



21 HOURS TO MENTAL POWER

HOUR 1

Introduction
Introduction PDF
Pre-Challenge Eval
Breathing Intro
Imagery Intro

HOUR 2

Belly Breathing #1
The Really Big Show
Identity: Greatest Challenge
Mirror Test #1
Begin at the End/Separating Selves

HOUR 3

Belly Breathing #2
Body Language
Fearless + No Holding Back
Mirror Test #2
Confidence

HOUR 4

Belly Breathing #3
Mental Filing Cabinet
Awareness Stoplight
Grind Grid #1
Mental Energy Tank

HOUR 5

Progressive Muscle Relaxation
Highlight Reel
Scouting Report
Grind Grid #1
Fish Hooks

HOUR 6

PMR
LCD
Goal Setting
Grind Grid#1
Pressure

HOUR 7

PMR
Hall of Fame
Perfectionism
Plank Challenge
Life Goals

HOUR 8

Box Breathing
Good Guy Bad Guy
Self-Talk
Z-26
Practice Goal Sheet

HOUR 9

Box Breathing
The Harder Thing
Reframing Negative Thinking
Plank Up Down Challenge
Go Inc. Yourself

HOUR 10

Box Breathing
Our Words Impact on Others
Perspective
Paper Perspective
Self-Talk: 4 P's

HOUR 11

Butterfly Breathing
Preparing to Perform
Performance Routines
Hitting and/or Pitching Plans
Preparation

HOUR 12

Butterfly Breathing
In Game Routines
Mis-take Recovery Routines
Card Toss #1
Slowing the Game Down

HOUR 13

Butterfly Breathing
Error Recovery
Evaluation Routines
Card Toss #2
Failure as Feedback

HOUR 14

NASA 50
B' Game
Maximizing Time
First 15/Last 15
Attitude

HOUR 15

NASA 50
Present Moment Focus
Sports Nutrition
Cgrid#2
Focus/Distractions

HOUR 16

Nasa 50
Gym Threshold
Workout Mindset Warmup
Cgrid#2
Find the Fire

HOUR 17

GameTime (4-1-5)
Healing Recovery
Injury Prevention
Cgrid#2
Rest

HOUR 18

GameTime (4-1-5)
Big Body Language
Quality Leadership
Shower Power #1
At the Party

HOUR 19

Gametime (4-1-5)
Body Scan
One Body Thinking
Shower Power #2
Coachability

HOUR 20

On the Minute Challenge
Well Oiled Machine
Life Beyond Sport
Shower Power #3
Commitment to the W

HOUR 21

21HMP Closing Video
Post Evaluation
21HMP Closing