

Objective: to build mental toughness by stepping outside your comfort zone each day for a month

Today begins your 30-Day Mental Toughness challenge. You prove to yourself that you are mentally tough by constantly stepping outside comfort zone. You must learn to deal with or ignore nervousness & fear. Most people turn around when they approach the ends of their comfort zone. You want to get in the habit of pushing through and breaking through regularly. Get comfortable being uncomfortable. Best Examples: Challenge someone to some sport related competitive scenario. This to be a voluntary thing that YOU bring up; NOT something your coach makes you do. You want to be going out of your way to create competitive situations regularly, so it will be no big deal when you are in games (it's something you do every day). You get good at competing by practicing competing.

Exercise: Each day do 1 thing that pushes yourself outside your comfort zone, preferably in the sport.

Make it something that makes you more uncomfortable mentally/emotionally more than physically. This is about MENTAL Toughness. If you're not in your sport, do something that pushes you outside your comfort zone in life. When you get that nervous feeling in the pit of your stomach, you know this would be a good, "COURAGE OF THE DAY."

Include a Courage of the Day each day this month in this calendar:

Bible Quote: Rom 8:38-39

Objective: to establish toughness through faith & setting boundaries of behavior

A common thread that runs through tough people is strong faith. There will come a time when you feel at your lowest and you feel like quitting. When you feel like everything is crashing down on you and there is nothing left inside, your faith will sustain you. Faith keeps things in perspective, gives you a sense of purpose, and increases satisfaction in life. It is time to get back to your roots and your beliefs about yourself and the world.

Exercise 1: List your beliefs. Include spirituality/religion and your deep down philosophies about you, the world, and baseball. Successful people know what they stand for. They don't follow the crowd, they stay true to their principles.

Your beliefs on the back of this paper

Exercise 2: List regular actions you will take to reaffirm your faith. Strong examples would be: visiting your house of worship once a week, pray each night, meditate daily, etc.)

Your actions to reaffirm your faith:

Exercise 3: You will list your boundaries of behavior

Partying	
Drinking/Alcohol	
Tobacco/Dipping Smoking/Drugs	
Dating/ Friendships	
Staying up Late	

Exercise 3: You will write your biggest distractions and barriers from living a clean life (Ie. Girls, Alcohol, Tobacco, Late Nights, Parties, Locations, Environments, People)

Distractions/Barriers

Exercise 4: You will write concrete ways to improve your biggest distractions/barriers:

Your improvements

Bible Quote: Ez 10:4, Mt 16:24

Objective: to improve mental toughness with an Accountability Buddy

Who is your biggest opponent? Yourself

And, is there anything you are doing that is holding yourself back? Yes, we all are.

The person we are most likely to lie to is ourselves. By lying to ourselves, we become trapped in the jail of our own mind. As social creatures, we benefit from one another. An Accountability Buddy is a virtuous friend who has your best friend at heart. You want to be very open and honest with your Accountability Buddy about areas you struggle with, and resolutions and commitments you are making to improve. It is important to check in with your Accountability Buddy at least once a week. Look at the success Alcoholics Anonymous has had with the Sponsor concept. This is very similar to the Accountability Buddy.

First and foremost, we must take a moment to be honest with ourselves about areas we struggle with. The last worksheet Mental Toughness Week 2 was an excellent starting point. We will build upon that information this week with greater specificity.

Exercise 1: Who is your Accountability Buddy

Exercise 2: Regular time you will check in with your Accountability Buddy

If we want to succeed in wrestling, school, and life we must do a thorough conscience examination on ways we hold ourselves back and good resolutions to improve these areas. As humans, we are composite beings, made up of Spirit, Mind, and Body. If you are messing up in one area, it will likely carry over to another area. We need to get our house in order. We need to clean up our mess (within).

Prov. 9:8

Accountability Buddy Sheet (Keep one copy for yourself & give one copy to your buddy)

Examen for Wrestling:

How is my effort, attitude, & aggressiveness? Do I have great body language on the mat? Do I like wrestling? Am I working on techniques/areas I struggle with? Am I coachable/open to critique & criticism? How can I eat healthier? How can I get 8 hours of sleep? How can I be more consistent with practice/lifting/cardio? Do I complete my Mindset Plan of Life: Daily & Weekly? Do I take time to improve my flexibility/stretching? Do I work on plyometrics/explosive power training? Do I ask coaches technique questions? Is there anything else?

