

# THE MENTAL MINUTE

The Mental Minute Issue #9 - October 2025



**ATHLETE SPOTLIGHT:**  
**JESSE LOWE**  
**PRIME BASEBALL CLUB**

**HOW GRATITUDE BUILDS**  
**CONFIDENCE AND**  
**STRENGTHENS YOUR MINDSET**

**QUICK TIPS**  
**YOU CAN USE**  
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**WELCOME** to the October edition of The Mental Minute! We're excited to keep bringing you impactful insights into mental performance training—designed to help athletes, coaches, and parents gain the mental edge when it matters most.

This month, we're focusing on Gratitude as a Superpower—the mindset shift that helps athletes find strength in appreciation. Gratitude isn't just about saying “thank you”; it's about recognizing what's good, even when things get tough. When athletes approach each practice, game, and challenge with gratitude, they play with more joy, perspective, appreciation, and confidence.

By learning to anchor your mindset in gratitude—whether for teammates, opportunities, or lessons from adversity—you build resilience, enhance focus, and reduce stress.

**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 skills (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 cognitive growth to sustain engagement, personal development, competitive resilience within all sports disciplines through ongoing mental performance education.



Contact Us:  
312-600-7965  
[www.primementalperformance.com](http://www.primementalperformance.com)

## Topic of The Month: **Gratitude is a Superpower**



**COACH DANNY, MPM**

**WHAT IS GRATITUDE?** Gratitude is the mindset of appreciation—focusing on what's good, what you have, and what you can learn rather than what's missing or going wrong. It means finding value in the chance to compete, the people who support you, and the lessons that come from challenge. When athletes and coaches practice gratitude daily, they build perspective, strengthen

resilience, and perform with greater confidence and joy.

**WHY IT MATTERS** Gratitude rewires your brain to focus on abundance instead of fear. When you appreciate the moment, your body relaxes, your focus sharpens, and confidence rises. Gratitude reduces stress and helps you recover faster after mistakes because it replaces frustration with perspective. It reminds athletes that pressure is a privilege—that the chance to compete, learn, and grow is something to be thankful for.

**HOW TO TRAIN IT** Start small—gratitude is a trainable skill. Take 60 seconds each day to name three things you're grateful for related to your sport (a teammate, a coach, a lesson, or a moment). Before practice or games, take a breath and think, “I get to do this.” Use the Prime WIN bracelet as a cue—every time you see it; think of one thing you appreciate. After games, reflect on one thing that went well, and one lesson learned. Write it in your athlete

training journal.

Over time, gratitude strengthens emotional control, builds optimism, and creates mental space for confidence to grow. When athletes learn to lead with gratitude, they compete with perspective, handle adversity with composure, and find joy in the process—on and off the field.

To deepen your practice, look for moments to *express* gratitude out loud. Thank a teammate for their effort, a coach for their guidance, or a parent for their support.



**Above:** Former MLB All-Star Sean Casey emphasizes how gratitude is a true superpower.

## Quick Tips You Can Use: **Daily Gratitude**

**PARENTS TIP:** Help your athlete focus on gratitude and perspective. Before practice or games, ask them to name one thing they're thankful for—like a teammate, coach, or the chance to play. During play, encourage positive energy and effort, and praise their attitude, teamwork, and resilience. After games, reflect together: "What was your favorite moment today? What are you proud of?" Consider a short gratitude journal or 1–5 positivity score after each game to build lasting confidence.

**GRATITUDE** is a mindset you can train daily—no special tools required. When you focus on what you're thankful for, you build perspective, resilience, and joy that carry into competition. Here are 3 gratitude tips you can start using right now:

### USE A "PRE-PRACTICE" GRATITUDE MOMENT

Before every practice or game, take a deep breath and think of one thing you're thankful for—like your teammates, health, or the chance to play. Start with appreciation to create calm energy and confidence.

### SHIFT PERSPECTIVE AFTER MISTAKES

When frustration hits, pause and find the lesson. Instead of focusing on what went wrong, ask yourself what you're grateful to learn from it. This resets your mindset, restores composure, and keeps you growing forward.

### REFLECT & RECHARGE WITH GRATITUDE

After each practice or game, name three things you're grateful for and why. Write them down or share them with a parent or teammate. Consistent reflection reinforces optimism and growth.

## Mental Performance Training Opportunities

TITLE	DESCRIPTION	REGISTER
<b>1-on-1 Lessons</b>	Personalized one-on-one mental performance coaching lessons tailored to your specific goals and needs.	<a href="#">Book a Lesson</a>
<b>Warrior Academy</b>	The Warrior Academy is an online, self-paced video training where athletes learn proven skills and tools used by elite performers to build resilience, manage nerves, and perform under pressure.	<a href="#">Join Now</a>



## ATHLETE SPOTLIGHT

### JESSE LOWE

#### PRIME BASEBALL CLUB

**MEET JESSE:** A Chicago native and current Prime Baseball Club athlete, Jesse Lowe plays with gratitude, confidence, and joy. After six years in the game, what he loves most is simple—being with his friends and playing as a team. For Jesse, baseball is more than a sport; it's something to be thankful for every time he steps on the field.

**STORY:** Gratitude shows up in how Jesse competes—through his effort, leadership, and attitude. When things don't go his way, he takes a breath, tells himself "You got this," and focuses on the next play. He tries to bring energy to every moment, hyping up teammates and helping spark rallies. Even after tough games, Jesse reminds himself and others to have fun, let go, and move forward. His approach shows a maturity beyond his age—seeing challenges as chances to grow and play with purpose.

**GOALS:** This season, Jesse wants to keep developing his confidence and composure at the plate and in the field. He's working on using gratitude to reset faster—remembering



Jesse Lowe Prime Baseball Club 10U

that every pitch, win, or mistake is part of something bigger. Whether his family is watching or his team is battling back, Jesse's focus remains on giving his best effort and appreciating the opportunity to play the game he loves.

**JESSE IN ACTION:** Jesse's teammates describe him as positive and energetic—a player who lifts others up. He leads through encouragement, teamwork, and perspective, showing that gratitude isn't just a feeling—it's a way of playing. By finding joy in every rep and connection with his teammates, Jesse reminds everyone around him that gratitude truly is a superpower.



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## Using Gratitude to WIN - 3 Key Takeaways



### 1. Gratitude Builds Confidence

Confidence grows when you focus on what's good instead of what's missing. Gratitude reminds athletes that every opportunity—to practice, to fail, to improve—is a privilege. By appreciating progress over perfection, players develop belief in their preparation and pride in the work that got them there.

### 2. Gratitude Strengthens Teams

When athletes express appreciation, it builds trust and unity. Gratitude turns "me" into "we," creating stronger relationships and a team culture rooted in respect, encouragement, and shared success.

### 3. Gratitude Fuels Resilience

When tough moments happen, grateful athletes focus on what they can learn, not what they lost. This perspective helps them bounce back quicker, compete with calmness, and carry a mindset that sees every challenge as another chance to grow.