

THE MENTAL MINUTE

The Mental Minute - Issue #2 | March 2025



COACH SPOTLIGHT:
CHARDONNAY HARRIS
AUBURN TIGERS

**HOW CONFIDENCE CAN
HELP YOU STAY
IN THE GAME**

QUICK TIPS YOU CAN USE
- PG 2

Chardonnay Harris, MPM
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WELCOME to the March edition of The Mental Minute! We are thrilled to continue sharing valuable insights into mental performance training. Through intentional practices, even small improvements in mental performance can lead to transformative results in your physical game.

In this issue, we'll explore the essential role of confidence in athletic success and how it can be developed and strengthened. Confidence isn't just a feeling, it's also an action that grows through preparation, focus, and the ability to trust in your process.

By mastering confidence, you'll be better equipped to tackle challenges, recover from setbacks, and maintain your composure in high-pressure moments. Confidence not only enhances your performance but also fuels resilience, motivation, and leadership both on and off the field.

THE MENTAL MINUTE is a monthly newsletter intended to educate athletes, coaches, and parents about essential mental performance skills and keep you informed about upcoming training events and opportunities to book 1-on-1 training sessions with a mental performance coach.

Each newsletter is designed to focus on a specific mental skill (e.g. breathing, mental rehearsal, etc.) and offers practical insights and techniques to enhance your current mental performance skillset. Through this newsletter, we aim to support ongoing athletic growth to sustain engagement, personal development, competitive resilience within all sports disciplines through ongoing mental performance education.



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CONFIDENCE is one of the most critical and impactful skills an athlete can develop to enhance performance. It's more than just a feeling—it's a mindset built through preparation, trust in your abilities, and focusing on the process. A well-nurtured sense of confidence can be the difference between stepping onto the field feeling empowered or

hesitant, especially during high-pressure moments in competition.

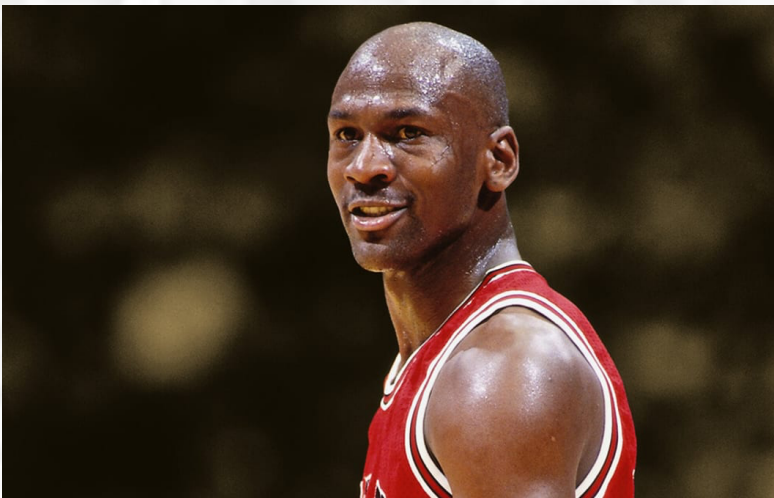
WHAT IS CONFIDENCE? Confidence is believing in yourself and trusting your ability to perform when it matters. It's rooted in preparation, practice, and a focus on the controllables—body language, focus, and self-talk. Confidence grows when athletes consistently take intentional steps toward their goals, learning from both successes and setbacks.

WHY IS CONFIDENCE IMPORTANT? Confidence plays a critical part in every aspect of sports, shaping everything from decision-making to execution. A confident athlete approaches competition with even composure, even when they are nervous, by maintaining a calm and focused demeanor. When mistakes happen, confidence allows

Topic of The Month: Confidence

allows for a quicker recovery, enabling the athlete to move forward without dwelling on a mistake or individual plays.

A confident mindset also sharpens focus and clarity, helping athletes stay locked in on their objectives and make better decisions in high-stakes moments. By actively cultivating confidence, athletes can reduce self-doubt, strengthen their resilience, and consistently elevate their performance. Ultimately, confidence is the gateway to entering the “zone”—a state of peak performance where everything seems to flow effortlessly, no matter the challenges faced.



