YOU WANT TO RESPOND?	WHY IS THIS CHANGE IMPORTANT FOR YOU/ OTHERS?
Having honest convos with others	Shut down, get quiet, negative self talk	Take a breath, remind myself of facts, take a chance	I want to build meaningful relationships with my teammates
When I overhear teammates talking negative	Talk behind backs, get negative, have bad attitude	Take a breath, pull teammate aside, hold accountable, give attention to someone else	I want to have a safe space for myself and others, want to establish and develop trust amongst teammates
Not getting the playing time I want	Negative attitude, shutting down, get angry, give up	Have a 1:1 convo with coach, put attention on things I can control, self reflect, ask for advice	I want to contribute to my teams' success, I want to self advocate, I want to grow

TRAIN YOUR BRAIN

*FLIGHT/FLIGHT
FREEZE/FAWN

*SAY/THINK
READ/DO

<p>WHAT'S YOUR LION?</p>	<p>HOW DO YOU USUALLY REACT?</p>	<p>HOW DO YOU WANT TO RESPOND?</p>	<p>WHY IS THIS CHANGE IMPORTANT FOR YOU/ OTHERS?</p>

YOUR TRIGGERS



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TRIGGERS = “LIONS”

Triggers are experiences, situations, or words that evoke strong emotional reactions in individuals, often due to past experiences or beliefs. They can range from positive triggers like a favorite song to negative triggers like traumatic events.

WORKING THROUGH YOUR TRIGGERS

Working through your emotional triggers involves identifying the trigger, understanding its root cause, and developing coping mechanisms to manage the emotions it brings up. You may find it helpful to seek support from someone who can guide you through this process. Additionally, practicing mindfulness, self care, and positive self talk can also be beneficial.

The next few resources can help you expose your triggers and navigate yourself through handling them/ showing up in a different way when they are present.

YOUR LIONS = YOUR TRIGGERS

Let's dig deeper! Identify your Lions! Identify your Triggers!! We can't overcome what we ignore...

WHO are you often "reactive" around? Who makes you feel uneasy?

WHERE are you when you feel the most vulnerable or uneasy?

WHAT often gets you to react emotionally?

WHEN do your lions get the best of you?

“HOW” TO HANDLE YOUR TRIGGERS

HOW will you make sure this new version of you shows up when facing your lions/under pressure??

HOW will you **adjust** your mindset when facing your Lions?

HOW will you **support** yourself when feeling chased by a lion?

HOW will you **remind** yourself of this new way of thinking/ responding?

HOW will you **practice** your response so you are prepared to face your lions?

CREATE YOUR **TRIGGER** RESPONSE!!

When creating a response to a trigger, use TAAB!
“**TAAB**” is a slang word for “checking in on someone”,
so let’s use it to “check in with yourself!”

T

TRIGGERS

FIRST THINGS FIRST - IDENTIFY YOUR TRIGGERS

What makes you reactive and maybe why it causes you to react. Once you identify this, you can train yourself to be more in control when feeling triggered.

Before I get in to the next 3 steps, I want to inform you, that once you are triggered, the human brain only has 3 seconds to "respond" to it. So the next 3 steps need to be done in 3 seconds. I suggest practicing your responses DAILY so in the heat of the moment they show up instead of you reverting back to old or bad habits...

A

AFFIRM

AFFIRM - “THINK SAY READ” or your MANTRA

Find a word, phrase, mantra, motto that you can say in the face of a mistake. "I am capable", "I am focused", "I am NOT that mistake". Go one step further and physically write something on your body, piece of equipment or cleats, so you can READ it in the moment.

A

ACTION

ACTION - WHAT CAN YOU “DO”

What can you PHYSICALLY do to bring yourself from the past (where the mistake is) to the present moment (where you are right now) and in to the future more focused (what you have to do next...)

B

BREATHE

BREATHE BABY BREATHE!

Your breath has the ability to bring you peace and back to the present moment. Your breath is also an indicator to your brain whether or not you are “being chased by a lion”. Remind yourself to take a breath to settle down. Breathe in for 3, hold for 2, let it out for 1...you can thank me later!

“BE WHERE YOUR BREATH IS”

DEEPER T.A.A.B. BREAKDOWN

T

TRIGGERS

AKA YOUR LIONS

What "triggers" you the most? What makes you react negatively or when do your emotions get the best of you?

A

AFFIRM

THINK SAY READ

A statement, word, phrase, motto or mantra to help shift your mindset from doubt to belief. What will you say to yourself to work through your triggers?

A

ACTION

WHAT CAN YOU DO

What can you DO to remind yourself to stay in the present moment, remind yourself of how you WANT to respond in a moment of being triggered?

B

BREATHE

CHEAT CODE TO STAY IN PRESENT MOMENT

We often forget that it is our breath that helps calm us down during moments of chaos. Let your breath bring you back to the present moment. Where can you implement more breathing?

MY **TRIGGER** RESPONSE

T

TRIGGERS

AKA YOUR LIONS

Blank space for writing triggers.

A

AFFIRM

THINK SAY READ

Blank space for writing affirmations.

A

ACTION

WHAT CAN YOU DO

Blank space for writing actions.

B

BREATHE

**CHEAT CODE TO STAY IN
PRESENT MOMENT**

Blank space for writing breathing techniques.

OUR TRIGGER RESPONSE

OUR TEAM/POSITIONAL GROUPS (ATTACK, DEFENSE, MIDS, BENCH) WHAT CAN "WE DO" WHEN "WE ARE" FEELING TRIGGERED...

T

TRIGGERS

A

AFFIRM

A

ACTION

B

BREATHE

CONTROLLABLES



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CONTROLLING THE CONTROLLABLES

In sports and in life, there will always be factors outside your control: the weather, the referee's calls, the other team's talent, even how your own teammates show up. If you spend your energy fighting these things, you'll only end up frustrated, distracted, and drained.

The key is learning to focus your energy on the things you can control. When you master this, you stop wasting mental and emotional space on what you can't change and start putting all of your effort into what actually makes a difference.

Why This Matters for Athletes and Teams

- **Improves Focus** – You stay locked in on what actually impacts your performance.
- **Reduces Frustration** – You accept what's outside your control and move on faster.
- **Builds Resilience** – You can bounce back quicker from setbacks.
- **Strengthens Culture** – When everyone on a team focuses on what they can control, negativity, blame, and excuses disappear.

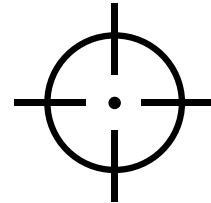
Coach's Tip: Introduce this concept early in the season and revisit it often. Have your athletes call out “controllables” in real time, during practice, games, or meetings, to reinforce the habit. Over time, this shared language will become part of your **team's identity.**

CONTROLLING YOUR CONTROLLABLES
-USE THIS RHYME TO HELP YOU STAY FOCUSED!

T A K E

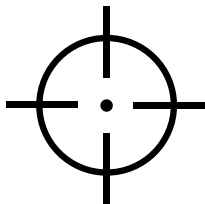
A

ATTITUDE



E

ENERGY



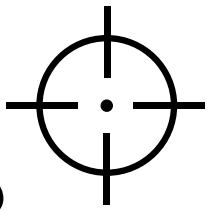
E

EFFORT

M

MINDSET

AND CHANGE YOUR GAME



WHAT IS A.E.E.M???

A

ATTITUDE

BODY LANGUAGE, FACIAL EXPRESSIONS, REACTING VS RESPONDING TO ADVERSITY

Be aware of HOW you are SHOWING UP. What do you look like? How are you coming across? Are you helping or hurting? An asset or a liability? Are you reactive or responsive when under pressure?

E

ENERGY

Where your attention goes, energy flows! What you focus on matters. If you focus on negativity, that's what you'll feel and that's the version of you that will show up. You are responsible for the energy that you bring in to the spaces that. you walk in to. What are you bringing? OWN IT.

E

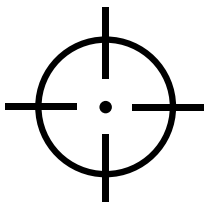
EFFORT

Define your WHY. Make sure you know WHY you are doing what it is you are doing. WHO are you doing it for? Would younger you be proud of you? Will future you be grateful for your work? Is current you proud and grateful and excited to do what you are doing?

