

THE MENTAL★MINUTE

The Mental Minute - Issue #4 | May 2025



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PLAYER SPOTLIGHT:
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**HOW A WARRIOR MINDSET
KEEPS YOU FOCUSED
WHEN IT MATTERS THE MOST**

**QUICK TIPS
YOU CAN USE**
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WELCOME to the May 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.

In this issue, we'll explore the power of the *Warrior Mindset*—a mental framework built on resilience, grit, and relentless focus. Having a Warrior Mindset means showing up with purpose, battling through adversity, and staying locked in no matter the circumstances.

Athletes who embrace this mindset compete with passion, stay grounded in their goals, and respond to challenges with confidence and control. By training your mind to think like a warrior, you'll be better equipped to thrive under pressure, bounce back from setbacks, and lead with strength 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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Topic of The Month: **Warrior Mindset**



COACH DANNY, MPM

A WARRIOR MINDSET is one of the most powerful mental tools an athlete can develop to stay focused, resilient, and driven—especially when the stakes are high. It's more than just being tough—it's a commitment to showing up every day with intention, discipline, and an unshakable belief in your purpose.

WHAT IS A WARRIOR MINDSET? A Warrior Mindset is built on grit, focus, and the ability to stay grounded under pressure. It's not about being perfect—it's about being prepared and persistent. Athletes with this mindset lean into challenges, control their attitude and effort, and stay committed no matter the circumstances.

Whether you're bouncing back from a mistake or stepping into a big moment, the Warrior Mindset helps you stay calm, focused, and ready to respond with purpose.

WHY IS A WARRIOR MINDSET IMPORTANT? It helps you turn challenges into growth, bounce back from mistakes, and stay composed under pressure. It keeps your focus on the process—not the outcome—when others get distracted. Athletes who train their minds like warriors build the mental toughness to compete with confidence, stay locked in, and lead with strength in any situation.

KOBE BRYANT embodied the Warrior Mindset. Known for his “Mamba Mentality,” Kobe approached every practice and game with relentless focus and effort. He once said, “Everything negative—pressure, challenges—is all an opportunity for me to rise.” Kobe’s mindset wasn’t just about talent; it was about his unwavering commitment to growth, discipline, and leading by example. His mental approach has inspired generations of athletes to develop the same warrior-like mindset in their sport and life.



Above: USA's Kobe Bryant celebrates at the end of the men's basketball gold medal game against Spain at the 2008 Olympic Games in Beijing.

Quick Tips You Can Use: **Warrior Mindset**

PARENTS TIP: Help your athlete build a Warrior Mindset by encouraging them to embrace challenges, stay positive after setbacks, and focus on effort over outcome. Remind them that growth comes through struggle—and that every tough moment is a chance to get better. Your support and steady encouragement can help them develop mental toughness that lasts far beyond the game.

A **Warrior Mindset** is a mental skill that can be trained daily—at home, in practice, or under pressure. Athletes who adopt this mindset stay focused, bounce back quickly, and compete with purpose. Here are 3 tips you can use:

W.I.N. WHAT'S IMPORTANT NOW Train your mind to focus on the present moment. When pressure builds or distractions hit, ask yourself: “*What’s Important Now?*” This mental cue helps you block out the noise, reset your focus, and take the next best action—one pitch, one play, one moment at a time.

“NEXT PITCH” MENTALITY Mistakes are part of the game. Warriors respond, not react. Use a reset word or movement—like saying “next” or tapping your glove—to shift your mindset forward and stay locked in for what comes next.

DAILY RECAP Each night, reflect on what went well and what you want to work on. Did you handle challenges like a warrior? What did you learn? This simple habit builds self-awareness, emotional control, and mental resilience over time.

Upcoming Training Opportunities

EVENT	DESCRIPTION	LOCATION	SIGN-UP
Confidence Clinic	In-person clinic focused on building and strengthening confidence for peak performance.	Your Location	Book a Clinic
1-on-1 Training	Personalized one-on-one mental performance coaching sessions tailored to your specific goals and needs.	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.	Online	Join Now

ATHLETE SPOTLIGHT

JAMES ERNST
FOREST PARK, IL 

MEET JAMES: A focused and determined youth baseball player who has been embracing mental performance training to build confidence, resilience, and a Warrior Mindset on the field. Since working with Coach Danny, James has taken major strides in how he approaches the game mentally—showing maturity beyond his years.

STORY: In an interview with the Minute, James shared that mental performance, to him, is all about mindset—how he shows up at practice, how he responds to pressure, and how he trusts in his ability no matter the outcome.

That trust was tested when he struck out in a big moment with the game on the line. But instead of dwelling on it, James responded like a warrior: he moved on, reset his focus, and went on to perform better the rest of the weekend. His ability to bounce back and stay composed shows just how far he's come.

James uses breathing techniques in the batter's box and when nerves start to creep in. He reminds himself to have fun and plays the game with perspective.



James Ernst (10U) Forest Park, IL

When tough moments happen, he uses positive self-talk to stay locked in: “I just think about the next play,” he says. “*I don’t get mad at myself—I believe I can make the next play.*”

GOALS: This season, James has chosen the word “*Strength*” as his one-word focus. He’s working hard to grow stronger on the mound and at the plate—aiming to improve his pitching and hit the ball farther than ever before.

Through consistent mental reps and a commitment to his mindset, James is showing what it means to lead with focus, bounce back with grit, and compete with heart.



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Using a Warrior Mindset to **WIN**- 3 Key Takeaways



1. Focus on W.I.N. (What's Important Now)

Warriors train their minds to stay locked into the moment. When distractions or adversity hit, ask yourself: *What's Important Now?* This simple mindset shift helps athletes let go of past mistakes, avoid future anxiety, and channel their energy into the present play.

2. Respond Don't React

The Warrior Mindset is built on emotional control. When things don't go your way, take a breath, reset, and choose your response. Warriors don't get stuck in frustration—they turn challenges into fuel. How you respond is what defines you.

3. Compete with Max Effort, Not Comfort

Warriors seek growth, not ease. They embrace hard situations because that's where mental strength is forged.