



The Mental Toughness
Training Program for Champion Athletes

KICKSTARTER TOUGHNESS TRAINING – LEVEL 1

<< LESSON 1 TOUGHNESS TRAINING – Optimize Your Mind >>

1. Journaling

Please answer the following questions in your journal (on the app or on paper):

a. What do I want to achieve out of this Mental Toughness Training Program?

By the end of the program, I want to accomplish:

b. What top 2 physical skills/areas of my performance do I want to improve?

c. What top 2 emotional skills/areas of my performance do I want to improve?

d. What top 2 mental skills/areas of my performance do I want to improve?

2. Execution

a. Please now take a moment to set a reminder on your phone or in your calendar so that you actually schedule time to complete this new Toughness Training.



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<< LESSON 2 TOUGHNESS TRAINING – Seeing Your Success >>

1. Journaling

Please take 2-5 minutes each day, maybe even after doing your daily Toughness Training, to record:

- a. How do you feel your performance went today (score out of __ /5)?
- b. How do you feel your Mental Toughness went today (score out of __ /5)?
- c. How long and how frequently did you do your visualization today? Your Focus training?

2. Visualization Training

- a. Listen to one of the following visualizations on the app **every day**
 - i. If you do not have the app, please visit: www.mti.link/Visualize
- b. For your first 2 days of visualization, please listen to 'Visualization Training' to assist you in training your capacity to visualize
- c. After the first 2 days, please switch to 'Performance Visualization'

** Each time you visualize, work on 1 or 2 of the areas you outlined in your journaling the 1st week. Keep working on those areas until they're complete.*



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<< **LESSON 3 TOUGHNESS TRAINING – The Performance Link** >>

1. Journaling

Please take 2-5 minutes each day, maybe even after doing your daily Toughness Training, to record:

- a. How do you feel your performance went today (score out of __ /5)?
- b. How do you feel your Mental Toughness went today (score out of __ /5)?
- c. How long and how frequently did you do your visualization today? Your Focus training?
- d. When did you use 'Shoulds/What Ifs (Future Focus) or Should Haves/Whys (Past Thoughts) and what was the result?
 - i. What are your predominant Shoulds/What Ifs or Whys/Should Haves?
 - ii. What can you say instead next time
i.e. Instead of 'I should have scored', you can say 'I could have scored'
- e. My Refocus Cue is _____

while I do _____.

i.e. My Refocus cue is 'Let's Go' while I clap my hands 2x.

Note: You can answer d & e on the worksheet on the next page.

2. Visualization Training

- a. Listen to the 'Performance Visualization' on the app **every day**

Each time you visualize, work on 1 or 2 of the areas you outlined in your journaling the 1st week. Keep working on those areas until they're complete.





<< THE MENTAL TOUGHNESS MAXIMIZER WORKSHEET >>

THE PERFORMANCE LINK

Past
Focus Zone
"Why's and
Should Have's"

My Why's and Should Have's

-
-
-
-
-

PRESENT
Focus Zone
"The Zone"
Performance only
happens in the
Present!

My REFOCUS CUE:

I.e. My Refocus Cue is 'Let's go' while I clap my hands 2x

- Audible =
- Physical =

Future
Focus Zone
"What If's and
Should's"

My What If's and Should's

-
-
-
-
-





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<< LESSON 4 TOUGHNESS TRAINING – Goals to Greatness >>

1. Journaling

Please take 2-5 minutes each day, maybe even after doing your daily Toughness Training, to record:

- a. How do you feel your performance went today (score out of __ /5)?
- b. How do you feel your Mental Toughness went today (score out of __ /5)?
- c. How long and how frequently did you do your visualization today? Your Focus training?
- d. Were you able to catch and replace your 'Should/What If (Future Focus) or Should Have/Why (Past Thoughts)? Yes or No

2. Visualization Training

- a. Listen to the 'Performance Visualization' on the app **every day**
 - i. If you do not have the app, please visit: www.mti.link/Visualize

3. *Each time you visualize, work on 1 or 2 of the areas you outlined in your journaling the 1st week. Keep working on those areas until they're complete.*

4. My Goals

- a. Please refer to Ultimate Goal Action Plan worksheet right after the homework page for this session



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<< ULTIMATE GOAL ACTION PLAN – Page 1 >>

Please print out as many of this worksheet as you need to complete your detailed Ultimate Goal Action Plan, starting at your Ultimate Goal and working backwards (reverse engineering) to the actions you can take today. The more detailed, the greater the chance you will achieve your goal. Please note that you will probably change your actions as you go!

MY ULTIMATE GOAL IS TO _____ **by** _____

Last Outcome Goal: _____ **by** _____

Purposeful Actions:

-
-
-
-

Outcome Goal: _____ **by** _____

Purposeful Actions:

-
-
-
-

Outcome Goal: _____ **by** _____

Purposeful Actions:

-
-
-
-



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<< ULTIMATE GOAL ACTION PLAN – Page 2 >>

Outcome Goal: _____ **by** _____

Purposeful Actions:

-
-
-
-

Outcome Goal: _____ **by** _____

Purposeful Actions:

-
-
-
-

Outcome Goal: _____ **by** _____

Purposeful Actions:

-
-
-
-

Outcome Goal: _____ **by** _____

Purposeful Actions:

-
-
-
-





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<< LESSON 5 TOUGHNESS TRAINING – The Debrief >>

1. Journaling

Your Journaling each week has been a form of the debrief!!! Please take 2-5 minutes each day, maybe even after doing your daily Toughness Training, to record:

- a. How do you feel your performance went today (score out of __ /5)?
- b. How do you feel your Mental Toughness went today (score out of __ /5)?
- c. How long and how frequently did you do your visualization today? Your Focus training?
- d. Were you able to catch and replace your 'Should/What If (Future Focus) or Should Have/Why (Past Thoughts)? Yes or No
- e. Are your results in line with your Outcome goals?
 - i. Are there any new Purposeful Actions do you need to take?
- f. Which actions were successful? Which Actions were unsuccessful/lacking?
 - ii. What new Purposeful Actions you need to take to turn around what was lacking/unsuccessful next time?
 - iii. What are you going to do to remind yourself to continue to do what was successful?

2. Visualization Training (just like last week)

3. My Goals

- a. Please refer to Ultimate Goal Action Plan worksheet on the previous page.



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