M

MINDSET

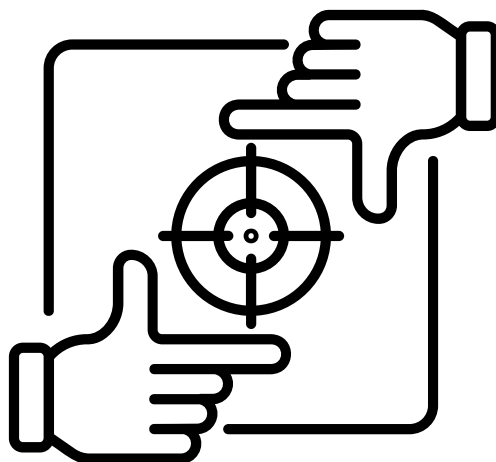
Thoughts become words and words become actions. It starts IN YOUR HEAD! Practice talking to yourself more than you listen to yourself. Use "I" statements to set daily intentions. Reflect to refocus.



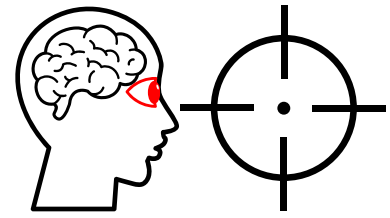
EXPAND ON THE “CONTROLLABLE” CONVERSATION

Use the following pages to deepen and expand on the conversations around what is a controllable vs what is not.

Can be personal reflection or 1:1 conversation starters for athlete to coach, coach to athlete and athlete to athlete.



ATTITUDE



BODY LANGUAGE, FACIAL EXPRESSIONS REACTING VS RESPONDING

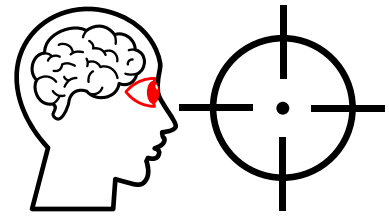
Be aware of HOW you are SHOWING UP. What do you look like? How are you coming across?

Are you helping or hurting? An asset or a liability? Are you in control, or does something or someone else have control over you and how you show up under pressure?

HELPING

HURTING

ENERGY



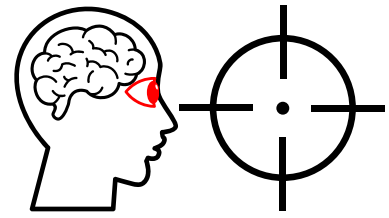
Where your attention goes, energy flows!

What you focus on matters. If you focus on negativity, that's what you'll feel and that's the version of you that will show up. **You are responsible for the energy that you bring in to the spaces that you walk in to.** Whatever you are bringing, others will FEEL IT. So you gotta OWN IT.

HELPING

HURTING

EFFORT



DEFINE. YOUR. WHY.

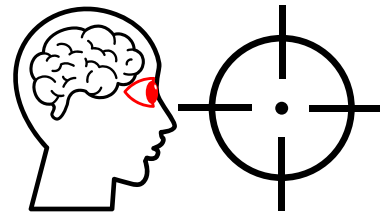
Make sure you know WHY you are doing what it is you are doing. WHO are you doing it for? Would younger you be proud of you? Will future you be grateful for your work? Is current you proud and grateful and excited to do what you are doing?

If you don't know, it'll show.

HELPING

HURTING

MINDSET



**Your thoughts become your words
and your words become your actions.**

It starts IN YOUR HEAD! Practice talking to yourself more than you listen to yourself. Use “I” statements to set daily intentions. Make time to reflect so you can refocus. Challenge your thoughts so you and your brain can grow together. **“If it’s out of your hands, get it out of your head”**

HELPING

HURTING

TEAM REFLECTION

HELPING US

HURTING US

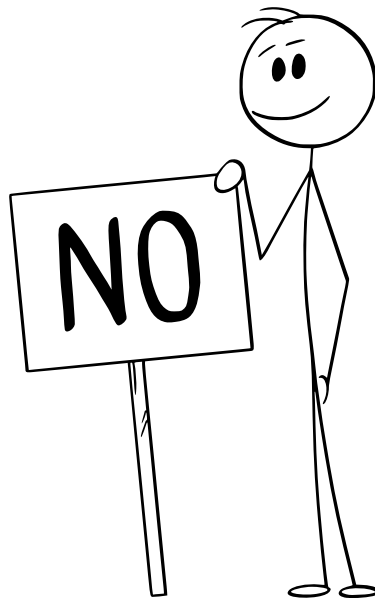
A
ATTITUDE

E
ENERGY

E
EFFORT

M
MINDSET

UN- CONTROLLABLES



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EVERYTHING ELSE IS AN **UNCONTROLLABLE**

Now that you know what is within your control, take the time to identify the things outside of your control, especially the things that trigger you and/or your team.

UNCONTROLLABLES:

My coach doesn't start me / I am not getting the playing time I want

My teammate messes up a play

Our best player is injured.

Worst ref in the league shows up on the most important game of the season.

other people

game outcomes

the weather

equipment

playing conditions

fans

adults

opposing team

refs/umps

apparel/uniforms

“what ifs”

“worries”

frustrations

anxieties

to do list tasks

school work

negative thoughts

social media

Can you now use AEMM to help you come up with “how” you want to “control the uncontrollables” without having the uncontrollable be the main focus?

UNCONTROLLABLES

My coach doesn't start me
/I am not getting the playing
time I want

My teammate messes up a play

Our best player is injured.

Worst ref in the league shows up
on the most important game of
the season.

CONTROLLABLES

Make sure I put my attention on
encouraging others, being hyped
on the sideline, body language
looks good and be READY to go in
as soon as I am called. I can also
speak with my coach about
things they would like to see me
work on so they trust putting me
in the game.

Make sure my body language and
reaction doesn't make her feel
worse, choose to respond with
positive/motivating words, pull
her aside and encourage her to
get the next one

Opportunity to develop someone
else/someone else get's to step
up. Identify a weakness that
needs our attention.

I recognize that me being negative
or annoyed is going to do more
harm than good. Coach can take
this time to model how players
should act. Take A LOT of deep
breaths, realize being super
vocal/aggressive will only add to a
negative environment/create
unnecessary distractions

GAME CHANGERS

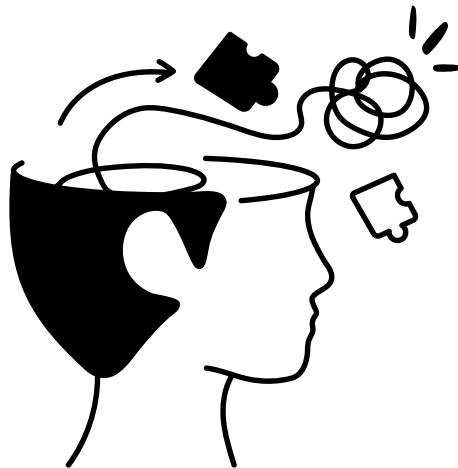
MENTAL PERFORMANCE COACHING

Can you now use AEM to help you come up with “how” you want to “control **YOUR** uncontrollables” without having the uncontrollable be the main focus?

UNCONTROLLABLES

CONTROLLABLES

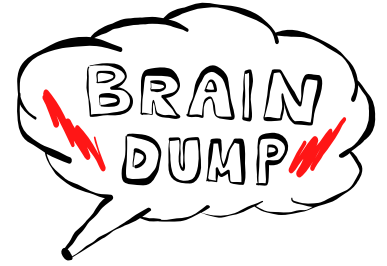
BRAIN DUMP



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HOW TO:



WHAT IS A BRAIN DUMP??

Emptying all your thoughts, worries, to do's, frustrations, and distractions on to paper. NO SPECIFIC ORDER. NO routine. Everything and Anything taking up HEAD and HEART SPACE goes on the page!



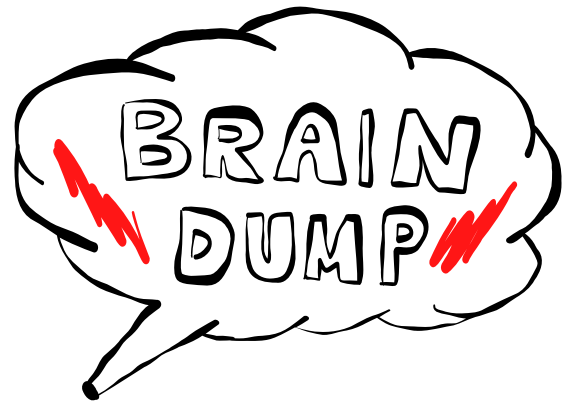
WHEN TO BRAIN DUMP??

Before/after a game, competition or practice, before bed, when feeling overwhelmed-anxious-stuck, during recovery days or breaks, towards the end of a semester or a season (when things usually start to pile up), honestly brain dumping regularly allows you to organize what's being stored in your head and on your heart.

