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CASE STUDY

*Reprogramming the
Athletic Mind: A
Youth Soccer
Success Story*



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THE JOURNEY OF A YOUNG SOCCER ATHLET

Introduction

In 2015, a young boy began his journey of mental reprogramming and athletic development. At just nine years old, his life shifted when his parents separated. Amidst this transition, his love for soccer, introduced in preschool, began to take deeper root. However, his father, coming from an American football background, struggled to embrace this chosen sport.

Exploring Options and Early Challenges

The boy's mother, understanding the value of exposure and choice, enrolled him in multiple sports, swimming, basketball, tennis, flag football, baseball, and soccer to allow him to find his true passion. Without hesitation, he chose soccer.

His first years were spent in the local recreational leagues, just blocks away from home. His natural talent quickly stood out as he scored between five and eleven goals per game. Soon, a club scout noticed him and invited him to train. This first club experience, however, was an awakening. After a grueling first practice, exhausted, he told his mother, "This is too much. I'm never coming back." Having witnessed the demands of competitive youth sports through his older sister's 13 years in gymnastics, his mother calmly explained that club-level soccer required a different commitment, but ultimately left the choice to him. The next morning, with newfound determination, he said, "I thought about it and I accept the challenge. I used to be the best, and now I feel like I'm the worst – but I'm up for the challenge."

Years of Growth, Rejection, and Resilience

Over the next seven years, his soccer journey was filled with highs and lows. Despite his dedication, he faced rejection from teammates and coaches who felt threatened by his connections to professional players and the unique experiences he gained through them. Many evenings ended with tears, as he came home defeated, ready to quit. Each time, his mom would sit with him, talk through his frustrations, and teach him to process and release his anger, but he still felt upset.

The Shift: Introduction to Mental Fitness

In 2023, everything began to change. The introduction of Myrd2heal's mental fitness program to his routine became a pivotal turning point. In 2024 As a high school senior under intense pressure to maintain grades and secure a soccer scholarship, he found himself with little playing time and minimal highlight footage to show recruiters. Yet, Myrd2heal taught him a simple truth: mental fitness isn't just about performance; it's about daily practice, mindset, and energy alignment.

He began implementing "The Circle of Kindness" practice daily, learning to reset his mind and release negative emotions. Gradually, his internal world shifted. The external pressures and lack of soccer footage mattered less. His mindset was evolving, and with it, his environment began to respond.



Manifestation Meets Opportunity

In what felt like a miracle to everyone, a UK team noticed him and requested his highlight reel. At this point, he had a fractured finger in a cast, limiting his playing time even further. Still, his dedication did not waver. He trained, maintained his mental fitness practices, and held strong hope.

Then, another serendipitous moment: a videographer reached out, offering to create an impressive highlight video. Once complete, he sent it to the UK team and posted it publicly. Immediately, he faced backlash from peers: “How could the kid with no playing time get this done?” But his experience exemplified the power of mental fitness – when you believe in yourself and silence external noise, what belongs to you will find its way.

Taking the Leap

Due to limited footage, his mother decided the best option was to fly to the UK to show the team his skills in person. The coach worried about jetlag affecting his performance, but Myrd2heal had a travel protocol designed to align the body with the new timezone upon arrival, minimizing disruption.

Upon reaching the UK, mother and son implemented the protocol immediately. The next day, they toured the university and headed to the training center, nestled in nature, a healing environment for body, mind, and soul. When practice began, his mother stepped away to let him focus. Drawing upon everything he had learned through mental fitness, he approached the field with clarity, focus, and unwavering determination.



Outcome: A Dream Realized

By the end of his practice trial, he received an offer to join the team. He had already apply and now had been accepted into the university, and in that moment, the universe aligned his dedication, mental fitness, and unbreakable hope had manifested into his reality.

Key Learnings

1. Mental fitness is not a one-time practice.
2. It is a daily commitment, much like showering, to cleanse and reset the mind and emotions.
3. Youth athletes need guidance to handle both rejection and success.
4. Grounding techniques, emotional release practices, and mindset training are critical in building resilience and humility.
5. The Myrd2heal Method works if the concept is used as directed.
6. This case proves its effectiveness in creating empowered, focused, and emotionally strong athletes who thrive under pressure and remain anchored through success.



Additional Note: While the UK university opportunity was the most aligned with his dreams, it wasn't his only option. He had received two early acceptances from in-state universities and approximately six other invitations from soccer teams in various universities across the US and Canada. However, his heart was set on pursuing his path in the UK, a choice that reflected his vision, determination, and clarity about where he wanted to grow as a player and as a person.

This case demonstrates that the Myrd2heal Method is not simply a motivational tool but a structured system that delivers real results. The athlete in this study experienced emotional release, improved focus, and enhanced resilience despite years of rejection. His mindset shifted from feeling defeated to embracing confidence, hope, and clarity. The daily practices he learned allowed him to silence external noise and align his energy with his goals. Ultimately, it was this internal transformation that unlocked his external success, proving that when young athletes implement Myrd2heal's mental fitness system consistently, their reality changes accordingly, paving the way for confidence, performance, and life opportunities.

