

# Softball Mindset Bingo

Attitude, Be Uncomfortable, & Build Good Habits

Write a thankful note to the game of softball about all the things you are grateful for from playing softball

Write "I believe, I believe, I believe" on a sticky note and read it aloud every day

Write 3 things you are grateful for every day for 1 week

Practice building a habit at least 3 times in 1 week

Make an action plan of when, where, and what you will do to practice 3 good habits this week

Make a gratitude list of at least 15 things you are grateful for

Do 1 thing outside your comfort zone and write about how it felt

Write a thankful note to yourself about all the good qualities about yourself

Write 3 positive thoughts about yourself

Try to learn a new skill this week

Write a thankful note to a teammate or coach

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

Write 3 ways you can see failure as a good thing

Answer this question in a journal: How does being uncomfortable help you grow?