



# MENTAL TRAINING NOTEBOOK

## INCLUDES

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- TRAINING LOG INSTRUCTIONS
- REFLECTION QUESTIONS
- DAILY MENTAL TRAINING TEMPLATE
  - LEARNING
  - MASTERY
  - ACTION
  - REPORT CARD

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## MENTAL NOTEBOOK INSTRUCTIONS

The path of performance and personal excellence is a path of growth. If you're not growing, then you're not excelling. Those who excel at the highest level understand the importance of pursuing excellence and ignoring success. Because success is a byproduct of excellence. Excellence is derived from lessons learned from your experiences. Learning from the ebb and flow of sports, and life, helps you to stop repeating bad patterns and start gaining techniques to consistently find patterns of excellence. One of the best things you can do to uncover excellence is by keeping a mental training notebook. A mental training notebook is a writing log on what went well and what could improve. Start a mental training notebook by pondering on the ideas below:

1. Learning:
  - a. Reflect on what went well today and why
2. Mastery:
  - a. Target ONE area for improvement that seems most relevant to you at this time
3. Action:
  - a. Act on the lessons learned from above by developing a plan on how you can improve. Then, decide how to implement it tomorrow.
4. Daily Report Card:
  - a. Score your workouts by using a 1-100% scale. This shows you can have a lousy training day (i.e., 40%) and still have a strong training week filled with 80%, 90% & 100%.

By learning what works best for you and stretching those assets, even for short periods of time, you become more open to possibilities and better able to use your strengths to the utmost so that you can consistently and confidently perform to your potential. Committing to a daily mental log isn't easy, but nothing worthwhile is every easy. A daily mental log will greatly increase your chances in reaching your own potential. And that's worth the effort.

REFLECTION QUESTIONS: It's important to keep reflecting and refining so that you understand what allows you to perform at your best in sports, and life. If you're feeling stuck on what to write about...no worries. Use the following questions to help you move in a more productive direction.

- Do you have a big vision of where you would like to go with your performance, your profession, or your life? Is that vision clear and how often do you see yourself achieving it?
- On a scale of 1-10, what is your belief in how likely you can attain your vision/goals?
- What are the little things that work best for you and how can you start working on them so you gain more confidence in reaching your goals?
- When confidence waivers, how do you look for reasons to believe in yourself?
- Describe your commitment in continuously reaching your goals?
- How are you putting forth effort and persistence today?
- How are you keeping fun and enjoyment in your pursuit in sport and life?
- How are you respecting your needs for rest and recovery so that they sustain you through the ups and downs?
- What are 3 ways you can improve the quality and consistency of your focus?
- How often do you carry a positive mindset versus dwelling on the negatives?
- What steps are you taking to remain open to possibilities for continued learning and growing?
- How are you maintaining your best focus even when faced with setbacks or distractions?

The mental notebook will help you learn to connect more quickly and effectively on what is most likely to work best for you. Therefore, it's important to remember to retain a sense of curiosity when stretching your growth edge.

**MENTAL NOTEBOOK TEMPLATE**

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Activity/Workout: \_\_\_\_\_

<b>LEARNING</b>	<b>MASTERY</b>	<b>ACTION</b>	<b>REPORT CARD</b>
Reflect on what went well today and why	Target one area for improvement	Develop a plan to improve and how to implement it tomorrow	Score your workout
			1
			10
			20
			30
			40
			50
			60
			70
			80
			90
100			



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