

Mental Skills Training Journal

Date: _____



DARING

DARE TO GIVE YOUR DREAMS WINGS

Today's workout and training:

Today's workout and training:

What's working? Keep it up!

What needs work? Switch it up!

"It's not whether you get knocked down; it's whether you get up." – Vince Lombardi



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"Hard work beats talent when talent doesn't work hard"-

Tim Notke



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"Never say never because limits, like fears, are often just an illusion." – Michael Jordan



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"Without self-discipline, success is impossible." – Lou Holtz



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"Run when you can, walk if you have to, crawl if you must;
just never give up." Dean Karnazes



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"Never give up! Failure and rejection are only the first step to succeeding." Jim Valvano



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