



## 10 Minute Mental Toughness Workout

### Step 1 Centering Breath

Breathe in for 6 seconds, hold for 2 seconds, and Breathe out for 7 seconds.

### Step 2 Performance Statement

Sixty seconds before the competition takes place, your coach tells you that if you stay focused on one or two things that you will be successful today.

What would those things be?

### Step 3 Personal Highlight Reel

### Step 4 Identity Statement (Self Image)

The first part of this statement is all about the strengths that you have as a person. "I am the hardest worker on the team".

The second part of this statement talks about what you want to accomplish.

Your identity statement should come from your strengths and the benchmarks along the way to that goal that you have already achieved.

The more imposing the task that you want to perform/achieve/master, the more impact it will have on your self-image.

Specific Sport Examples:

Baseball – I am the hardest worker on the team; I am a dominant major league hitter.

Soccer – I am intelligent and I know this game better than anyone; I am the most prolific scorer on the team.

Football – I am fast and strong; I am the most powerful running back in the league.

Golf – I am more mentally and physically prepared than my competition; I am a dominant professional golfer.

Gymnastics – I am a hard worker, and I have what it takes; I am a world-class gymnast.

Wrestling – I am talented, and I work hard; I am unstoppable in competition.

### Step 5

Centering Breath