

Softball Mindset Bingo

Elevate Your Mindset -> Elevate Your Game

Write 3 positive thoughts about yourself

Take Action: Do 1 thing to make yourself better

List 3 ways you can see failure from a positive perspective

Practice building a habit at least 3 times in 1 week

Make a list of good vs bad habits you have

Try something new and experience failure.. it's okay to fail!

Make a gratitude list of at least 15 things you are grateful for

Answer this question: What does a confident softball player look like?

Do 1 thing outside your comfort zone

Write at least 1 positive thought about yourself every day for 1 week

Do 1 thing to push yourself or practice being under pressure

Write "I believe, I believe, I believe" on a sticky note and read it aloud every day

Track your emotions for 1 week. Write what you felt, why, and how you responded

Make a list of at least 4 good habits you want to build in practice

Practice showing up confident: good body language and speak up loudly and clearly

Respond to failure 3 times by staying calm, making an adjustment, and focusing on the next thing

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Practice for
at least 10
minutes on
your own this
week

Respond to
failure 3 times
by staying calm,
making an
adjustment, and
focusing on the
next thing

Write a
thankful note
to a
teammate or
coach

Learn a new
skill this
week

Write 3-5
goals you
have for
yourself this
season

Work on fixing 1
bad habit this
week by
practicing the
better habit at
least 3 times

Make a
gratitude list
of at least 15
things you
are grateful
for

Practice extra
with a friend
or group of
friends this
week

Do 1 thing
outside your
comfort zone
and write
about how it
felt

Try
something
new and
experience
failure.. it's
okay to fail!

Make a vision
board for
your future

Write 3
positive
thoughts
about yourself
every day for 1
week

Read at least
20 pages of a
mindset book
or personal
growth book

Tell yourself "I
believe in
myself" and "I
am confident in
myself" every
day out loud
this week

Work on a skill 1
time this week
that you don't
normally like
working on

Take a deep
breath and reset
yourself when
you feel
frustrated,
angry, or upset
this week

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Write 8 positive thoughts about yourself

Work on a skill 1 time this week that you don't normally like working on

Do 1 thing outside your comfort zone and write about how it felt

Write 3-5 long-term goals you have for yourself in 1-10 years from now

Learn a new skill this week

List 3 ways you have learned to see failure from a positive perspective

Practice building a new habit at least 3 times in 1 week

Practice extra with a friend or group of friends this week

Write a thankful note to a teammate or coach

Take a deep breath and reset yourself when you feel frustrated, angry, or upset this week

Practice for at least 20 minutes on your own this week

Tell yourself "I believe in myself" and "I am confident in myself" every day out loud this week

Read at least 20 pages of a mindset book or personal growth book

Write 3 positive thoughts about yourself every day for 1 week

Respond to failure 3 times by staying calm, making an adjustment, and focusing on the next thing

Try something new and experience failure.. it's okay to fail!

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Attitude, Be Uncomfortable, & Build Good Habits

Write a thankful note to the game of softball about all the things you are grateful for from playing softball

Write "I believe, I believe, I believe" on a sticky note and read it aloud every day

Write 3 things you are grateful for every day for 1 week

Practice building a habit at least 3 times in 1 week

Make an action plan of when, where, and what you will do to practice 3 good habits this week

Make a gratitude list of at least 15 things you are grateful for

Do 1 thing outside your comfort zone and write about how it felt

Write a thankful note to yourself about all the good qualities about yourself

Write 3 positive thoughts about yourself

Try to learn a new skill this week

Write a thankful note to a teammate or coach

Tell yourself "I believe in myself" and "I am confident in myself" every day out loud this week

Read at least 20 pages of a mindset book or personal growth book

Write 3 positive thoughts about yourself every day for 1 week

Write 3 ways you can see failure as a good thing

Answer this question in a journal: How does being uncomfortable help you grow?

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Building Confidence

Practice showing up confident by walking with a purpose and walking 25% faster than usual

Write "I believe, I believe, I believe" on a sticky note and read it aloud every day

Answer this question in a journal: What does a confident softball player look like?

Take Action: Do 1 thing to make yourself better this week

Read at least 20 pages of a mindset book or personal growth book

Do something every day this week to make yourself better

Practice showing up confident by having good body language

Answer this question in a journal: Where should confidence come from and why?

Practice showing up confident by speaking up and speaking loudly, clearly, and boldly

Make an action plan of what, where, and when you will practice to build confidence

Do 1 thing outside your comfort zone this week

Tell yourself "I believe in myself" and "I am confident in myself" every day out loud this week

Practice an easy, everyday drill at least 4 times this week to work on your mechanics in hitting, pitching, or fielding

Write 3 positive thoughts about yourself every day for 1 week

Pick 1 area you doubt yourself in and do something to take action and work on making it better

Practice showing up confident by being a leader and volunteering to go first for a drill

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Building Resilience

Answer this question in your journal: How can failure help you grow?

Make a step by step response plan to how you will respond to your mistakes

Build a habit of staying calm when you make a mistake this week by taking a deep breath and staying calm at least 4 times after you mess up

Push yourself in practice this week by doing more or trying harder

Experience failure in hitting or pitching this week and respond by staying calm, positive, and focused

Write a plan to how you can respond to feeling angry or mad after a mistake

Write how you can grow from any struggles or difficulties you are facing right now.

Take a deep breath and reset yourself when you feel frustrated, angry, or upset this week

Track your emotions for 1 week. Write what you felt, why, and how you responded

Find one way to try something new or challenging and experience failure or struggle this week

Bounce back from 3 mistakes this week

Write about a time you experienced failure in the past and how that experience grew you or helped you get better

Make a goal for the week and try to achieve that goal even if you fail a few times in the process

Write down what dirt (difficulties, struggles, hard times) you are going through right now?

Experience failure in fielding or catching this week and respond by staying calm, positive, and focused

Write a plan to how you can respond to feeling frustrated after a mistake

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Performing Under Pressure

Do something in practice to practice being under pressure or practice what it feels like to be under pressure

Intentionally give 100% effort in practice at least 3 days this week

Make a plan for what, where, and when you will practice good habits to help you perform under pressure

Have a friend, coach, or teammate intentionally push you in practice this week

Intentionally give 100% focus in practice at least 3 days this week

Make a list of good habits vs bad habits you have currently

Research how pressure makes diamonds and reflect on how that relates to you. How does pressure make you a diamond?

Practice a game-like situation in hitting or pitching this week

Practice a game-like situation in fielding or catching this week

Practice a good habit you want to have under pressure at least 3 times this week so it helps you in a game

Make a habit of staying calm and composed by intentionally practicing it at least 3 times this week

Practice a skill that you are weak, doubtful, or uncomfortable doing usually

Kindly help a friend or teammate push herself while practicing with a team or on her own this week

Write a plan for how you will handle feeling nervous, anxious, or scared

Do something to be uncomfortable at least 1 time in practice this week

Make a habit of thinking positively and showing up confident by intentionally practicing it at least 3 times this week