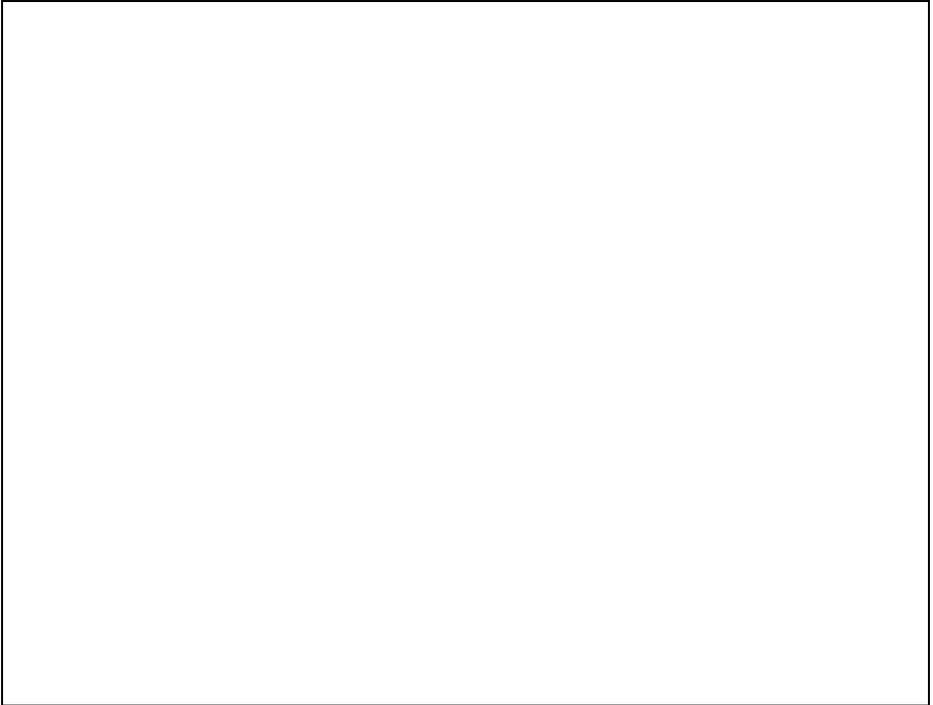


**The Softball Player's
Guide to Building a
Champion Mindset**

Application Journal

Alyssa Drogemuller

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

A large, empty rectangular box with a thin black border, intended for the user to write their decision.

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:

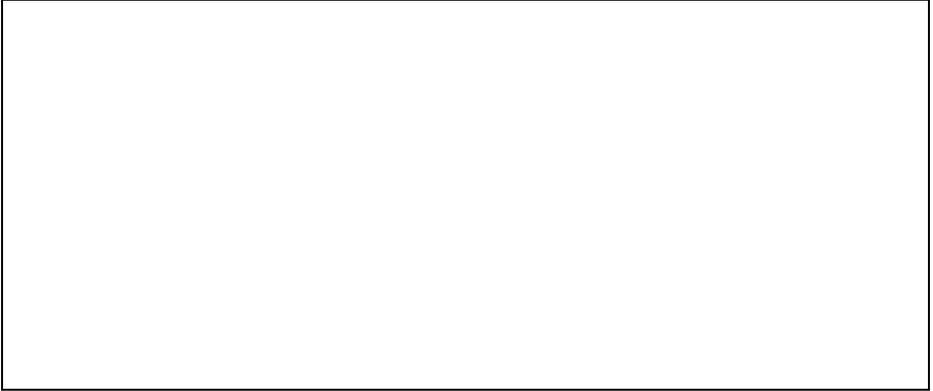
Flexible:

Fails:

Humility:

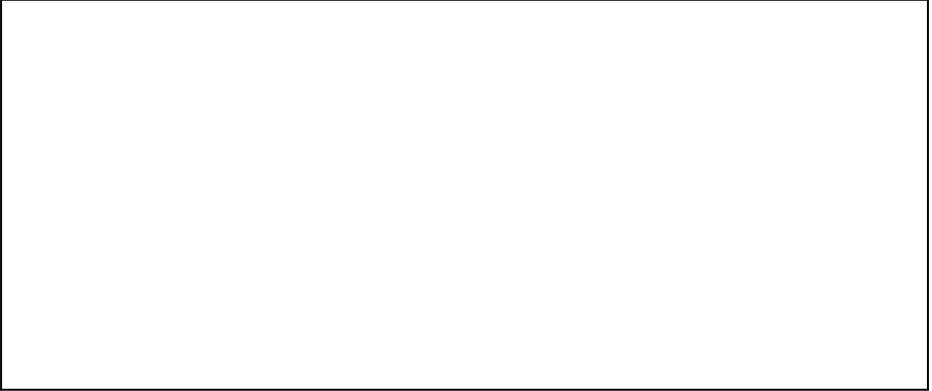
Proactive:

Write “I believe I believe I believe” here.

