

Softball Mindset Bingo

Elevate Your Mindset -> Elevate Your Game

Write 3 positive thoughts about yourself

Take Action:
Do 1 thing to make yourself better

List 3 ways you can see failure from a positive perspective

Practice building a habit at least 3 times in 1 week

Make a list of good vs bad habits you have

Try something new and experience failure.. it's okay to fail!

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

Answer this question:
What does a confident softball player look like?

Do 1 thing outside your comfort zone

Write at least 1 positive thought about yourself every day for 1 week

Do 1 thing to push yourself or practice being under pressure

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

Track your emotions for 1 week. Write what you felt, why, and how you responded

Make a list of at least 4 good habits you want to build in practice

Practice showing up confident: good body language and speak up loudly and clearly

Respond to failure 3 times by staying calm, making an adjustment, and focusing on the next thing