

Softball Mindset Bingo

Elevate Your Mindset -> Elevate Your Game

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!