

A MENTALLY TOUGH ATHLETE:

- * Learns about & consistently includes positive mental skills into all training and competitive situations.
- * Sets challenging goals & follows a well-organized plan of action to achieve them.
- * Accepts full responsibility for his/her actions, decisions, attitudes, & performances.
- * Finds effective methods for coping with fatigue, injury, illness & pain.
- * Acquires skills and develops strategies for recovering quickly from disappointments, mistakes, and failures.
- * Creates & uses a personal plan for working through or managing fear, frustration, anger, nervousness & pressure.
- * Maintains focus & concentration, fully engaging in the workout or competition, shutting out distractions & disruptive influences.
- * Leaves "outside" difficulties, stresses, and school/work/family/friend issues outside the training & competitive arena.
- * Avoids whining, crying, complaining and making excuses. Maintains a productive, solution oriented attitude in all circumstances and situations.
- * Trains with an exceptional sense of personal motivation & self-discipline, and a strong work ethic.
- * Accepts criticism with an open mind & makes corrections in order to grow and improve as an athlete.
- * Makes a persistent & genuine effort, no matter what the obstacle or difficulty.
- * Possesses an unwavering belief and confidence in him/herself and his/her abilities- 24/7!
- * Challenges him/herself to step outside of his/her comfort zone by taking risks & testing his/her limits.
- * Competes at his/her best whether winning or losing, doing well or poorly, and without regard to the quality of his/her opponents.

***"I always felt that my greatest asset was not my physical ability,
it was my mental ability"***

~Bruce Jenner- Olympic Gold Medalist-Decathlon

THE MENTAL *EDGE* * *Skills for Enhancing Athletic Performance* *

* GAIL ROYCE *

Phone & Fax (303) 697-6389

mental_coach1@msn.com

mentaledgecoaching.net