“I’ve never been afraid. I’ve been nervous, but afraid means you’re not confident in your skills. I have total confidence in my skills so I’m not afraid.”
– Michael Jordan

Quick Tips You Can Use: Confidence

PARENTS TIP: Encourage your athlete to build confidence by reflecting on their strengths and accomplishments. Help them set realistic goals and celebrate small victories. Confidence grows when athletes recognize their progress and trust in their preparation.

Confidence is a skill that can be cultivated daily, both in and out of competition. With consistent effort and intentional practice, athletes can build a mindset that empowers them to tackle challenges and excel in every area of life. Here are 3 tips you can use:

CONFIDENCE JOURNAL After practices or games, write down three things that went well and one area for improvement. Reflecting on successes and learning opportunities helps athletes focus on growth rather than setbacks.

“POWER POSE RESET” Stand tall with shoulders back, chest open, and hands on hips for two minutes. This “power pose” can help boost confidence and create a sense of control before stepping into high-pressure situations.

HIGHLIGHT REEL VISUALIZATION Mentally replay moments of past success, focusing on how it felt to perform well. This practice reinforces positive self-belief and creates a mental foundation of achievement to draw on during competition.

Upcoming Training Opportunities

EVENT	DESCRIPTION	DATE	LOCATION	SIGN-UP
Confidence Clinic	In-person clinic at focused on building and strengthening confidence for peak performance.	Ongoing	Your Location	Book a Clinic
1-on-1 Training	Personalized one-on-one mental performance coaching sessions tailored to your specific goals and needs.	Ongoing	Online	Book a Session
Warrior Academy	Intensive training program designed to equip athletes with essential mental performance skills. Stay tuned for dates and registration details.	Ongoing	Online	Enroll Now

COACH SPOTLIGHT



CHARDONNAY HARRIS
AUBURN TIGERS



MEET: Chardonnay Harris, a distinguished former NCAA softball player and a certified Mental Performance Mastery (MPM) coach with Prime Mental Performance. Hailing from Oak Park, IL, Chardonnay's journey from state champion to collegiate standout to dedicated coach is a testament to her passion for excellence both on and off the field.

STORY: Chardonnay's softball career began at Oak Park and River Forest High School, where she played a pivotal role in elevating the Huskies program. She led the team to back-to-back state championships in her junior and senior years, earning recognition as the 2016 Illinois Gatorade Player of the Year after a stellar season with a 0.29 ERA.

At Auburn University, Chardonnay's talent shone brightly, particularly during her sophomore year. She recorded one of her career highlights with a 17-strikeout performance in just 10 innings against Florida, earning SEC Pitcher of the Week honors and solidifying her place in Auburn history. Over her collegiate career, she demonstrated precision and consistency, finishing with 121 strikeouts and only 30 walks during her soph-



Chardonnay Harris - Auburn University

sophomore season—a record that ranked among the best in the program. Chardonnay later transferred to the University of Louisville, where she continued to excel on the mound.

After her playing career, Chardonnay transitioned to coaching, taking on head coaching roles at both Trinity High School and with the Chicago Cheetah's. Beyond her on-field expertise, she has also embraced a role as a certified Mental Performance Mastery coach, helping athletes develop the mental skills needed to overcome failure and thrive in competition.

NOW: Chardonnay is currently coaching at D Bat (DuPage) training facility as well as offering 1-on-1 mental performance training sessions. Follow Chardonnay on Instagram @csh_softball_mentality or visit www.primementalperformance.com.

Using Confidence to **WIN**- 2 Key Takeaways



1. CONFIDENCE FUELS RESILIENCE

Confidence isn't just about feeling good; it's about believing in yourself and trusting your ability to perform when it matters most. When mistakes or challenges happen, confidence keeps you focused on process rather than outcome. A confident athlete knows how to bounce back quickly, using mistakes as opportunities to grow stronger and improve.

2. CONFIDENCE SHARPENS FOCUS

Confidence allows athletes to block out distractions and concentrate on what truly matters: the controllables like body language, focus, and self-talk. By focusing on process over outcome, you create a foundation for consistent growth. Confidence empowers you to approach each competition with a clear mind, ready to give your best effort every time.