

10 SIMPLE STEPS TO BUILDING CONFIDENCE AND MENTAL TOUGHNESS



- Step 1:** Start with the end in mind - Create your vision for the future.
- Step 2:** Build your self-awareness with high and low emotional intelligence.
- Step 3:** Front load your confidence with power talk and action.
- Step 4:** Use your 5 senses and mental imagery - Focus in the here and now.
- Step 5:** Build your affirmations with evidence.
- Step 6:** Focus like a pro - Own the remote.
- Step 7:** Live the practice - Train with intent and purpose.
- Step 8:** Build your routine - Prepare consistently to play consistently.
- Step 9:** Plan for adversity to perform under pressure.
- Step 10:** Grow through gap analysis - Complete your One Page Strategic Plan.

LEARN FROM THE PAST, PREPARE FOR THE FUTURE, PERFORM IN THE MOMENT. THINK ELITE, BE ELITE.