

Softball Mindset Bingo

Elevate Your Mindset -> Elevate Your Game

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