



MENTAL ENERGY TANK

“Winning is a by-product of executing the fundamentals and focusing on the process over the outcome...a huge component of the process is controlling what you can control” – Brian Cain

In My Control	Outside My Control

Where are you choosing to spend your precious mental fuel? On things you can control/influence or on things outside your control that you cannot change? By choosing to focus on things within your control, you are choosing to use your energy and focus on the things that will improve your performance. There are very few things in our control in life...so when you have the chance to control them, do it.