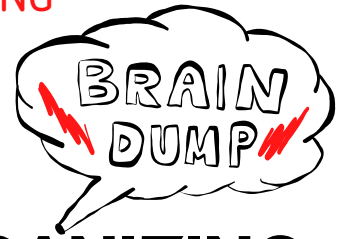
STEP BY STEP:



- Set a timer (optional but can help)
- Write FREELY - no structure, no right or wrong, spelling doesn't matter, just let it all out!
- Keep going, don't stop to think or analyze, fill up the page, even if you repeat yourself
- When you're done, walk away, grab a snack, and come back when you're ready to organize



AFTER YOU:



LOOK AT IT ALL AND START ORGANIZING...

- controllable vs uncontrollable worries
- fact vs fictional worries/thoughts
- whats important now vs what can wait til later
- what actually needs your attention and what does not

QUESTIONS YOU CAN ASK YOURSELF:

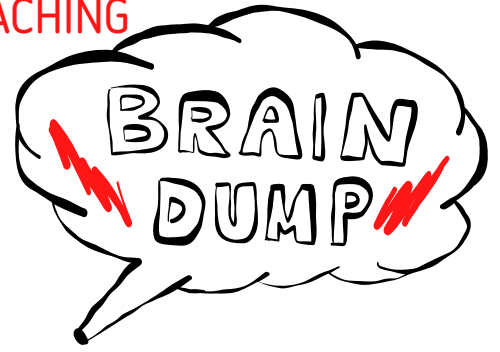
(choose what resonates with you from the following)

- Is this something I have control over?
- Is it helping me or hurting me to be focusing on this?
- Does this need the amount of attention I am giving it?
- Do I like how much power I have given this thing?
- Do I like the version of me that is currently showing up when dealing with this?
- Is this something I need to worry about now, or can it wait til later?
- Can I let this go?

YOU AND ONLY YOU GET TO DECIDE WHAT STAYS, WHAT GOES, AND WHAT GETS REPLACED!

You can use highlighters to categorize thoughts/tasks together. Simply cross off what doesn't need to take up head/heart space. Use this with your agenda/calendar to stay organized and calm!

AFTER YOU:



Now look at it all and start organizing...

- controllable vs uncontrollable worries
- fact vs fictional worries/thoughts
- whats important now vs what can wait til later
- what actually needs your attention and what does not

SELF TALK



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TALK TO YOURSELF > **LISTEN TO YOURSELF**

WHY? Talking to yourself can be a great way to help boost your self confidence and self esteem. It also can help you stop negative thoughts from spiraling out of control. When you 'talk to yourself' you are replacing words that don't serve you with ones that do.

THINK MAIN CHARACTER ENERGY

HOW? By using positive self talk, personal mantras and affirmations, you can inspire yourself from within. It will also help you to reframe difficult situations or experiences, and allow you to better process your thoughts and feelings. When you "hear" those negative thoughts in your head, you can "talk" yourself out of allowing them in. ***THINK MAIN CHARACTER LISTENING TO THE NARRATOR AND SAYING "NO! THAT'S NOT HOW IT'S GOING TO GO!"***

FOR EXAMPLE...

When you start listening to that voice in your head say you "can't" do something or it's making you feel bad about a mistake, instead of listening to those thoughts and allowing them to spiral out of control, STOP them by TALKING back to them. Tell your brain these thoughts are false/unwanted/not helpful and replace them with a more optimistic outlook on the situation.

"I am capable of handling this"

"I've done this before I can do this again"

"Mistakes are meant to help me learn"

"I can do hard things"

SELF TALK STARTERS

I AM...

- confident
- happy
- inspired
- smart
- capable of handling whatever the day throws at me
- prepared to do my best according to my standards
- not going to dwell on my mistakes rather learn from them quick and move forward

I WILL...

- believe in myself
- work hard
- stay optimistic
- be kind to my mind
- use positive self talk
- respond to adversity
- NOT react in a negative way
- NOT allow anyone to define me by my mistakes
- NOT give up
- NOT give in

I HAVE...

- great skills
- support around me
- a smart mind
- a lot to be grateful for
- prepared myself properly
- the ability to make myself proud
- an opportunity to do great things
- worked hard for this
- faith in myself
- love for what I do

I BELIEVE...

- in myself
- in my abilities
- in my growth
- in my teammates
- I am capable of performing at my highest level
- I am prepared
- I am ready
- I can do hard things
- in hard work
- I have what I need to succeed

MY SELF TALK

DON'T FORGET HOW POWERFUL THE WORDS YOU **CHOOSE TO USE** CAN BE

I AM...

I WILL...

I HAVE...

I BELIEVE...

“WHERE YOUR ATTENTION GOES, ENERGY FLOWS”

R.C.R YOUR SELF TALK

1

RECOGNIZE

Before we challenge our self talk we need to first be able to recognize when it pops up or pops in to our head. Notice where you are, what you're doing or who you are with? Is it self inflicted or is it projected on to you from others? Do you even notice the negative thoughts? Is there a certain thought that runs away too much? A certain thought that's too loud? A certain thought that just takes over??

2

CHALLENGE

Ask yourself, "is this (enter "thought") a FACT or FICTION", "TRUE or FALSE", "HELPING ME or HURTING ME"? Start to understand when it's appropriate for you to stop and think, tackle it heads on, or let it go and come back to it at a later day/time...

3

REPLACE

Replace your current thought with something that is more useful/productive...

"I can't" = "I can" or "I won't" = "I will"

*Adding "but" or "yet" to the end of a negative phrase;
"I can't YET..." "I can't BUT..."

Create a mantra or affirmation to say in place of a negative thought; "I AM capable", "I AM not my mistakes", "I HAVE prepared myself for this moment", "I GET TO CHOOSE how to respond".

R.C.R YOUR SELF TALK

RECOGNIZE

what are you recognizing?

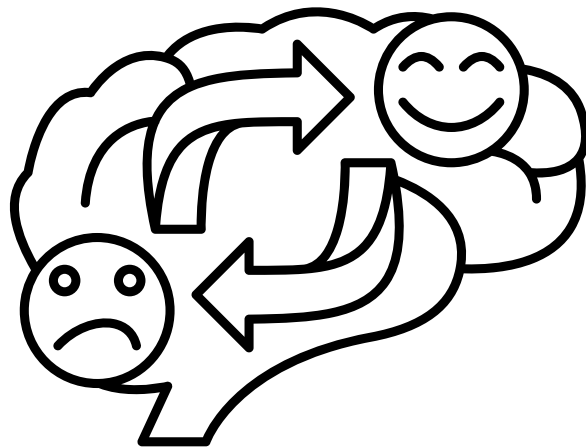
CHALLENGE

how will you challenge it?

REPLACE

what will you replace it with?

MINDSET SHIFTS



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MINDSET SHIFTS

How you think is how you perform.

Your mindset influences your choices, emotions, focus, and actions; in training, in games and in life.

A mindset shift is simply learning how to recognize unhelpful thoughts and reframe them in to something more productive and purposeful.

**But here's the key- mindset shifts are a skill.
And skills must be trained.**



Too often athletes expect to “just think positively” when the moments get tough. But without practice, your default mindset will always win, and that’s often doubt, fear or frustration.

**You don't train mindset shifts for when things are easy.
You train them so you're ready when things get hard.**

You can't expect to rise to the moment if you haven't trained for it. Mindset shifting is a skill, and like any skill, it gets stronger with practice.

What are the negative phrases you often say or think to yourself, and how can you reframe them to be more helpful??

MINDSET SHIFTS









"Mistakes make me look dumb"	➔	"Mistakes help me learn what not to do"
"How will I ever bounce back from this?"	➔	"I am stronger than my setbacks"
"Everyone watched me fail today"	➔	"Everyone watched me take a risk today"
"Mistakes make me feel out of control"	➔	"Mistakes are the stepping stones to playing confidently"
"I'm not where I want to be"	➔	"I'm better than I was yesterday/last year"
"I don't know what to do"	➔	"I will learn if I try"
"What If..."	➔	"Even if..."
"My coach is so mad at me"	➔	"What I think of me is the most important thought"

MINDSET SHIFTS - YOUR TURN!

