DAILY TRACKER

"Stay loose and let it flow. The more you force, the less you'll perform."

DATE / /

CIRCLE TODAY'S PERFORMANCE

Training | Competition | Rest & Recovery

TRAINING SESSION

MENTAL TRAINING	SPORTS TRAINING
DO ONE OF THESE: ○ **5 min Breathing Script** ○ **Make a Pump Up playlist** ○ **Visualize yourself succeeding** ○ **Do a meditation**	

REFLECTION

PRE-PERFORMANCE

Where is your mindset right now?

Where is your intensity #?

•

○ **Do you need to turn up or turn down your # at all?**

What will get you green and to your sweet spot?

•

Be Mindful in this moment...

MOMENT OF STILLNESS

- PURPOSE: CULTIVATE CALM AND FOCUS UNDER PRESSURE.
- WHAT TO DO:
- PAUSE WHEREVER YOU ARE—STAND STILL AND CLOSE YOUR EYES IF POSSIBLE.
- TAKE 3 DEEP BREATHS AND TUNE INTO YOUR HEARTBEAT OR THE RHYTHM OF YOUR BODY.
- REMIND YOURSELF: "THIS IS MY MOMENT. STAY HERE."

POST-PERFORMANCE

What zone was I in most today and why?

•

What intensity # where you & why?

•

What went well today?

•

What did I learn today?

•

What will I do better next time?

•

CHALLENGE

TRAIN YOUR INTENSITY
JOURNAL DAILY
&
SHARE YOUR FAVORITE PRE-GAME SONG
#TTPEMOTIONALMASTERY #NTC @TOPTIERPERFORM

DAILY TRACKER

"Greatness is finding the balance between energy and calm, focus and relaxation."

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Be Mindful in this moment...

TENSION AND RELEASE DRILL
- PURPOSE: BUILD BODY AWARENESS AND RELEASE PHYSICAL TENSION.
- WHAT TO DO:
- TIGHTEN ONE MUSCLE GROUP (E.G., SHOULDERS, FISTS) FOR 5 SECONDS.
- RELEASE COMPLETELY AND NOTICE HOW IT FEELS.
- MOVE THROUGH YOUR ENTIRE BODY (SHOULDERS, ARMS, LEGS, ETC.).

POST-PERFORMANCE

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DAILY TRACKER

"Peak performance lies in the sweet spot between too much and too little intensity."

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Be Mindful in this moment...

PROGRESSIVE MUSCLE RELAXATION (PMR)
- HOW TO DO IT:
- START WITH YOUR TOES AND TENSE THEM FOR 5-10 SECONDS, THEN RELEASE.
- MOVE UP THROUGH YOUR LEGS, CORE, ARMS, AND NECK, TENSING AND RELAXING EACH MUSCLE GROUP.
- FINISH BY RELAXING YOUR WHOLE BODY.
- WHY IT WORKS: REDUCES PHYSICAL TENSION CAUSED BY NERVES AND SHIFTS FOCUS TO THE PRESENT.

POST-PERFORMANCE

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DAILY TRACKER

"Great athletes know how to turn their intensity on and off like a switch."

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BREATH-BODY CONNECTION WITH "ENERGY WAVES"

- HOW TO DO IT:
- CLOSE YOUR EYES AND IMAGINE WAVES OF ENERGY FLOWING THROUGH YOUR BODY.
- ON EACH INHALE, IMAGINE THE WAVE RISING, FILLING YOU WITH CALM FOCUS.
- ON EACH EXHALE, IMAGINE THE WAVE RELEASING TENSION.
- CONTINUE FOR 1-2 MINUTES.
- WHY IT WORKS: SYNCHRONIZES YOUR MIND AND BODY WHILE REGULATING AROUSAL LEVELS.

POST-PERFORMANCE

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DAILY TRACKER

"The more you train your mind to stay calm, the more it will perform under pressure."

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PRE-GAME GRATITUDE PAUSE

- HOW TO DO IT:
- SIT QUIETLY AND THINK OF 3 THINGS YOU'RE GRATEFUL FOR—TEAMMATES, YOUR HEALTH, OR THE OPPORTUNITY TO COMPETE.
- SMILE AS YOU REFLECT ON THEM AND BREATHE DEEPLY.
- WHY IT WORKS: REFRAMES NERVES INTO POSITIVE ENERGY AND EXCITEMENT.

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DAILY TRACKER

"Calm is contagious. A composed athlete becomes unstoppable."

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COUNTDOWN TO CALM
- HOW TO DO IT:
- COUNT BACKWARD SLOWLY FROM 10 TO 1.
- WITH EACH NUMBER, IMAGINE YOUR BODY RELAXING A LITTLE MORE.
- AT 1, IMAGINE YOURSELF READY, CALM, AND FOCUSED.
- WHY IT WORKS: SLOWS THE MIND AND REDUCES OVERTHINKING BEFORE A GAME.

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"You perform best when you're in control of your energy, not when your energy controls you."

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ENERGY DIAL VISUALIZATION
- HOW TO DO IT:
- SIT QUIETLY AND IMAGINE A DIAL LABELED 1-10, REPRESENTING YOUR ENERGY LEVEL.
- PICTURE WHERE YOUR ENERGY IS CURRENTLY ON THE DIAL.
- IF YOU'RE TOO HYPED, VISUALIZE TURNING THE DIAL DOWN TO A CALMER LEVEL (E.G., FROM 8 TO 5).
- IF YOU'RE LOW ENERGY, IMAGINE TURNING THE DIAL UP (E.G., FROM 4 TO 7).
- WHY IT WORKS: ENCOURAGES AWARENESS OF ENERGY LEVELS AND HELPS MENTALLY ADJUST TO THE OPTIMAL INTENSITY ZONE.

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