



# STEP 8 - ROUTINE B EXAMPLE

	Sunday (Post-Game Debrief)	Monday (Post-Game Debrief)	Tuesday (Mental Prep)	Wednesday (Mental Prep)	Thursday (Mental Prep)	Friday (Game Day)	Saturday (Game Day)
<b>Mental</b>	1. Watch post-game video 2. Update Affirmation Card for next week	1. Watch post-game video 2. Work on improvement areas; from post-game debrief to mental prep (letting go, moving on)	1. Find new highlights from my favorite player or team to watch this week 2. Anticipate the game within your position using Sight, Sound, Emotion, Motion (Hear it, see it, smell it, taste it, touch it) 3. Engage MTT OPSP	1. Watch highlights from my favorite player or team 2. Anticipate the game within your position using Sight, Sound, Emotion, Motion (Hear it, see it, smell it, taste it, touch it)	1. Watch highlights from my favorite player or team 2. Take time to mentally visualize your position using Sight, Sound, Emotion, Motion (Hear it, see it, smell it, taste it, touch it) 3. Read Mental Preparation Pregame Mental Checklist	1. Watch highlights from my favorite player or team 2. Take time to mentally visualize your position using Sight, Sound, Emotion, Motion (Hear it, see it, smell it, taste it, touch it) 4. Read Mental Preparation Pregame Mental Checklist	1. Watch post-game video 2. Watch highlights from my favorite player or team 3. Take time to mentally visualize your position using Sight, Sound, Emotion, Motion (Hear it, see it, smell it, taste it, touch it) 4. Read Mental Preparation Pregame Mental Checklist
<b>Emotional</b>	1. Debrief with coach and/or teammate on high/low from game 2. Be aware of the emotion you were a slave to, which ones you dominated and had fun with	1. Debrief with coach and/or teammate on your emotions and game play (high/low from game)	1. Cone of Emotions: What was your go-to emotion, on the High and Low EI (how do you want to adjust?) 2. Cone of Emotions: Work on controlling past game emotions	1. Cone of Emotions: Work on controlling past game emotions. What emotions are you not going to be slave to this weekend? (See Cone of Emotions)	1. Cone of Emotions: Process in-game emotions (Sight, Sound, Emotion, Motion) 2. Finalize your emotional game plan (Slave or Master)	1. Prepare for emotional battle (Sight, Sound, Emotion, Motion) 2. Be aware of your emotional triggers, both High and Low EI 3. MEPS Transition into roll of athlete	1. Prepare for emotional battle (Sight, Sound, Emotion, Motion) 2. Be aware of your emotional triggers, both High and Low EI
<b>Physical</b>	1. Active Recovery: Get with trainer or bumps	1. Active Recovery 2. Good protein, carb, and fat calorie count 3. Work on improvement areas 4. Active Recovery - Get with trainer for bumps and bruises	1. Good protein, carb, and fat calorie count (Get meal plan from trainer, dietician)	1. Good protein, carb, and fat calorie count	1. Good protein, carb, and fat meals 2. Get confident in your suck, no matter where you are at in the process	1. Warm up with trainer/bumps and bruises 2. Meet with a coach or teammate to finalize any last minute game time plans/decisions 3. Carb load	1. Warm up with trainer/bumps and bruises 2. Meet with a coach or teammate to finalize any last minute game time plans/decisions 3. Carb load
<b>Spiritual</b>	1. Meditate on healing truth of God's Word 2. Find quiet time and reflect one weekend	1. Place GRACE beside every destructive thought and negative reminder from the past that threatens you (Ephesians 2:5-8; Hebrews 4:16; 2 Corinthians 5:17)	1. Prayer Closet	1. Prayer Closet	1. Prayer Closet: How will you glorify the Lord this weekend? 2. Review MTT OPSP	1. I am the Lord's Warrior (Ephesians 6:11; Psalm 56:11) 2. Review MTT OPSP	1. I am the Lord's Warrior (Ephesians 6:11; Psalm 56:11) 2. Review MTT OPSP