You can't expect to rise to the moment if you haven't trained for it. Mindset shifting is a skill, and like any skill, it gets stronger with practice. **What are the negative phrases you often say or think to yourself, and how can you reframe them to be more helpful??**

OLD THOUGHT

NEW THOUGHT

“WHAT IF WORRIES”

When you think “what if”, that’s your brain trying to protect you/prepare you for danger or discomfort. The brain is scanning for anything that could go wrong so it can help you avoid it. **You can train your brain to understand that just because something is going to be difficult, doesn’t mean it’s going to be detrimental, and you CAN handle it!**

“WHAT IF”	“TODAY WHEN”	“PROVE IT WRONG”
“What if...”	“Today when...”	“I won’t make a mistake because...”
“I make a mistake?”	“I make a mistake...”	WHY IS YOUR “WHAT IF” WRONG
“I fail”	FILL IN THE ...	How is it a false statement?
“They’re mad at me”	“I am...”	What have you done to prepare yourself?
“I disagree with coach”	“I will...”	What have you learned from the past that will help you in the present moment??
“I don’t get in the game”	“I have...”	Separate FACT from FICTION
Subconscious mind	“I believe...”	Focus on something HELPFUL not HURTFUL
Emotional thinking	WHAT DO YOU WANT TO DO WHEN THIS “WHAT IF” ACTUALLY HAPPENS?	
Reacting to what hasn’t happened or might happen	THIS puts YOU in control	
Listening to the stories in your head	allows conscious brain to think LOGICALLY	
	calms down your emotions/ feelings	
	Talk TO yourself *main character	

WHAT IF WORRIES - YOUR TURN!

WHAT ARE YOU CURRENTLY WORRIED ABOUT?!
HOW CAN YOU SHIFT YOUR MINDSET??

“WHAT IF”

**“TODAY
WHEN”**

**“PROVE IT
WRONG”**

--	--	--

“REFLECT & REFOCUS” LEARNING FROM YOUR PAST

*Great for reflecting while watching film, after a loss, after an argument, when you're frustrated...

WHAT JUST HAPPENED

The mistake...

The loss...

The reaction...

The failure...

“LOSS” =
LEARNING
OPPORTUNITY
STAY
STRONG!!

“FAIL” =
FIRST
ATTEMPT
IN
LEARNING

“FEAR” =
FACE
EVERYTHING
AND
RISE

WHAT I CAN DO

What YOU do next

The **learning opportunity**

The response to pressure

“next ball”
“next play”
“get back on D”
“apologize”
“own it”

What did you learn and what will you do the next time you're in a similar situation??

When replaying the scenario in your head, what do you wish you did instead? How can you remind your brain that this is the response moving forward??

It's NEVER about what just happened, it's ALWAYS about what YOU DO NEXT!

“REFLECT & REFOCUS”
LEARNING FROM YOUR PAST

*Great for reflecting while watching film, after a loss,
after an argument, when you're frustrated...

WHAT JUST HAPPENED

WHAT I CAN DO



--	--

“NEGATIVE TO NEUTRAL”

WHAT DO YOU DO WHEN YOUR BRAIN DOESN'T BELIEVE THE POSITIVE THOUGHTS AND PHRASES YOU ARE FEEDING IT?? YOU STOP FORCING “POSITIVE THOUGHTS” AND START FOCUSING ON “NEUTRAL FACTS”, SOMETHING YOUR BRAIN CANNOT ARGUE WITH.

**NEGATIVE
SUBCONSCIOUS
FICTION**



**POSITIVE
REALISTIC?**



**NEUTRAL
LOGIC/FACT**

“I’M
TERRIBLE”

~~“I’M
AWESOME”~~

“I WILL STAY
FOCUSED ON
WHAT I CAN
CONTROL RIGHT
NOW.”

“I CAN’T DO
ANYTHING
RIGHT TODAY”

~~“I GOT THIS”~~

“I AM CHOOSING
TO WORK
REALLY HARD ON
THIS”

“THEY’RE BETTER
THAN ME”

~~“I’M THE
ABSOLUTE
GREATEST”~~

“THEIR SUCCESS
DOESN’T TAKE
AWAY FROM MY
PROGRESS”

“I ALWAYS MESS
THINGS UP”

~~“I’M FINE”~~

“MISTAKES ARE
FOR ME
TO LEARN”

“I’M PLAYING SO
BAD RIGHT
NOW”

~~“I’M SO MUCH
BETTER THAN
THIS”~~

“TODAY ISN’T MY
BEST BUT I CAN
STILL FINISH
STRONG”

“NEGATIVE TO NEUTRAL”

**NEGATIVE
SUBCONSCIOUS
FICTION**



**POSITIVE
REALISTIC?**



**NEUTRAL
LOGIC/FACT**

--	--	--



CALL OUT THE N.O.I.S.E



Life is pretty noisy, stop and recognize what “noise” is getting a bit too loud for you. When you take the time to identify what’s holding you back, you give yourself power to move forward with intention.

N

NEGATIVITY

Comes in all different forms. Identify the "negativity" in your life so you can start to prepare responses to it and action plans to combat it.

O

OBSTACLES

Shift your mindset on how you look at obstacles, and instead see them as an opportunity for growth, success and forward momentum. What can you do despite the obstacle in front of you?

I

INSECURITIES

Every human being is insecure about something. Find what you are insecure about and look at it as something worth improving on. Work to see those insecurities as a need you should tend to.

S

SELF SABOTAGE

We can be our own worst enemy or our biggest fan. You get to choose how to set yourself up and how to speak to yourself. Turning those "I can't's" in to "I can's" and “I won't's” in to “I will's”.

E

EXCUSES

They do absolutely nothing for you except give you comfort when you are in an uncomfortable situation. Challenge yourself with turning those excuses in to conversations for change.

WHAT'S THE LOUDEST NOISE GETTING IN YOU OR YOUR TEAM'S WAY??

N NEGATIVITY

O OBSTACLES

I INSECURITIES

S SELF SABOTAGE

E EXCUSES

WHAT CAN YOU DO ABOUT IT? HOW CAN YOU "TAKE CONTROL" OF THE SITUATION?

N **NEGATIVITY** → **OPTIMISM**

Focus on the good. Practice gratitude. Become rooted in optimism. Talk back to it. Practice self care. Let go of the hold it has on you, work hard on moving forward with a "What's Next" mentality. Eliminating negativity is impossible, it's everywhere, the focus should be on learning how to navigate it and celebrating yourself along the way.

O **OBSTACLES** → **OPPORTUNITIES**

Change your perspective. Stay optimistic. Be creative, sometimes, the best solutions to problems come from thinking outside the box. Don't be afraid to try new things. Experiment with different approaches. Embrace failure as a part of the process to getting it right next time. Don't get stuck dwelling on the past or worrying about the future. Focus on taking action in the present and moving forward towards your goals.

I **INSECURITIES** → **CONFIDENCE**

Take the time to identify which insecurities are holding you back. Challenge your insecurities. Ask yourself if they are really true or if they are just negative thoughts. Focus on your strengths. Don't be afraid to talk to someone about your insecurities. Talking to someone else can help you to gain a different perspective. Practice self-care. Make sure you are getting enough sleep, eating well, and engaging in activities that bring you joy, and boost your confidence.

S **SELF SABOTAGE** → **SELF TRUST**

Identify the different ways you hold yourself back. Practice self-compassion. Don't beat yourself up. Be curious about what sets you off versus judging yourself so much. Take moments to reflect on what you do and what you can learn from it. Set realistic goals. Seek support. Outside perspectives can help you see things more clearly.

E **EXCUSES** → **ACCOUNTABILITY**

Take responsibility. Acknowledge that you are in control of your life and that you have the power to make changes. Identify your excuses and write them down. Challenge your excuses; "is this true or false?" "Fact or fiction?" "Helpful or hurtful?" Set clear and specific goals can help you stay focused and motivated. Take action towards your goals. Start small and take one step at a time. Remember that progress is more important than perfection.

WHAT CAN YOU DO ABOUT IT? HOW CAN YOU "TAKE CONTROL" OF THE SITUATION?

N **NEGATIVITY → OPTIMISM**

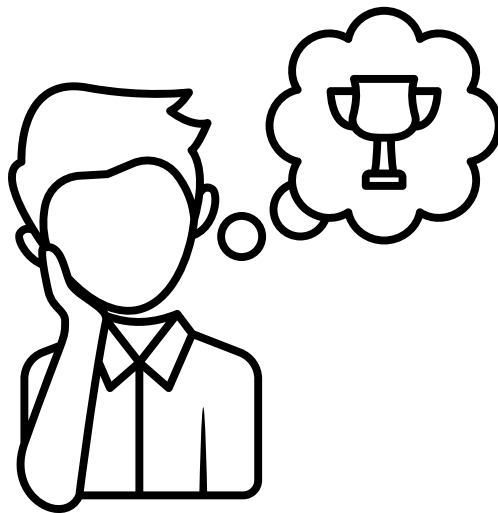
O **OBSTACLES → OPPORTUNITIES**

I **INSECURITIES → CONFIDENCE**

S **SELF SABOTAGE → SELF TRUST**

E **EXCUSES → ACCOUNTABILITY**

VISUALIZATION



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SEE IT - FEEL IT - ENJOY IT *VISUALIZATION TECHNIQUES

THE GOAL OF VISUALIZATION

To use ALL of your senses to engage your brain in recreating “game like moments”. Visualizing positive performances and picturing ideal steps for achieving success is a big part of competing at an elite level. Create a clear mental picture and a powerful physical feeling of what you want to accomplish.

