

PAUL'S PRO TENNIS

Morning Meditation Program | 6-Day Weekly Schedule

This program is designed specifically for PPT academy players. Beginning each training day with structured meditation sharpens focus, steadies breathing under pressure, and builds the mental resilience every competitive player needs on court. Follow each day's session exactly as written. Consistency over six weeks will produce noticeable results in concentration, composure, and recovery.

CORRECT SITTING POSTURE

Position	Sit cross-legged on a mat or flat floor. If cross-legged is uncomfortable, sit on a chair with both feet flat on the ground.
Spine	Sit tall. Imagine a string pulling the crown of your head toward the ceiling. Do not slouch or lean forward.
Hands	Rest both hands palms-up on your knees, or place them palms-down on your thighs. Keep shoulders relaxed and down.
Eyes	Gently close both eyes for the entire session unless an instruction says otherwise.
Jaw & Face	Unclench your jaw. Relax your forehead, cheeks, and lips. Allow a tiny gap between upper and lower teeth.
Environment	Find a quiet spot away from phones and noise. Use the same spot every day to build a habit anchor.

THE THREE FOCUS POINTS

Every session in this program uses one or more of three internal anchor points. Learning to move your attention deliberately between them is the core skill. Do not force or strain — simply notice and gently redirect.

Centre of the forehead, just above and between the eyebrows. This point governs concentration, mental clarity, and game awareness. When your mind races between points, return here.	The heart centre, mid-chest. This point governs calm, composure, and controlled emotion. Use it when nerves rise before a big match or after making errors.	Two finger-widths below the navel. This point governs physical power, stability, and breath depth. Breathing from here builds endurance and groundedness.
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6-DAY WEEKLY PROGRAM

DAY 1 — MONDAY	Theme: Breath Awareness & Body Arrival	Duration: 15 minutes Focus: Breathing + Navel
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Start the week by landing fully in your body. Monday sessions fight the weekend drift and reset the nervous system for a full week of training.

Time	Phase	Instructions
0:00 – 2:00	Settle In	Sit in your posture. Take three slow, deep breaths through the nose, exhaling through the mouth with a long sigh. Let your shoulders drop. Feel the floor beneath you.
2:00 – 5:00	Navel Breathing	Place one hand flat on your navel. Breathe in slowly through the nose for a count of 4 — feel your hand rise as your belly expands. Hold for 1 count. Breathe out slowly for a count of 6 — feel your hand fall. Repeat. Keep your chest still; let only the belly move.
5:00 – 9:00	Navel Focus	Remove your hand. Close your eyes fully. Direct all your attention to the navel point — two finger-widths below your belly button. Do not think about tennis, do not plan — simply hold your awareness on this single point. When the mind wanders, gently bring it back without judgment.
9:00 – 13:00	Breath Counting	Continue focusing on the navel point. Begin counting each exhale: 1, 2, 3... up to 10, then restart from 1. If you lose count, restart from 1 without frustration. This trains the same mental reset you need when you drop a point on court.
13:00 – 15:00	Close & Affirm	Release the counting. Take two deep breaths. Before opening your eyes, silently say: 'I am present, focused, and ready.' Open your eyes slowly. Do not check your phone for at least 2 minutes.

Coach's Note: The breath count drill is identical to how you reset focus after an error in a match. Practice the restart without frustration every single day.

DAY 2 — TUESDAY	Theme: Forehead Focus & Mental Sharpness	Duration: 15 minutes Focus: Forehead
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Tuesdays are high-intensity training days. This session primes mental sharpness, pattern recognition, and the ability to stay locked in under pressure.

Time	Phase	Instructions
0:00 – 2:00	Centering Breath	Sit tall. Inhale through the nose for 4 counts, hold for 4, exhale for 4. Repeat this box breath three times. This rapidly activates the pre-frontal cortex — your decision-making brain.
2:00 – 6:00	Forehead Activation	Bring all your awareness to the centre of your forehead — the point just above and between your eyebrows. Do not strain or scrunch. Simply imagine a soft, steady glow at that point. Hold your attention there. If you feel a mild warmth or pressure, that is normal and good.
6:00 – 11:00	Visualization — The Perfect Point	While keeping awareness at the forehead, replay a perfect tennis point from memory — one where you moved well and executed cleanly. Watch it in slow motion: your footwork, your racket path, the contact point, your follow-through. Then replay it again. Feel the confidence of that moment.
11:00 – 14:00	Return to Stillness	Let the image fade. Return your focus purely to the forehead point. Hold it in stillness. Your only job is to stay there. No images, no words — just awareness resting at that point.

