

FREE STARTER KIT

THE LIMITLESS ATHLETE STARTER KIT

Real tools for confidence, focus, and bouncing back from mistakes, built for athletes who already work hard and want the mental edge to match.

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WELCOME

YOUR MIND IS TRAINABLE TOO.

You already put in the work. Practice, reps, film, drills. But here's what most athletes never get taught: the mental game is a skill, not a personality trait. It can be trained exactly like a jump shot or a swing.

I've spent 17 years working with kids as a teacher and school counselor, and I'm raising a competitive athlete of my own. What I've seen over and over is that talent alone doesn't decide who performs when it counts. The athletes who handle pressure well aren't the ones who never feel nervous. They're the ones who have a few simple tools they can reach for in the moment.

This kit gives you four of those tools. Nothing complicated, nothing that takes hours to learn. Just real things you can start using today, before your next practice or your next game.

Inside this kit:

1. I AM Affirmations, for building identity and confidence
2. The 5-Finger Breathing Reset, for calming nerves in the moment
3. The Bounce Back Routine, for letting go of mistakes fast
4. A Pre-Competition Visualization Script, for walking in ready

TOOL ONE

I AM AFFIRMATIONS

Your inner voice shapes how you perform. These aren't about pretending everything's perfect, they're about training your brain to default to strength instead of doubt. Pick two or three that hit hardest and say them out loud before practice or competition, ideally while looking in a mirror.

I am prepared for this moment.

I am calm under pressure.

I am allowed to make mistakes and keep going.

I am stronger than my last bad play.

I am here because I've earned it.

I am focused on what I can control.

I am building something, one rep at a time.

I am not my worst moment.

TOOL TWO

THE 5-FINGER BREATHING RESET

When nerves show up right before a big moment, your breath is the fastest way back to calm. This one takes under a minute and you can do it standing in the on-deck circle, the free throw line, or the tee box without anyone noticing.

- 1 HOLD UP ONE HAND**
Use the pointer finger of your other hand to trace up and down each finger, one breath per finger.
- 2 TRACE UP, BREATHE IN**
As your finger traces up the side of each finger, breathe in slowly through your nose.
- 3 TRACE DOWN, BREATHE OUT**
As your finger traces down the other side, breathe out slowly through your mouth.
- 4 REPEAT ACROSS ALL FIVE FINGERS**
By the time you finish your hand, your heart rate has usually dropped and your focus has sharpened.

TOOL THREE

THE BOUNCE BACK ROUTINE

Every athlete makes mistakes. What separates good athletes from great ones is how fast they let go of the last play and get back to the next one. This is called the Goldfish Principle, a goldfish has a memory of about three seconds, and that's exactly the model you want after a mistake.

1

NAME IT

Silently or out loud, acknowledge what happened in one short phrase. "Missed shot." "Bad pass." Don't relive it, just name it.

2

RELEASE IT

Use a physical cue, a hand shake, a deep exhale, stepping off the line and back on. This tells your body the moment is over.

3

RESET FORWARD

Say one cue word for what's next. "Next play." "Reset." "Here." Then bring your full attention to the very next rep.

TOOL FOUR

PRE-COMPETITION VISUALIZATION

The night before or morning of competition, find five quiet minutes. Read through this slowly, or record yourself reading it and play it back with your eyes closed.

Close your eyes. Take three slow breaths.

See yourself arriving today, calm and ready. Picture your warm-up, exactly how it usually goes.

Now picture the moment competition begins. See yourself making a strong first move, confident, focused.

If something goes wrong, picture yourself using your reset, one breath, one cue word, back to the next play.

See yourself finishing strong. Not perfect, strong. Proud of how you competed, no matter the outcome.

Open your eyes. You've already been here once. Now go do it for real.

ONE LAST THING

THESE TOOLS WORK. REAL-TIME COACHING WORKS BETTER.

The Pocket Coach gives your athlete direct access to me, Monday through Friday, whenever the pressure actually shows up. Not a course. Not a scheduled call. Real support, in real time.

[See The Pocket Coach](#)