WHAT TO INCLUDE IN YOUR VISUALIZATION:

- SIGHTS:**
- What will your teammates look like?
 - What will the other team look like?
 - Where will you be standing?
 - What's your view?
 - What does the environment look like?

- SOUNDS:**
- How loud is the crowd?
 - What's your captain shouting to you?
 - What's your coach saying?
 - What sounds do you hear?
 - Is your equipment making sounds?

- SMELLS:**
- Is there food?
 - Someone chewing gum?
 - Are you sweating?
 - Someone wearing perfume?

VISUALIZATION CONTINUED...

TACTILE IMPRESSIONS:

- How does your equipment feel?
- How's the surface below your feet?
- Is there sweat on your face?
- How does your uniform feel?

POWERFUL EMOTIONS:

- How excited are you to be here?
- How excited are you to be in the game?
- How do you feel when you're on the bench?
- How do you feel when you and your team are on offense?
- How do you feel when you and your team are on defense?
- How aggressive is the other team?

By practicing visualization, clarity and controllability of these images will improve. Visualization is not a “once in a while” thing. It is an everyday thing. But start small...2-3x a week, and increase from there.

When you visualize, do it from a first person point of view, through your own eyes, NOT from a bird's eye view where you're picturing everything as a bystander. This way when you achieve your goal, you'll be the one achieving it, not just observing someone achieve it.

VISUALIZATION PRACTICE

Sit up in a chair with your back straight
Let your eyes close and become aware of your breathing
Take a few slow, deep breaths,
in through your nose and out through your mouth



Select a specific skill to work on
Begin by creating a mental picture of your environment
*For example, where are you standing? What skill are you doing?
What is surrounding you? Who is surrounding you? What do you
hear? What do you smell? How do you feel?*

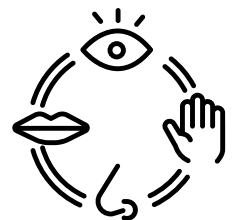
Visualize it all right in front of you
Pay attention to the physical sensations in your body, such as:
*How your different body parts feel
Feet, hands, knees, face, heart
is your breathing heavy or relaxed
the weight/texture of your equipment in your hand*



As you mentally start to go through what you're doing,
inhale deeply and let the breath move through your body

Perform your skill, feel it with every inch of your body

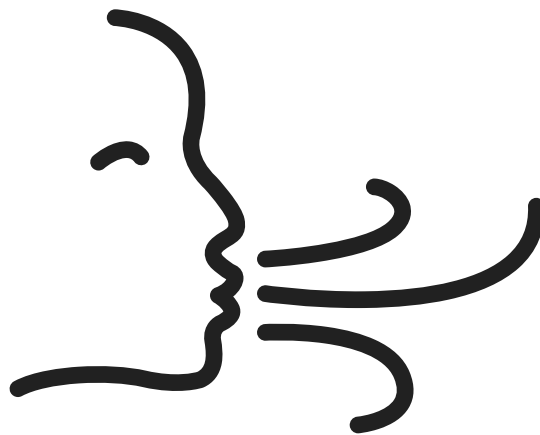
Fully see it, feel it and enjoy executing this skill
throughout each moment of the movement.



Keep full attention throughout the entire activity
and complete the routine

*Challenge yourself to do this exercise successfully 3x in a row
with focus and a positive result. If you visualize failing, or you
lose focus, keep repeating the process until you can visualize
yourself doing it right straight through. Completing this will
further anchor your physical self to your winning performance.*

BREATH WORK



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BREATH WORK SKILLS AND TECHNIQUES

Breathwork directly influences physical performance, mental focus, and recovery. It is one of the fastest ways to bring yourself back to the present moment. In high pressure situations, it's easy for the mind to drift into the past (mistakes) or the future (what's at stake).

Controlled breathing anchors you right here, right now, giving you the clarity and composure to perform your best.

WHAT IT CAN DO FOR ATHLETES

- Refocus the Mind – Clears mental clutter so you can zero in on the next play.
- Calm the Body – Lowers heart rate and eases muscle tension in moments of stress.
- Boost Recovery – Helps the body reset faster between plays, drills, or events.
- Manage Emotions – Creates a pause before reacting, turning frustration into composure.
- Build Consistency – Helps performance stay steady even when the game gets chaotic.

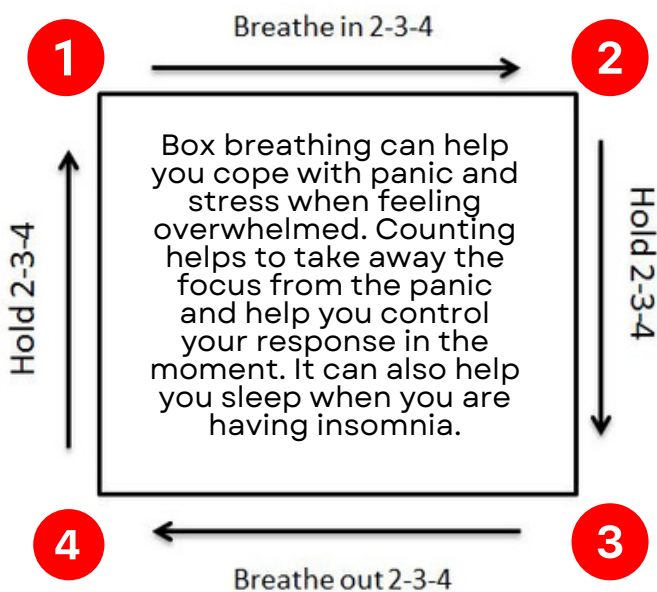
PRO TIP:

Practice breath work during training, not just on game day. When it becomes second nature, athletes will know exactly how to reset themselves when the pressure is on.

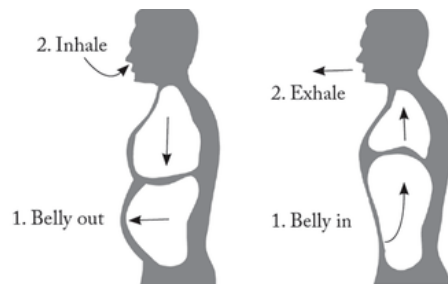
**Use the following resources to experiment
with your breathing game!**

BREATH WORK SKILLS AND TECHNIQUES

BOX BREATH



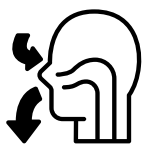
BELLY BREATHING



Belly breathing can help shift yourself from a stressful state to a more calm and relaxed state. This technique helps to slow down your breathing so you can catch your breath and send signals to your brain that you are safe, calm and focused.

SHORT INHALE LONG EXHALE

Inhale through your nose for 2-3 seconds fill up your belly



Exhale out your mouth for 7-8 seconds fully emptying your belly

Exhaling longer than you inhale helps provide a sense of relaxation, as well as improvement with how your body responds to stress.

This technique can be used as a method of encouraging positive change in your mental and physical health.

ALTERNATE NOSTRIL BREATHING



Practice alternate nostril breathing when you feel stressed, anxious, or overwhelmed, like before a big event.

Use your right thumb to gently close off your right nostril. **Inhale slowly through your left nostril** Remove your thumb and use your right ring finger to gently close off your left nostril. **Exhale slowly through your right nostril**. Repeat this pattern, alternating which nostril you inhale and exhale through, **for 5-10 rounds or 2-5 minutes**

BREATH WORK SKILLS AND TECHNIQUES **CONT...**

3-2-1 **BREATH**



HELPS IN A MOMENT OF FRUSTRATION
and you just gotta “get it out”!

Breathe in your nose for **3 seconds**
Hold your breath for **2 seconds**
Exhale 1 big blow
*either silently or with a loud sigh

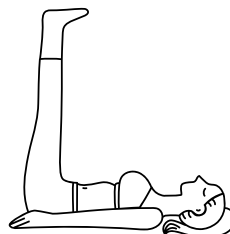
IN, IN, OUTTTT **BREATH**



This breathing technique can be used to reduce stress and anxiety, and to soothe the nervous system.

