The Softball Player's Guide to Building a Champion Mindset

Application Journal

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You Have the Choice

Notes:			

Make the decision that you will start taking control of your life and situation today. Write your decision here.					

Be a Champion and Achieve Your Vision

Notes:	

Write a reflection on each of the following qualities. Rate each quality on a scale of 1 to 10. Explain why you chose each rating. Make a plan to take action to begin working on each quality in your reflection.

Positive Attitude:
Believes in Herself:
Courageous:

Mentally Tough:		
Perseveres:		
Resilient:		
-		
Flexible:		

Fails:			
Humility:			
Proactive:			

"Your imagination is the preview to life's coming attractions." – Albert Einstein
Write your vision. Make it specific, detailed, and clear.
·

Write your plan to success. Think of what actions you can take today, his week, in the next month, or in the next year to move closer to achieving each of your goals in your vision. Write those actions and start working towards them.					

Write "I believe I believe" here.					

Write it. Read it. Say it out loud every day. Write "I believe I believe I believe" on a sticky note and post it here.

Be Uncomfortable

Write "Yo	Write "You have to be uncomfortable to grow" here.				

Draw the picture of "Grow Your Bubble."

ubble:	
•	

Write 3-5 ways you can step outside your comfort zone and grow your

4.		
5.		

Habits

Notes:			

Draw the habit loop and label it here.

Fill in the chart about "Different Habits in Softball" here. Include what they are and examples of each.

Mental Habits	Physical Habits

List the simple drills, or everydays, you can do on a daily or weekly basis.

Use the T-Chart to write out your current good habits and your current bad habits.

Bad Automatic Habits

How are you going to maximize your habits and build each of those good habits? What habits do you need to build? What bad habits do you need to change? How can you break them? Make a Plan to Action to keep your current good habits consistent, to build the new and good habits, and to break and change the current bad habits. For each habit you are intentionally building, use this template to make a specific plan that you will stick to. Circle the correct timing and place, or rewrite the whole sentence for each habit.

At, after, or before		(when), I will	
	(what) at or in _		
(where).			
At, after, or before			
At, after, or before			
At, after, or before	at or in	, I will	

At, after, or before		, I will	
	at or in		·
At, after, or before			•
At, after, or before			•
At, after, or before	at or in	, I will	

Positive Thinking and a Positive Attitude

	_
	_
	_

You are what you think you are. Thoughts turn into things. What you think is what you get. Draw the picture of the mental factory. Write the equation underneath it.

Make a list of positive self talk statements you can use in softball.

Make a gratitude list of 20 or more things you are grateful for or thankful for.

Train your mind to think positively. Make positive thinking and gratitude a habit by practicing positive thinking and gratitude repeatedly and consistently. Use the Positivity and Gratitude Log for at least two weeks. Write 3-5 positive thoughts each day and 3-5 things you are grateful for each day.

	Positive Thoughts	Gratitude
Monday		
Tuesday		
Wednesday		
Thursday		
F ' 1		
Friday		
Saturday		
Saturday		
Sunday		
2 411441		

	Positive Thoughts	Gratitude
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

	Positive Thoughts	Gratitude
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

	Positive Thoughts	Gratitude
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

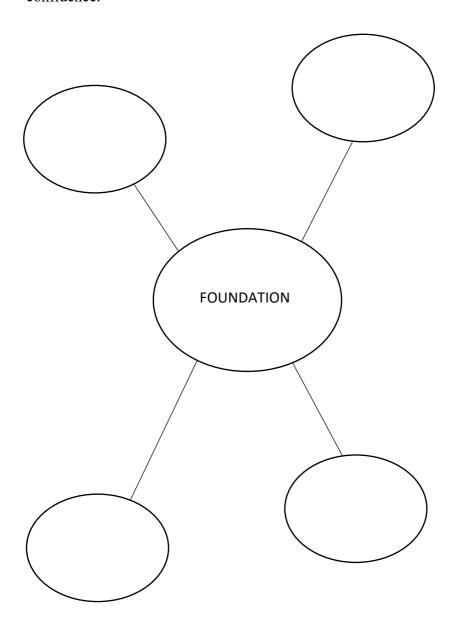
How has your attitude changed after doing the Positivity and Gratitude Log? Have you noticed any positive changes or growth? Do you notice a difference in your mood? Do you notice a difference when you do the log in the morning verses in the evening or at night?		

