

Brent Abel's ... The Tennis Mindset Project

Your Daily Affirmations. Edit this template to make it uniquely yours. Then read it at least twice EVERY day. Mine takes me about 2+ minutes per reading.

Once completed, if you want, schedule a **free** 15 minute private call with me so that we can go over your Affirmations to make sure you're putting the right self messaging into your noggin ;-)
[Click here to pick](#) a date / time that works best for you.

Print out this PDF. Take enough time to go over it to really make it unique to your tennis game. I've updated mine several times.

What are your short and long term goals for the next 12 months?

Be bold. Whatever you decide to write / edit to make this template unique to you, make sure whatever you write feels like an unreasonable stretch for your current skill level.

When I was writing out mine, I wrote some goals they just seemed completely unrealistic.

And for the first few weeks of reading those perceived unrealistic goals, I just didn't believe them at all. I thought ... this stuff is just BS.

But I just kept telling myself ... just keep reading them daily and let's see what happens.

After those few weeks I began to feel different on the court. I began to think differently about myself as a player. So I knew something positive was happening. Let's keep this daily routine going and see where it takes me ...

And the payoff was a 2023 tournament calendar of 14 events that yielded a dream year.

So yeah, get started. Print this out. Carve out some time to fill in this template. Your goals may be totally different than mine were/are and that's totally OK. Be bold.

And then once you're done editing this template, add an alert / reminder in your phone for the mornings and then again for the evenings so that you don't forget to read your Affirmations 2x daily.

Go get em ;-)
Brent

My Daily Affirmations

As usual ... I played really well today. I had an instant shoulder prep turn, trusted my initial shot choice, and blew out right through contact as I confidently exaggerated the Look Of Fed.

I consistently play at the top of my skill level. I have a tiny SLR.

I have perfect timing with each shot BECAUSE I exhale exactly at & thru contact as I allow my head to stay still and keep my eyes gazing at the contact point well after the ball has left my racket.

I 100% believe and trust in delayed gratification for my on court and off court efforts.

Just like delayed gratification, my outcomes and results are a lagging measure of my really good daily habits.

Because of my love for focused on court practice and off court training, I consistently find new higher skill levels.

I have a confident sense of certainty about both my natural athletic abilities and my trained tennis skills which allows me to bypass conscious thought and execute unconsciously in matches.

When I play a shot that is exactly as I intended, I mentally imprint that shot's shape and height over the net for future reference.

And if I ever hit a shot that doesn't go towards it's intended target, I immediately remember in vivid visual detail a recent imprinted shot that I'd successfully played as I'd intended.

I love to practice on the court, do my gym work, stretch, and stick to a daily diet that fuels me with lots of clean protein along with a non-inflammatory

diet that helps me recover so that I consistently play at the world's highest skill level for my age.

I frequently schedule & play practice matches vs. younger and very strong players so that I acclimate myself and get super comfortable with that higher skill level.

*(Fill in your goals which might be completely different from mine.
Your goals don't have to be rankings, etc.)*

I am ranked ITF world #___ in both singles and doubles in my age group, and I have won ___ national USA Gold Balls ... so far.

I always perform my 4 parts between points routine (BPR) so that I stay on an emotional even keel and maintain clarity of how to start the next point. My song (or word or phrase) is “_____”.

Since I have free will to control all of my thoughts, my BPR is always 100% positive thinking.

I always intend and take MY time to play a high quality shot, and because I have respect for every opponent, I assume my shot will be returned.

It might not be returned, but if it is ... that's totally ok, and I'll confidently just take it from there.

I am known amongst my competitors as someone who competes hard on EVERY point no matter what the score is. They know I will always out hustle any shot they play which puts fear into their future shot choices.

I believe that in today's match I am better than my opponent, that they have to raise their game to compete with me, that my opponent has to adjust to me, that victory is meant for me, and that this is MY time.

I am always prepared both physically & mentally, and armed with a game plan ... to win any match against any opponent in any round of any tournament.

The pressure is always on them.

As usual I played really well today. I had an instant shoulder prep turn, trusted my initial shot choice, and blew out right through contact as I confidently exaggerated the Look Of Fed.

I love to compete. This is MY time ... Let's roll.