

Softball Mindset Bingo

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