A large, empty rectangular box with a thin black border, intended for the user to write the phrase "I believe I believe I believe".

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.

Write “You have to be uncomfortable to grow” here.

A large, empty rectangular box with a thin black border, intended for the student to write the sentence "You have to be uncomfortable to grow".

Draw the picture of “Grow Your Bubble.”

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

1.

2.

3.

4.

5.

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

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

Good Automatic 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 _____, I will
_____ at or in _____.

At, after, or before _____, I will
_____ at or in _____.

At, after, or before _____, I will
_____ at or in _____.

At, after, or before _____, I will
_____ at or in _____.

At, after, or before _____, I will
_____ at or in _____.

At, after, or before _____, I will
_____ at or in _____.

At, after, or before _____, I will
_____ at or in _____.

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.

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		
Friday		
Saturday		
Sunday		

	Positive Thoughts	Gratitude
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

	Positive Thoughts	Gratitude
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

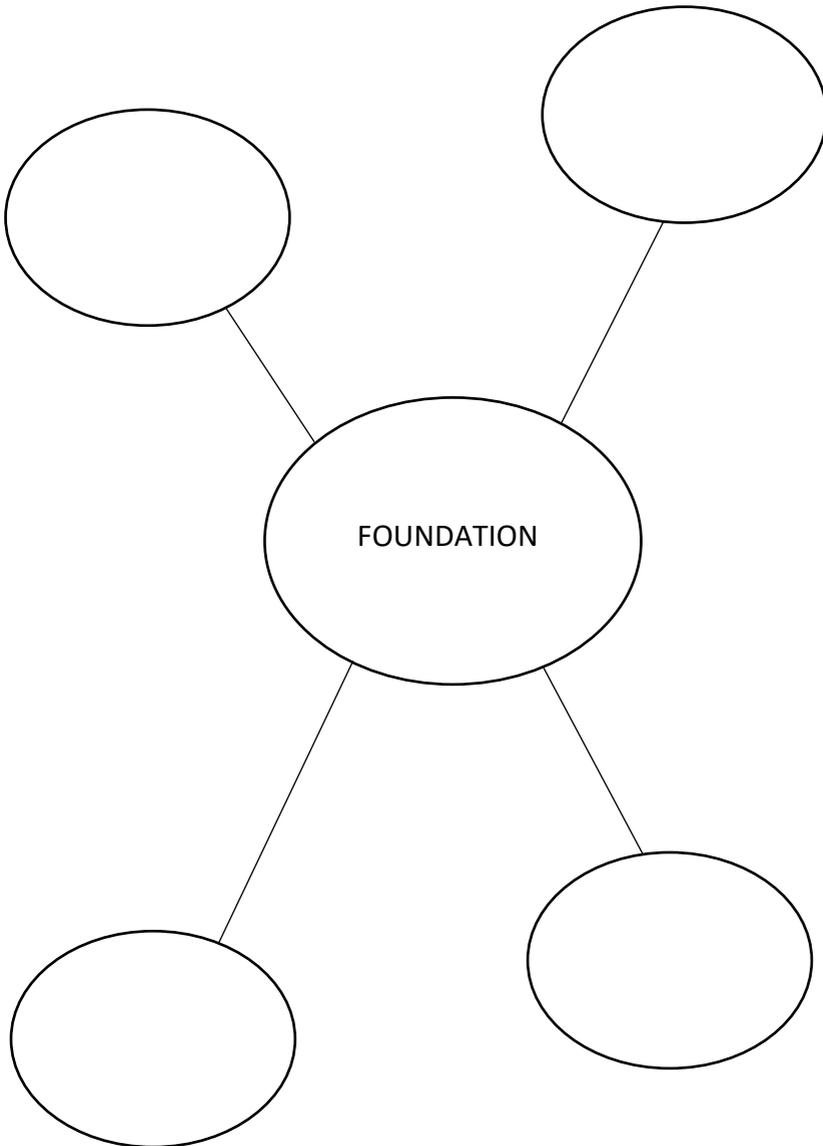
	Positive Thoughts	Gratitude
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

What does confidence mean to you?

Where does confidence come from?

How would you rate your confidence right now?

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



What do each of the ingredients to your foundation mean? How do you build each of the ingredients in your foundation?

Positive Mentality:

Correct Mechanics:

Good Work Ethic:

Be Okay with Being Uncomfortable:

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

Be Okay with Being Uncomfortable:

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

1.

2.

3.

4.

5.

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	

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	

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

Nervous, Anxious, Scared	
Disappointed	
Embarrassed	
Discouraged	
Frustrated, Upset, 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	

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.

Prepare for pressure	
Practice under pressure	
Transfer practice to a game	
Make good habits	

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?

Mission Statement