Examen for School

How is my effort, attitude, & aggressiveness? Are there any subjects I struggle with that I could use extra help/tutor/writing center? Can I study longer/better quality? Can I spend more time on homework? Do I attend all classes? What concrete steps am I taking towards college/grad school/career? Do I understand the importance of learning? Do I sit in the front row? Am I a class clown/ can I take class more seriously/talk with friends less? Do I ask questions in class? Do I go in for extra help? Do I know how I study best? Is there anything else?

Examen for Life

How is my effort, attitude, & aggressiveness? Do I smoke, drink, dip, party? Is my relationship a negative? Do I waste too much time with video games/social media/TV? Am I living my faith/morals? In what ways/areas am I selfish, lazy, jealous, lustful, prideful or judgmental? Do I use bad language/dirty jokes? Do I feed my mind with negative or immoral music, movies, porn, images, website, social media? Do I surround myself with a bad crowd? Do I frequently go to negative or immoral environments? Am I consumed with myself; Do I procrastinate? Do I complain frequently? Do I hold grudges? Do I cheat or steal? Do I lie frequently to make myself look good? Do I gossip? Do I manipulate others to get my way? Do I get defensive? Do I pray? Do I attend my house of worship? Do I forgive others? Am I addicted to anything? In what ways do I waste money? Is there anything else?

	Improvement area	Resolutions
Sport		
School		
Life		

Objective: to overcome the fear of fatigue in games

Game is tiring, it's to be expected. Fearing fatigue can be fatal. You need to believe in your training and in your never quit attitude before and during game. You need confidence in your conditioning. Knowing you are physically prepared to deal with fatigue, gives you this confidence. "Doing extras" is a good way to prove to yourself you are prepared to go all out. The key is- while you do the extras, you must think about the doubts you feel before game. While doing extra live or sprints think of your fear of fatigue. See yourself pushing through this fear. You must prove to yourself on a regular basis that you are comfortable with this uncomfortable feeling. When you do this, the fear begins to dissipate.

Exercise 1: You determine intensity, frequency, & duration of your extra workouts. Remember, the key during the extra workouts is to see yourself pushing through the fear of fatigue on a regular basis. See yourself destroying these fears.

Extra workouts:

During moments of extreme fatigue, it is important to have a focal point. Think of a mother giving birth. Your focal point could be a picture, word, phrase, etc. It better be something that you know helps you dig down deep in your heart, mind, and soul. You must practice pressing this button and responding with determination on a regular basis.

Exercise 2: Determine your focal point [strong examples: religious image, Muhammad Ali quote, getting your hand raised, visualizing standing on the word fatigue with your hands up in victory, etc.

Your focal point in the moment of fatigue:

Bible Quote: Pv 24:10

Objective: to develop mental toughness by remembering & creating extreme life events

You are already more mentally tough than you give yourself credit for. We all have had times in our life where we go through adversity, difficulty, hardship, and challenge. It is very important you remember the difficult times that you have already gone through when facing a new difficulty. If you got through something hard, you can do it again.

Exercise 1: You will list hardship/difficulties you have already overcome in your life.

Hardships overcome:

Exercise 2: A very intense, borderline crazy challenge/workout/game/event can give you a psychological edge over fatigue. (ie. A marathon, 1,000 pushups in an hour, 24 hour workout, intensive camp, etc.) Determine a some crazy workout or challenge you will do. Again, I is important when you do this, you must think about this fear of fatigue and see yourself destroying this fear.

Challenge:

Bible Quote: Rom 5:4

Objective: to overcome the fear of fatigue in games

Game is tiring (physically and mentally), it's to be expected. Fearing fatigue can be fatal. You need to believe in your training and in your never quit attitude before and during game. You need confidence in your conditioning. Knowing you are psychologically prepared to deal with fatigue, gives you this confidence. When you search your memory bank, you must be able to easily recall overcoming fatigue and succeeding. Think about extra inning games, double headers in the July heat, & grueling practices.

Exercise 1: Write down past games/experiences where you were able to push through fatigue in the three phases of the sport.

Pitching/ Defense		
Batting		
Base- running		

Bible Quote: Is 40:28-31