Confidence

Notes:			

Where does confidence come from? How would you rate your confidence right now?
How would you rate your confidence right now?
How would you rate your confidence right now?
How would you rate your confidence right now?
How would you rate your confidence right now?
How would you rate your confidence right now?
How would you rate your confidence right now?
How would you rate your confidence right now?
How would you rate your confidence right now?

Fill in the map of the ingredients that make the foundation for your confidence.



build each of the ingredients in your foundation? How do you build each of the ingredients in your foundation?
Positive Mentality:
Correct Mechanics:
Good Work Ethic:
Be Okay with Being Uncomfortable:

of your foundation are strong, and what areas need improvement?
Make a plan for how you will strengthen each ingredient in your
foundation.
Positive Mentality:
Correct Mechanics:
Good Work Ethic:
Good Work Line.
Be Okay with Being Uncomfortable:

Reflect on your foundation based on the four ingredients. What areas

week to build your confidence.
1.
2.
3.

Action builds confidence. Write 3-5 things you are going to do this

4.	
5.	

What does a confident sas detailed as possible.	softball player look like? In addition, draw a pictu	Make your description re on the next page.

In your own words, what is the Confidence Bank Account? In addition draw a picture of the Confidence Bank Account on the next page.

Control and Focus

Notes:			

Write what "Pace, Focus, Acceptance" means in your own words.		
Pace:		
Focus:		
Acceptance:		

Write down what you will focus on and tell yourself for each of the following. Hitting Baserunning Fielding Pitching Catching

Failure from a Positive Perspective

Notes:			

You need dirt to grow into something beautiful. What are some examples of dirt that you have experienced in your life or that you are experiencing now? Write them down.

What tests are you trying to pass right now? already passed?	What tests have you

Write a reflection of yourself and your mindset right now. Think about these questions: How can failure be a positive thing? What is your vision? Where are you at in your process? What can you do in your process to grow or step outside your comfort zone?		

Resilience and Responding to Failure

Notes:	

Resilience is the ability to bounce back from failure and negativity. You can either react or respond to failure. What is the difference between reacting and responding? Do you react or do you respond? How will you start responding to failure?

Reacting		
Responding		

You will create your own personal response plan. of how you will respond after you fail.	Write out each step

Responding to Emotions

Notes:	

Fill out this chart with steps you can take to respond to each of your emotions.

Nervous,	
A	
Anxious,	
Scared	
Disammaintad	
Disappointed	
Embarrassed	
Discouraged	
_	
Frustrated,	
Upset,	
A Pact,	
Angry	

Keep track of your emotions throughout the week. Write them down in detail. Write what you feel and why you feel that way. Write about how you responded to each, even if you didn't respond correctly. This will grow your understanding and exercise your discipline. The more aware you are and the more you practice responding, the easier it will be to take control over your emotions.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Chapter 11

Performing Under Pressure

Notes:	

Make a plan for how you will do each of the following in the chart. Write out specifically what, where, and when you will do each.

D C	
Prepare for	
pressure	
Proposition	
Practice under	
pressure	
T	
Transfer	
practice to a	
game	
3.6.11	
Make good habits	
habits	
1130100	

Chapter 12

Reaching Higher

Notes:			

Growth Mindset
How will you have a growth mindset in softball?
Live With Expectancy
What will you expect to accomplish in your future? Start your expectations with "I will"
Be Proactive
How are you going to be proactive in softball from now on?

Be Courageous
What risks and jumps are you wanting to take but you are afraid to?
Be Motivated
What are your motives? What is your why?

Be Persistent
How will you use the power of one more this week to grow your persistence?
Be Relentless
Is there an area in your life or in softball where you can be more relentless?

Be Mentally Tough
What are you going to do to grow and stay mentally tough?
Continue to Learn
In what ways are you going to continue to learn?

Show Up Now

Who do you want to be? What qualities and characteristics do you need to start having or doing to show up as that person now?		

Keys to Success

Notes:	

	_
	_
	_

Write down each of the keys to success. Write out a plan for how you will achieve each key to success. Write out your mission statement that includes who you are, what you do, and your values, beliefs, and standards.		

	_
	_
	_

	Mission Statement