



## 21 Hours to Mental Power Introduction

*“When an athlete is introduced to a strength and conditioning program they will see benefits in their performance in about 4-6 weeks. When an athlete is introduced to mental strength training, there is often an INSTANT improvement in performance! That’s how powerful the mind is.” – Coach Ray*

Welcome to 21 Hours to Mental Power! Over the next 21 Hours you will gain a strong foundation for building Mental Power so that you can separate yourself from the competition and give yourself the best chance of playing at the highest level.

Athletes understand that in order to improve performance, both skills practice and strength training are crucial. However, little attention is ever given to practicing and strengthening the mind...the mental game.

When considering two athletes of similar physical ability the separating factor will always be mental. The athlete who has taken the time to discipline their mind to: control emotions, build confidence, stay present, focus attention, conquer fear, handle failure, establish preparation and performance routines, and learn how to evaluate performance effectively will likely perform at a higher level more consistently.

### **Rule #1: Have Fun w/21HMP**

The biggest enemy to you fully enjoying your sport is an inability to control your mind. There will be adversity and rough patches and *you can choose* to let them take you down or not. Sport is fun and it wouldn’t be if there were no challenges. It’s like playing a video game and struggling to beat a level. You don’t stop playing a video game because you can’t beat the level. That’s what actually makes it addicting. If it was easy you wouldn’t play. It’s the difficulty that keeps you coming back for more. When you beat a level you know you’ll run around the house and make sure everyone knows it before settling back in to struggle through the next level. Approach your sport and 21HMP with a similar attitude. Every setback is a chance to get more committed. No one can steal your joy of playing your sport (a coach, opponent, teammate, media source, or family member) away from you...but it’s yours to give if you allow it.

### **Rule #2: Make 21HMP Your Own**

If you do not enjoy what you do, you’ll never stick with it for long. Take ownership of this program. The more you want to do something on your own the less of a task it is and more of a treasure. Treasure your time working on your mental game and wear this program out by revisiting the videos, Worksheets, and Audios. Become fascinated by the process of becoming better. Not Frazzled.

### **Rule #3: Make 21HMP a Priority**

You make time for the things that are important to you. How important is your mental game to you? How will it impact your performance? How important is it for you and the longevity of your athletic career to perform well on a consistent basis? Shouldn’t you give yourself the best chance of performing at your best each time you compete? SOMETHING WILL ALWAYS COME UP that will try to steal your time. Something or someone will try to steal your time from this program. Your time is your own. There are 86,400 seconds in a day. What will you do with yours? Everyone gets the same amount. Is it

too much to ask yourself to dedicate 1 hour a day for 21 straight days that will impact your career for years?

**Rule #4: DO IT!**

There is no shortage of incredible information in 21 Hours to Mental Power. The only reason you won't increase your Mental Power is by not doing the program!! The program works. If you do it. So do it!

By not taking 1 hour each day for 21 straight days, you will never get out of it what you want from it. Remember, it comes back to the doing...not necessarily just the knowing. Do each task even if you feel you are already strong in an area. You can always get better. Always.

**What to Expect From Others**

*At first...*

- They will laugh at you
- They will doubt your methods
- They will try to persuade you it's a waste of time
- They will try to distract you

*Then...as you begin to excel*

- They will not laugh at you
- They will not doubt your methods
- They will stop wasting *their* time
- They will want to join you

*Finally...when you are the best...*

- They will want what you have
- They will doubt *any other* method
- They will respect you
- Opponents will fear you

**What to Expect from Yourself:**

- Expect to learn more about you than you ever imagined
- Expect to OWN your thought life on a moment by moment basis
- Expect to enjoy your sport and life more than ever before
- Expect to take your game to new heights more rapidly than your peers
- Expect a reality check of *who* you are and *why* you do what you do

- Expect to become your own best ally rather than worst enemy
- Expect to gain a new perspective on everything
- Expect to have the strongest mind on the field
- Expect to gain the ability to *enjoy* adversity knowing full well what it produces
- Expect to *want to* be in the big situation because you are prepared
- Expect the ability to anticipate what will happen before it happens
- Expect to force others to raise their game to your level
- Expect to see others defeat themselves before you get the chance
- Expect to demand more from YOU
- You will mature faster than your peers (teammates/opponents)
- You will have fewer regrets about your career
- You will become unbreakable
- Expect to make your dreams your reality

**Program Layout:** The layout for this program is set so that you build the pregame habit of performing breathing and imagery routines, competing, then journaling your evaluations down after each performance. I RECOMMEND PRINTING THE PDF'S DAILY AND COMPILING THEM ALL IN A 3-RING BINDER FOR CONTINUED USE!

**Hour 1** – Intro Videos and Pre-Program Evaluation

**Hours 2-20** - Each day will consist of:

- Focus Breathing Audio
- Imagery Audio
- Main Topic w/PDF and Video
- Mental Workout: PDF or/and Activity (Have a timer available for most days and you will need a deck of cards for Hours 12 and 13)
- Journal

**Hour 21:** Post-21HMP Evaluation and Closing Video

***See the Bigger Picture:***

The Mental Strength Handbook will not only have a major impact on your athletic career but it will without a doubt carry over into every area of your life. The program does not end when you finish it. That's when it really begins in helping you to develop into the best version of you possible as you continue to practice and incorporate the skills you'll learn in 21 Hours to Mental Power.

You will need mental strength every day of your life regardless of what you do. The athletic world is a perfect setting to practice mental strength training because it is a low consequence-high reward environment. At the end of the day it truly is just a game. The real game is life. Are you ready?