



Mental Workouts

Hour 2 – Mirror Test #1 - See Hour Two for Mental Workout PDF

Hour 3 – Mirror Test #2 - See Hour Three for Mental Workout PDF

Hour 4 - Grind Grid #1 – Print off the Grind Grid sheets. You will complete Grind Grid #1 once per day for hours (4-6). Keep these sheets as they have the Grind Grid #2 (hours 15-17) and Grind Grid #3 (Bonus) that you will complete later.

- For Grind Grid #1: Estimate how long you think it will take to cross out each number in numerical order 00-99. Then time it. When finished write down your completion time. Then answer the following questions:
 - What was the experience like?
 - How well were you able to concentrate? When you got frustrated what was your self talk like? What was your heart rate like?
 - When you were looking for #15 were you still thinking about #7? Why not? Relate that back to your sport about dwelling on the past.
 - When you were looking for #15 were worried about #87? Why not? Relate that back to your sport about thinking too far ahead.
 - Did you develop strategies? What will help you complete this task faster tomorrow?

Hour 5 – Grind Grid #1 – Repeat exact instructions and answer the same questions from Hour 4 above but today **add music** in the background at a low to medium level. Journal your experience today verses yesterday. Did your time improve?

Hour 6 – Grind Grid #1 – Repeat exact instructions from Hours 4-5 but today **turn up the music loud!** Journal your experience.

Hour 7 – Plank Challenge

- Time yourself for 90 seconds while holding a plank where only your forearms and toes are touching the ground and your body is stiff as a surfboard.
- During this 90 seconds – purposely tell yourself negative things like “You can’t do this for 90 seconds, you hate this, it burns too much, I am shaking and can’t hold on anymore, forget this it’s stupid, you aren’t strong, you are weak (or allow the negative thoughts to flood in naturally) Journal any thoughts.
- After a few minutes break, repeat for another 90 second plank hold *but* this time flood your mind with positives “Stay strong, oh you love this, you are a competitor, you are strong, one moment at a time, I love this burn, finish strong, I can last all day...”
- THEN JOURNAL YOUR THOUGHTS ON THE DIFFERENCES BETWEEN THE TWO ROUNDS AND MAKE APPLICATION TO YOUR SPORT. Repeat 3x.

Hour 8 – Z-26

- Estimate how long it will take you to count from 1-26 – then time yourself making sure you speak and annunciate clearly. Write down your actual time next to your estimated time.
- Repeat the same procedure (Estimated and Actual Time) for your ABC’s... A-Z.
- Then, estimate how long it will take to combine both your ABC’s w/your 123’s. A-1, B-2, C-3...all the way to Z-26. Then do it and write down actual time.

- Practice this 5 times and write down your times.
- JOURNAL HOW COMBINING TWO SIMPLE TASKS CAN COMPLICATE THE THINKING PROCESS AS IT RELATES TO YOUR SPORT. What areas of your sport do you complicate by overthinking instead of keeping things simple?

Hour 9 – Plank Up Down Challenge

- Start in pushup position. Then for 1 minute alternate going down to a forearm plank position and driving back up into a pushup position with minimal hip sway.
- While doing this – notice when your first negative thought roles in like “this is hard, this burns, I don’t think I can go a full minute, go ahead and quit, no one is watching you don’t even have to do this.”
- Then fight back by reframing the thoughts in your head with strong self talk like “It’s just a minute, I can do anything for a minute, I enjoy the burn, this is making me mentally and physically stronger, there is no quit only finish, finish strong, you’ve got this.”
- Repeat this 5 times with 1 minute breaks in between rounds
- JOURNAL THOUGHTS AND APPLICATION TO YOUR SPORT

Hour 10 – Paper Perspective

- On one side of a piece of paper or paper plate write out all your doubts worries and fears that hold you back from reaching your potential. On the other side write out all the things you are thankful for and cause you to feel confident, encouraged, loved, and at your best.
- Then, with the side showing all your doubts, worries, and fears facing you, hold it at arm’s length away from your face. Then begin reading them out loud as you slowly move the paper closer and closer to your face until it takes up your whole visual field blocking out everything else around you. **How does this relate to your athletic career when you allow what you think are huge problems or setbacks to cloud your vision and block everything else out?**
- Next, flip the paper or paper plate over and start it at your face and slowly pull it away to arm’s length as you read the things you are thankful for when they come into view. **How might this be helpful in keeping things in proper perspective no matter what’s going on in life and sport?**

Hour 11 – Pitcher Plan/Hitter Plan - See Hour 11 for PDF’s Labeled “Pitcher’s Plan” and “Hitter’s Plan” and fill out the one(s) that apply to you. **Once filled out, study the sheets and then physically practice your routines with eyes closed going through several at bats (hitters) and/or innings (pitchers).**

Hour 12 – Card Toss #1

- Using a full deck of playing cards (without Jokers) hold the mixed deck straight out face down and flip each card one at a time and yelling out as quick as possible the color of the card (red or black). Keep your score #/52 cards and repeat 3 times. Don’t worry...it will get much harder tomorrow.
- When you make a mistake what will be a positive phrase you go to that will get you back mentally and physically where you need to be in order to perform well again? JOURNAL APPLICATION TO SPORT IN HAVING QUICK REACTION TIME AND THE ABILITY TO RECOGNIZE EARLY AND RECOVER AFTER MISTAKES.

Hour 13 – Card Toss #2

- Repeat exact directions as yesterday except today recognize suit (club/spade/diamond/heart)
- Repeat 3 times and record #/52 cards you get correct each time.

- JOURNAL APPLICATION TO SPORT IN NEEDING TO REALLY FOCUS FOR 2-4 SECONDS AT A TIME
 - **ELEVATE YOUR GAME!**

Hour 14 – First 15/Last 15

- See Hour 14 for handout and instructions

Hours 15-17 – Grind Grid #2

- Repeat directions from Grind Grid #1 (Hours 4-6) above for hours 15-17 and again journal the answers to the following questions. When might you fit in the Grind Grid into your pre-game routine?(Remember to add music in hour 16 and loud music hour 17)
 - What was the experience like?
 - How well were you able to concentrate? When you got frustrated what was your self talk like? What was your heart rate like?
 - When you were looking for #15 were you still thinking about #7? Why not? Relate that back to your sport about dwelling on the past.
 - When you were looking for #15 were worried about #87? Why not? Relate that back to your sport about thinking too far ahead.
 - Did you develop strategies? What will help you complete this task faster tomorrow?

Hours 18-20 – Shower Power

- *Hour 18:* Get in the shower at it's coldest temperature for **2 minutes**. Journal about the reactions of the following and your responses to those natural reactions:
 - Your body
 - Your mind
 - Your breathing
 - Your self-talk
 - What happens when you fight the cold
 - What happens when you stop fighting the cold and fight with it
 - How does this relate to sport and mental toughness?

Repeat these journal questions for hours 19 and 20.

- *Hour 19:* Get in the shower at it's coldest temperature for **3 minutes**.
- *Hour 20:* Get in the shower at it's coldest temperature for **5 minutes**.