

STEP 10 – HOW TO USE THE MTT ONE PAGE STRATEGIC PLAN



Your one-page Mental Toughness Training (MTT) Plan is a crucial part of the process. It summarizes the work you did in steps 1-9 and puts them on one easy- to-use review page! It is your chance to reflect on, and learn from, how you worked the plan in the previous week. It is a tool and step in the process that gives direction, provides clarity, improves self-awareness, and maximizes your growth.

1. The left hand side of the page and the bottom of the page are filled out at the beginning of the week.
2. On Sunday or Monday you use the right-hand side of the page for a weekly self-evaluation of how well you worked the plan. This allows you to anticipate obstacles and develop a plan for the following week.
3. Once you do your evaluation, you start a new One-Page MTT Plan (filling out the left-hand side again). You should review this at least twice per day to keep you focused on working your plan!
4. You repeat this cycle every week.

Left Hand Side of the one-page MTT Plan:

Vision - this you take from what you developed in step 1.

Mission - this you take from what you developed in step 1.

When I am at my best - this you take from what you developed in step 3

Affirmations - this you take from what you developed in step 4

ABCs at the Bottom of the page - this you take from what you developed in step 6

Right hand side of the one-page MTT Plan:

My targets this week were - think about what you set as goals for your deliberate practice. What did you identify as areas for improvement? List them.

Was I deliberate in pursuit of my targets? If you reviewed your target before each practice and afterwards evaluated how well you did with it, then circle yes. Otherwise it is a no and ask yourself what got in the way?

What adversity did I face this week? Write down challenges you faced, things that were hard. Maybe this becomes something to work on nextweek?

I talked with my mentors? If you spoke with your mentors about your development at least once this week - circle yes. If not, circle no and consider why.

I celebrated my achievements. Ask yourself if you took some time to acknowledge what went well, and expressed gratitude for it. Our brains respond well to reinforcing positive events!

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The next set of questions ask you to identify, by day of the week if you worked and used this aspect of your MTT Plan.

For example, if you reviewed your vision on Monday, Tuesday, and Wednesday and made a choice to move towards your vision on those days, put a check through them. If you didn't even think about vision the other days of the week then circle them. Ask yourself why you didn't commit to vision on those days.

Follow the same evaluation process for:

- emotionally aware
- front loaded confidence
- imagery
- lived the practice
- followed routines
- anticipated/followed a plan to overcome adversity
- evaluated using good better, best each day

Then finally take a moment to set personal and on ice targets [goals] for the upcoming week based on what you learned during this evaluation.

Once this is completed you fill out the left hand side of a new sheet for next week and work the process again.

We highly recommend that you use this form weekly and what you learned from completing it as a topic for at least one journal reflection each week!