Breathe in through your nose,
Pause after the first inhale.
Take a second short inhale.
Exhale slowly and long through your mouth.

LEGS UP & **SLOW DOWN**



This pose can help you relax and calm your mind. It activates the parasympathetic nervous system, which allows your body to **rest and repair**.

Lie on your back with your legs and feet up against a wall. **Inhale for five seconds, hold for five seconds,** and **exhale for five seconds.** Repeat for five minutes.

JOURNALING AND SELF REFLECTION



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JOURNALING & SELF REFLECTION

Journaling isn't just "writing things down." It's one of the simplest, most effective tools for building self awareness, processing experiences, and tracking growth over time. For athletes, it creates a private space to work through challenges, celebrate progress, and identify patterns that impact performance, both positive and negative.

When athletes take time to reflect, they begin to notice what truly helps them perform at their best and what holds them back. This awareness is the foundation for making intentional changes and sustaining confidence.

TIPS TO GET STARTED

- Keep It Simple – Start with just 2–5 minutes a day. Don't worry about writing a perfect essay; bullet points or short sentences work just fine.
- Don't like to write? Use voice notes, record yourself or use an app
- Create a Cue – Link journaling to an existing routine (before bed, after practice, during morning coffee) so it becomes automatic.
- Use Prompts – Questions or themes can spark reflection when you're not sure what to write. (You'll find prompts and guided pages in this section of The Game Plan.)

HOW TO STAY CONSISTENT

- Set a Small Goal – Commit to just a few lines each time. Success builds momentum.
- Track Your Streak – Use a calendar, app, or the worksheets in this playbook to see your progress visually.
- Don't Skip After "Bad" Days – Reflecting during challenges is often when the biggest insights happen.
- Mix It Up – Switch between gratitude lists, game day recaps, and mindset prompts to keep it fresh.

DAILY AFFIRMATIONS

Every day try to start with an uplifting, optimistic, future thinking affirmation. Setting yourself an "intention" for the day ahead helps you stay focused on the kind of energy and mindset you'd like to move forward with. Try starting your sentence with "I am", "I will", "I believe", or "I have".

DAILY HIGHLIGHTS

It's important for us to recognize the good in each day, ESPECIALLY on days where we came in to contact with adversity and struggle. List at least 3 highlights, something good, happy, or joyous, or even something that made you proud!

DAILY GRATITUDE

Start your day reflecting on the things you are grateful for or the things in your life that bring you joy. Try stating at least 3 things.

EX: "I am grateful for a good night's sleep, my dog, and the day ahead".

WHAT DID I LEARN TODAY?

There are lessons in EVERY day, as long as we are open to learning them. Choose to see your obstacles as opportunities, and applaud yourself for being able to take something away from each experience you have during the day.

EX: "I learned I am capable to receive criticism without judging myself"

WHAT WILL MAKE TODAY GREAT?

What can YOU control that would make the day ahead a great day? Place emphasis on things only YOU can control.

EX: "Great playlist for today's drive, getting a coffee before class, going up in weight during lift".

WHAT AM I LOOKING FORWARD TO TOMORROW?

Before you close your eyes and lay your head on your pillow, think about one thing that you are excited for in the day ahead. Use this to help you get out of bed and start your day. Take it one step further and rename your alarm to what is it you are looking forward to for an extra boost of good vibes in the morning.

DAILY JOURNAL

AM

PM

DAILY AFFIRMATION

**3 HIGHLIGHTS
FROM THE DAY**

**3 THINGS I AM
GRATEFUL FOR TODAY**

**WHAT DID I
LEARN TODAY?**

**3 THINGS THAT WILL
MAKE TODAY GREAT**

**2 THINGS I AM LOOKING
FORWARD TO
TOMORROW**

FILL UP YOUR CONFIDENCE CUP

**Build your
confidence
one drop at a time**

**WHAT HAVE YOU ALREADY
ACCOMPLISHED THAT HAS
MADE YOU PROUD?**

**WHERE HAVE YOU
SUCCEEDED?**

**WHAT FAILURES HAVE
MADE YOU STRONGER
OR SMARTER?**

ADD IT TO THE CUP...

***Keep this as a
running list &
constantly add to it**

THE CONFIDENCE CUP CHALLENGE

CONFIDENCE IS CREATED ONE DROP AT A TIME...

Follow along with these "cup filling tasks" as you work on building your confidence from the inside out! The more we do, the more our cup fills up. There is no right or wrong here... **IT ALL GOES IN THE CUP!**

1. WHAT IS SOMETHING THAT YOU DO, THAT BRINGS YOU JOY?

When we do things that bring us joy and make us happy, our confidence is increasing without us even thinking about it or paying attention.

2. WHAT IS SOMETHING YOU RECENTLY LEARNED? EITHER AFTER TRYING SOMETHING AND FAILING, OR DOING SOMETHING AND SUCCEEDING...

Not all failure = failing. Sometimes we must learn what NOT to do, in order to figure out what to do instead!

3. WHAT SKILLS DO YOU HAVE THAT YOU ARE GRATEFUL FOR?

Practicing gratitude helps us acknowledge things we are proud of/happy about, improves our mood and allows us to see things a bit clearer.

4. WHEN WAS THE LAST TIME YOU WERE PROUD OF YOURSELF?

When we are seeking to build confidence, we must use our past experiences as stepping stones to get there.

5. WHEN WAS THE LAST TIME YOU SAID "THANK YOU" TO YOUR BRAIN & BODY FOR ALL IT ALREADY CAN DO?

Look in the mirror and practice this today!

6. THINK BACK TO "LAST YEAR YOU". WHAT IS SOMETHING "PRESENT YOU" CAN DO, THAT PAST YOU COULDN'T?

We grow SO much over time, sometimes we need to stop and remember that...

7. WHAT WOULD YOU WANT "FUTURE YOU" TO SAY ABOUT YOU AND YOUR CONFIDENCE JOURNEY?

Future you, looking back, are they proud?

THE CONFIDENCE CUP CHALLENGE

CONFIDENCE IS CREATED ONE DROP AT A TIME...

Additional questions to continue building your confidence!

1. WHAT IS SOMETHING YOU DO REALLY WELL THAT HAS NOTHING TO DO WITH SPORT?

2. WHAT MAKES YOU FEEL POWERFUL?

3. WHAT IS SOMETHING YOU HAVE BEEN WORKING HARD ON?

4. WHAT OTHER HOBBIES DO YOU DO THAT BRING YOU JOY?

5. WHAT IS SOMETHING THAT COMES NATURALLY TO YOU?

6. WHEN IS THE LAST TIME YOU GAVE YOURSELF A COMPLIMENT?

7. WHAT WAS THE LAST “LESSON” YOU LEARNED?

FILL UP YOUR CONFIDENCE CUP



JOURNAL PROMPTS & QUESTIONS TO BOOST CONFIDENCE

1. HOW CAN YOU BE MORE ACCEPTING OF THE LESS-THAN-PERFECT PARTS OF YOURSELF?
2. HOW WOULD YOU WANT THE MOST ENCOURAGING PERSON IN YOUR LIFE, “YOUR BIGGEST SUPPORTER”, TO DESCRIBE YOU?
3. WHAT ARE YOU MOST PROUD OF AND WHY?
4. IF YOU HAD TO GIVE YOURSELF A PEP TALK RIGHT NOW, WHAT WOULD IT SOUND LIKE?
5. WHAT IS THE MISSING PIECE TO YOUR TEAMS PUZZLE AND HOW CAN YOU FILL IT?
6. HOW DO YOU FEEL ABOUT YOURSELF WHEN YOU LOOK IN THE MIRROR? HOW DO YOU FEEL ABOUT YOURSELF WHEN YOU AREN'T LOOKING IN THE MIRROR?
7. HOW DO YOU TALK TO YOURSELF WHEN YOU'VE HAD A BAD DAY? WHAT DOES THAT VOICE SOUND LIKE? IS IT JUDGMENTAL OR HARSH? IF IT IS, HOW CAN YOU CHANGE THAT?

JOURNAL PROMPTS & QUESTIONS TO BOOST CONFIDENCE CONT...