14:00 – 15:00	Close	Take one long deep breath. Exhale fully. Silently affirm: 'My mind is sharp. I see the court clearly.' Open your eyes.
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Coach's Note: The visualization segment is not daydreaming — it is active mental rehearsal. Elite players use this technique before every major match. Use it to pre-load your best tennis brain.

DAY 3 — WEDNESDAY	Theme: Heart Centre & Composure Under Pressure	Duration: 18 minutes Focus: Chest (Heart Centre)
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Mid-week sessions address the emotional game. Composure after errors, managing nerves, and competing with confidence rather than fear.

Time	Phase	Instructions
0:00 – 2:00	Grounding Breath	Three slow breaths. On each exhale, consciously release tension from your jaw, your hands, your legs. Arrive in the present moment fully.
2:00 – 5:00	Chest Focus — Finding the Centre	Place your right hand flat on the centre of your chest. Close your eyes. Breathe naturally. Feel the rise and fall of your chest with each breath. After one minute, remove your hand and continue to feel that centre point from the inside.
5:00 – 9:00	Composure Building	Recall a moment on court where you felt frustrated, nervous, or rattled. Do not avoid it — sit with the feeling for 30 seconds. Now breathe in slowly for 5 counts, hold for 2, breathe out for 7. Feel the chest centre soften and steady. Repeat the breath three times. Notice the shift from tension to calm.
9:00 – 14:00	Steady Presence	Release the memory entirely. Return your awareness to the chest centre. Breathe normally. Imagine your chest as a stable, quiet room — warm, still, and unhurried. Hold this quality of calm for five full minutes. This is the same inner state you take into a tiebreak.
14:00 – 17:00	Gratitude Anchor	While staying at the chest centre, bring to mind one thing you are genuinely grateful for in your tennis journey — a skill you have built, a coach, a teammate, a result. Let that feeling expand in your chest. Gratitude and anxiety cannot occupy the same space.
17:00 – 18:00	Close	One full breath. Silently affirm: 'I compete with calm and confidence.' Open your eyes.

Coach's Note: The composure drill (step 3) is one of the most powerful tools in sport psychology. Facing the emotion in a safe setting and breathing through it trains your nervous system to recover faster when it happens for real.

DAY 4 — THURSDAY	Theme: Full Body Scan + Integrated Focus	Duration: 20 minutes Focus: Forehead + Chest + Navel (all three)
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Thursday is the longest session of the week. Moving awareness through all three points teaches deliberate attention control — the ability to place your focus exactly where you need it, when you need it.

Time	Phase	Instructions
0:00 – 3:00	Deep Settling Breath	Begin with slow 4-7-8 breathing: inhale 4 counts, hold 7, exhale 8. Do four complete cycles. This pattern produces the deepest pre-session calm of the week.

3:00 – 7:00	Navel Grounding	—	Direct full awareness to the navel point. Breathe from the belly as on Day 1. Spend four minutes grounded here, feeling stable and rooted to the floor. You are the base of a tree — roots deep, body strong.
7:00 – 11:00	Chest Steadying	—	Slowly move your awareness upward to the chest centre. Do not think — simply feel. Hold your attention at the heart centre for four minutes. Breathe easily. Feel the warmth and stillness there. You are composed, unhurried, and open.
11:00 – 15:00	Forehead Sharpening	—	Move your awareness upward again to the forehead point. Hold it there firmly. Breathe naturally. The forehead point feels alert, clear, and bright. You are fully present. Nothing is on your mind except this single point.
15:00 – 18:00	Moving Between Points		Now practice shifting attention deliberately: Navel (1 minute) → Chest (1 minute) → Forehead (1 minute). Move slowly and intentionally. This is the same skill as deciding where to look and what to think between points in a match.
18:00 – 20:00	Integration & Close		Rest at whichever point feels most natural. Take two slow breaths. Affirm: 'I control my attention. I play in the present moment.' Open your eyes slowly.

Coach's Note: The three-point shift drill in step 5 is the most advanced technique in this program. Do not rush it. The ability to choose where your attention goes is the difference between a reactive player and a tactical one.

DAY 5 — FRIDAY

Theme: Pre-Match Mental Preparation

Duration: 15 minutes | Focus: Forehead + Breathing

Friday sessions are built around competition mindset. Whether a match or high-intensity sparring follows, this session primes peak performance state.