1. WHAT DOES STRENGTH MEAN TO YOU? WHEN HAVE YOU FELT THE STRONGEST?
2. CAN YOU THINK OF A TIME WHEN YOU WERE DISAPPOINTED IN YOURSELF BUT MOVED PAST THAT FEELING?
3. WHAT ARE A FEW OF YOUR VALUES? WHY ARE THESE IMPORTANT TO YOU?
4. DESCRIBE A TIME WHEN YOU OVERCAME A BIG CHALLENGE.
5. WHAT WAS THE LAST COMPLIMENT YOU RECEIVED THAT MEANT THE MOST TO YOU? WHY DID IT HIT SO HARD?
6. WRITE ABOUT A TIME WHEN YOU COULDN'T STOP SMILING.
7. ARE THERE ANY GOALS THAT YOU'RE CLOSE TO ACHIEVING RIGHT NOW? ARE THERE ANY NEW ONES YOU REALLY WANT TO FOCUS ON? WHY THESE?

JOURNAL PROMPT QUESTIONS TO GET BACK ON TRACK & FOCUSED!

We all get off track from time to time. Instead of spiraling out of control and digging yourself in to a hole, use the below questions to reflect, refocus and get back to feeling good!

1. WHAT DOES “PERFORMING WELL” TRULY MEAN TO ME BEYOND JUST WINNING OR ACHIEVING A SPECIFIC RESULT?
2. IF I COMPETED WITHOUT PRESSURE OR EXPECTATIONS, HOW WOULD I FEEL AND PERFORM DIFFERENTLY?
3. WHAT ARE THE TOP 3 REASONS I LOVE MY SPORT AND HOW CAN I RECONNECT WITH THEM DURING MY NEXT COMPETITION?
4. WHAT PAST PERFORMANCES OR TRAINING SESSIONS PROVE THAT I AM CAPABLE, STRONG AND PREPARED?
5. IF MY BEST FRIEND OR TEAMMATE WERE STRUGGLING WITH THEIR PERFORMANCE, WHAT WOULD I TELL THEM? HOW CAN I GIVE MYSELF THAT SAME GRACE AND SUPPORT?
6. WHAT LIMITING BELIEFS AM I HOLDING ONTO ABOUT MYSELF AS AN ATHLETE AND HOW CAN I REFRAME THEM IN TO SOMETHING MORE EMPOWERING?
7. WHAT ARE THREE CONTROLLABLE THINGS I CAN FOCUS ON DURING MY NEXT COMPETITION THAT WILL HELP ME PERFORM AT MY BEST?
8. WHAT IS ONE SMALL ACTION I CAN TAKE BEFORE OR DURING MY PERFORMANCE TO STAY PRESENT AND ENJOY THE MOMENT?
9. AFTER MY NEXT COMPETITION, WHAT DO I WANT TO BE PROUD OF REGARDLESS OF THE OUTCOME?

PRE GAME ROUTINES

A pre game routine can help athletes mentally, physically and emotionally prepare for competition.

It can help them get into a focused mindset, calm any nerves or anxiety, and increase confidence.

Having a consistent pre game routine can create a sense of familiarity and comfort in an otherwise unfamiliar and potentially stressful environment.

A pre game routine can give athletes an edge in performance and help them feel more prepared, confident and ready to compete.

Use the next few resources to reflect on the different ways you can add a pre game routine to what it is you do.

PRE GAME ROUTINES

NIGHT BEFORE

Lay out and/or pack all that you will need for the next day.

Spend time visualizing/journaling.

Schedule a session with Coach K

Eat a nutritious meal.

Get to bed early.

MORNING/DAY OF

Breakfast.

Self care routine.

Meditation/visualization.

Favorite drink.

Affirmations.

Journal.

TRAVEL TO/ LOCKER ROOM

Meditation/visualization.

Music/Dance Party.

Favorite movie.

Review Team game plan.

Review personal goals.

Journal.

BEFORE GAME START

Positive self talk.

Sharpie time (iykyk)

Visualization while warming up body/skills/brain.

Personal Rituals/routines.

Check in with teammates.

PRE GAME ROUTINES

NIGHT BEFORE

MORNING/DAY OF

**TRAVEL TO/
LOCKER ROOM**

BEFORE GAME START

PRE PRACTICE/PRE GAME FOCUS PROMPTS/DAILY INTENTIONS

TODAY I AM...

...capable of handling whatever the day throws at me".

...prepared to do my best according to my standards".

...not going to dwell on my mistakes rather learn from them quick and move forward".

TODAY I WILL...

...use positive self talk"

...respond to adversity and not react in a negative way".

...NOT allow anyone to define me by my mistakes".

TODAY I HAVE...

...prepared myself properly".

...the ability to make myself proud".

...an opportunity to do great things".

TODAY I BELIEVE...

..in myself and my abilities".

...I am capable of performing at my highest level".

...I am prepared".

TODAY WHEN...

...adversity strikes..."

...I feel a negative emotion or thought coming on..."

...I do something right..."

...something happens that shakes me..."

EXTRA:

"Someone I will look to/turn to for positive energy is..."

"Something I can do to snap out of my own thoughts is..."

"When I feel myself become frustrated I can..."

PRE PRACTICE/PRE GAME FOCUS PROMPTS/DAILY INTENTIONS

TODAY I AM...

TODAY I BELIEVE...

TODAY I HAVE...

TODAY WHEN...

TODAY I WILL...

PERSONAL GOAL

POST PRACTICE/POST GAME REFLECTION PROMPTS

FAVORITE MOMENT FROM TODAY?

Reflect on what moment from practice, your game or competition you enjoyed the most. A friendly reminder that fun at the center of all we do internally drives the human experience!

SOMETHING I LEARNED... SOMETHING BROUGHT TO MY ATTENTION...

What did you learn today? What did you realize? What was an “ah-ha” moment for you, your team, your teammates?

WHERE WAS I EXPOSED? WHERE DID I MAKE ANY MISTAKES?

If you're not making mistakes and taking chances, you aren't learning. Your exposures help you to figure out what skills or areas of sport still need your attention.



WHAT CAN I DO ABOUT BEING EXPOSED IN THE FUTURE?

Are you learning from your mistakes? Being open to reflecting on them and changing your actions/behavior? Or are you ignoring them, avoiding them, or pretending they aren't happening?

DID I TAKE ANY RISKS TODAY? WHY OR WHY NOT?

If you want to learn, you need to put yourself in new situations, even if you are scared! Take the risk. Push yourself. Do something new. Be scared and do it anyway!

WHO DESERVES A SHOUTOUT?

Who can you give a shoutout to? A teammate? Coach? Friend? Family member? Yourself??

POST PRACTICE/POST GAME REFLECTION PROMPTS

**FAVORITE MOMENT
FROM TODAY?**

**SOMETHING I LEARNED...
SOMETHING BROUGHT
TO MY ATTENTION...**

**WHERE WAS I EXPOSED?
WHERE DID I MAKE ANY MISTAKES?**

**WHAT CAN I DO ABOUT BEING
EXPOSED IN THE FUTURE?**



**DID I TAKE ANY RISKS TODAY?
WHY OR WHY NOT?**

**WHO DESERVES A
SHOUTOUT?**

WEEKLY CHECK IN

TOP 3 THINGS I DID THIS WEEK:

**MOST REWARDING MOMENTS
FROM THIS WEEK:**

3 THINGS I LEARNED THIS WEEK:

THINGS I GOT DONE THIS WEEK:

NEXT WEEK I WANT TO:

THINGS STILL ON MY TO DO LIST:

HOW MANY STARS DOES THIS WEEK GET?



MONTHLY CHECK IN

TOP 3 MOMENTS THIS MONTH:

**MOST REWARDING MOMENTS
FROM THIS MONTH:**

TOP 3 LESSONS LEARNED:

NEXT MONTH I AM LOOKING FORWARD TO:

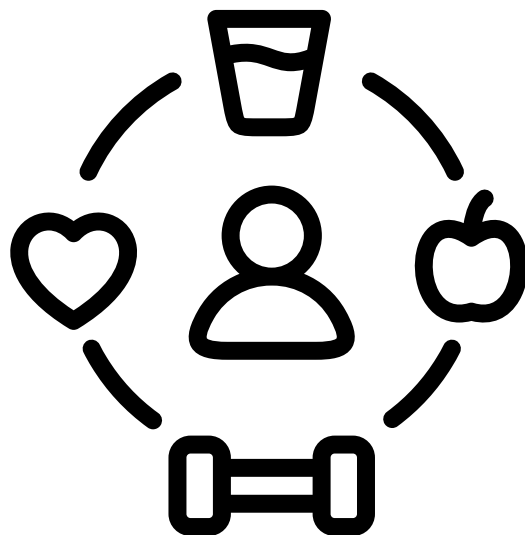
THINGS THAT MADE ME SMILE:

THINGS THAT MADE ME PROUD:

HOW MANY STARS DOES THIS MONTH GET?

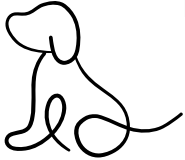


BUILDING HABITS



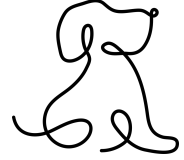
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“ADOPT YOUR DOG”



Building habits is a lot like **adopting dogs**.

Think about it...



If you go out and adopt 12 dogs at one time, **it's chaotic**. You may feel frustrated, a bit like a failure. You could regret it, get angry & shut down, give up & give them back.

But if you adopt 1 dog at a time, you get to know it, it gets to know you. You'll give it a name. You'll create a routine. You'll both start to grow.

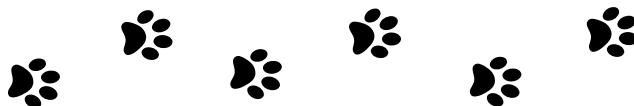
And after a while, you may feel ready to adopt another.

So apply this to your desired habits. Pick one and give it time. Implement it, reflect on it, let yourself get acquainted with it. And before you know it, you WILL be ready to add another!

One habit at a time. One focus at a time.

And over time you will be able to continue this process and change certain aspects of your life for the better.

Start small. Build SMART.
ADOPT YOUR DOG



HABIT PLANNER

HABIT DESIRED



WHAT CAN/WILL HOLD YOU BACK?

1

2

3



WHAT CAN YOU/WILL YOU DO ABOUT IT?

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_____	_____	_____
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ESCAPING YOUR COMFORT ZONE

WHAT HABITS HOLD YOU BACK?

WHAT HABITS HELP YOU SUCCEED?

HOW WILL YOU REMIND YOURSELF TO DO WHAT YOU NEED TO DO?

HOW WILL YOUR LIFE LOOK LIKE ONCE YOU'VE
ESTABLISHED THIS NEW HABIT?

NEW HABIT TIMELINE

Rewiring your thought process can be done by consistently and continuously feeding your conscious brain with thoughts/visuals/information that over time your conscious brain will recognize and absorb what you feed it and eventually store it in your subconscious.

DAY 1: CHOOSE YOUR NEW HABIT

What is it you want your subconscious brain to do more effortlessly? Pick something that will enhance your day to day life. Make sure you make this "easy" for your conscious brain to focus on and implement, so over time it seeps in to your subconscious. Post it on "post-its", set daily reminders/alarms on phone, journal about it and make sure you put it in front of your eyes as much as possible!

DAY 28: REEVALUATE YOUR PROGRESS

Have you been consistent with implementation? Have you been reminding yourself, posting visuals, reflecting? How has your new habit helped you lately? Has it come up "subconsciously" yet or are you still working towards it? Challenge yourself to see if the work you're putting in is working or not yet...

DAY 60: YOU SHOULD NEED LESS REMINDERS

By now your new habit should be something your brain is thinking of, without you necessarily thinking about it. But don't get discouraged if you still need visuals and reminders. Utilize your conscious brain as much as you can because your conscious is "who" is going to put this new info in to your subconscious!

DAY 90: THINKING NEW THOUGHTS!!

At this 3 month mark I hope your dedicated and hard work has paid off and you have successfully rewired your subconscious to have a new way of "reacting"!! If you are still feeling that it's not quite "perfect", give yourself another week or so, or go back and reevaluate how consciously consistent you really have been over these last 90 days.

HABIT TRACKER TIMELINE

NEW HABIT

WHY

MONTH _____

DAYS OF WEEK

WEEKLY REWARD

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END OF MONTH REWARD _____

AFFIRMATION/MANTRA TO KEEP YOU GOING

HABIT TRACKER TIMELINE

NEW HABIT

WHY

WEEKLY REWARD

MONTH

MONTHLY REWARD:

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MONTH

MONTHLY REWARD:

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MONTHLY REWARD:

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AFFIRMATION/MANTRA TO KEEP YOU GOING

HABIT TRACKER

"OUR HABITS SHAPE WHO WE ARE."

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GAME CHANGERS

MENTAL PERFORMANCE COACHING

HABIT TRACKER

HABIT	DAYS OF MONTH
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**AFFIRMATION
OF THE MONTH:**

HABIT STACKING

A Simple Strategy for Building Stronger Habits

Building new habits can feel overwhelming, especially when you already have a packed schedule. That's where habit stacking comes in.

WHAT IS HABIT STACKING?

Habit stacking involves pairing a new habit with an existing one. Instead of starting from scratch, you “stack” the new habit onto a well established routine, making it easier to remember and execute.

For example, if you want to start saying daily affirmations, you could pair it with brushing your teeth or while journaling.

HOW TO BUILD A HABIT STACK

Identify Current Habits: Make a list of habits you already do daily (e.g., eating breakfast, tying your shoes, showering).

Choose a New Habit: Pick one small, specific behavior you want to add. Start with something manageable.

Pair Them Together: Create the “stack scenario”
“Before/During/After [current habit], I will [new habit].”

For example:

Before I eat lunch, I will drink a glass of water.

During brushing my teeth I will think of my affirmations for the day.

After I tie my shoes, I will visualize my training goals for 30 seconds.

Be Specific: Vague intentions lead to inconsistent results. Clearly define what, when, and how you'll perform the new habit.

HABIT STACKING WORKSHEET

Step 1: Identify your current habits. Start by listing habits you already do every day. These will serve as the **foundation** for stacking new habits.

1. _____
2. _____
3. _____
4. _____
5. _____

Step 2: Choose your new habit. Write down one small, specific behavior you want to add to your routine. Remember to keep it simple and manageable.

NEW HABIT:

Step 3: Pair the new habit with an existing one.
Use the stack scenario to create your habit stack:

“Before/During/After [current habit], I will [new habit].”

NEW HABIT STACK:

RE-EVALUATING AND REFLECTING

Building habits is a dynamic process. Regularly reflect on your habit stack to ensure it's effective and aligned with your goals:

Evaluate Consistency: Are you following through? If not, consider simplifying the habit or adjusting its placement.

Adjust as Needed: If the stack doesn't feel natural, experiment with different pairings or timings.

Celebrate Progress: Acknowledge your wins, no matter how small. Progress builds momentum.

Refine Goals: As your habits become established, you can expand or enhance them to reach new milestones.

HABIT STACKING THOUGHTS

Habit stacking is a powerful tool for athletes looking to optimize their routines and performance. By linking small, meaningful habits to existing ones, you can create a chain of positive behaviors that lead to long-term success. Start small, stay consistent, and remember: every habit you stack is a step closer to achieving your goals.

WHAT YOU CAN DO TODAY

What do I want to start doing TODAY
that will help set up future me for success?

WHY IS THIS IMPORTANT TO ME??

How will I start bringing more focus and
attention to what it is I want to do?

How will I remind myself?

Who can be my accountability buddy?

GAME CHANGERS

MENTAL PERFORMANCE COACHING

THANK YOU!

Thank you for trusting me and The Mindset Playbook to be part of your coaching journey. This playbook was created to give you practical, ready to use tools that build clarity, connection, and confidence in your athletes and your program.

Whether you used this as a pre season foundation, an mid season reset, or a postseason reflection, I hope you found ideas you can make your own and carry in to every season.

Remember, the impact of this work grows over time.

The more consistently you use these concepts, the more they become part of your team's identity.

WHAT'S NEXT?

- Review & Reflect – Take a few minutes to note what worked well and what you want to try next season.
- Keep It Alive – Revisit sections throughout the year to keep your approach fresh and aligned with your team's needs.
- Reach Out – I'd love to hear how you've used The Game Plan and the impact it's had. Share your feedback, success stories, or questions as they help me create even better resources for you.

WANT MORE?

If you enjoyed this workbook, you may also love:

- [The Game Changers Leadership Playbook](#)
- [The Game Changers Team Culture Playbook](#)
- [The Game Plan Playbook](#) – a full, all in one resource with mindset, leadership, and team culture tools in one place (available with a consultation).



Email me for details or to set up a call to explore which option is the best fit for your program.

STAY CONNECTED

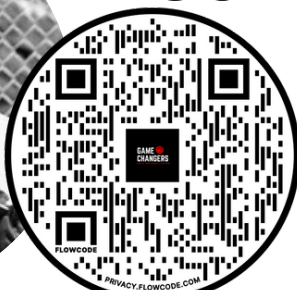
- Email: info@thementalgameisthegame.com
- Website: www.thementalgameisthegame.com/home
- Social: [@gamechangers](#)



You are shaping more than athletes, you are shaping people. The work you put into your team culture will outlast any season, score, or record. Keep showing up, keep leading, and keep **changing the game.**



-COACH K



THE MENTAL GAME
is the game