Time	Phase	Instructions
0:00 – 2:00	Power Breath	Inhale deeply through the nose, filling from navel to chest. Hold for 2 counts at the top. Exhale sharply through the mouth — empty completely. Repeat five times. This charges the system and breaks any morning lethargy.
2:00 – 5:00	Forehead Lock-In	Close your eyes. Drive your attention directly to the forehead point and lock it there. Breathe normally. Imagine the forehead point as a spotlight — bright, steady, and unwavering. Hold it for three full minutes without letting it dim.
5:00 – 9:00	Game-Day Visualization	Keep the forehead focus. Now visualise yourself warming up for a match: your footwork patterns, your serve action, your return stance. See yourself moving with purpose and precision. Then visualise yourself under pressure in the third set — breathing, resetting, and executing your game plan. Watch yourself win the point.
9:00 – 13:00	Controlled Activation	Release the images. Breathe in for 3 counts, hold for 1, breathe out for 3. Increase the pace slightly with each cycle — you are building energy, not calming down. By the 10th breath your body should feel alert and ready, not anxious.
13:00 – 15:00	Commitment Statement	Open your eyes slightly. Look at the floor or a neutral point. Silently (or whispered) repeat three times: 'I compete fully. I trust my training. I am ready.' Stand up slowly and go to your session.

Coach's Note: This session replaces any pre-training scrolling or distracted warm-up routine. The difference in your first 30 minutes on court will be immediate and measurable.

DAY 6 — SATURDAY

Theme: Recovery, Gratitude & Weekly Reflection

Duration: 20 minutes | Focus: Chest + Navel + Breathing

Saturday closes the training week. This session promotes physical recovery, processes the week mentally, and locks in the growth from five days of work. It also prepares the mind for the one rest day ahead without disconnecting.

Time	Phase	Instructions
0:00 – 3:00	Release Breath	Begin with three long, slow sighing exhales — let go of accumulated tension from the week. Then settle into a natural, easy breathing rhythm. No counting, no forcing. Just arrive.
3:00 – 7:00	Navel Recovery Breath	Place both hands on the navel. Breathe slowly and deeply from the belly. Feel the hands rise and fall. This activates the parasympathetic nervous system and begins genuine physical recovery. Four minutes here.
7:00 – 11:00	Chest Appreciation —	Move awareness to the chest centre. Bring to mind one specific improvement from this week — a shot that clicked, a session where you worked harder, a moment of mental toughness. Hold that achievement at the chest point and breathe gratitude into it for four full minutes.
11:00 – 15:00	Weekly Reflection — Eyes Closed	Without judgment, review the week: Which sessions were strong? Where did focus break down? What does next week need? Do not analyse harshly — observe like a coach watching footage. You are gathering data, not criticising yourself.
15:00 – 19:00	Intention Setting for Next Week	Still at the chest centre, set one clear intention for the coming week — one specific focus area, one habit to strengthen, one skill to sharpen. Hold it clearly in your mind, feel it as already decided, not as a wish but as a plan.
19:00 – 20:00	Close	Two deep breaths. Affirm: 'I am growing. I am committed. I will be better next week.' Open your eyes. You have earned your rest day.

Coach's Note: Rest day (Sunday) should not include this session. The brain and body need full recovery. Return fresh on Monday. Players who respect recovery improve faster than those who grind every day without pause.

WEEKLY QUICK REFERENCE

Monday	Breath Awareness & Body Arrival	15 min	Breathing + Navel
Tuesday	Forehead Focus & Mental Sharpness	15 min	Forehead
Wednesday	Heart Centre & Composure	18 min	Chest
Thursday	Full Body Scan + Integrated Focus	20 min	Forehead + Chest + Navel
Friday	Pre-Match Mental Preparation	15 min	Forehead + Breathing
Saturday	Recovery, Gratitude & Reflection	20 min	Chest + Navel + Breathing

Sunday	COMPLETE REST — No Meditation Session	—	Recovery day
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PROGRAM RULES & GUIDELINES

1. Same time every day	Do your session at exactly the same time each morning. Consistency trains the habit. Recommended time: 30 minutes before reaching the court or 20 minutes after waking.
2. Same place every day	Use the same physical location each session. The familiar environment accelerates mental settling and reduces the time needed to focus.
3. No phone before the session	Switch your phone to silent and place it face down before you begin. No exceptions. The session is ruined if you check notifications mid-way through.
4. Do not skip Thursday	Thursday is the longest and most important session. The three-point integration drill is the foundation of everything else. Missing it consistently will limit your progress.
5. If you miss a day	Do not double up the next day. Simply return to the correct day's session. Missing one day does not break the program; trying to compensate by rushing does.
6. Track your sessions	Keep a simple note on paper: date, session completed, and one observation. After 4 weeks, review your notes. You will see the mental shifts clearly recorded.
7. Speak to your coach	If a session produces unusual emotions, strong physical sensations, or persistent distractions, tell your coach. This is not failure — it means the program is working deeply.