



## THE TOP 7 WAYS TO DEVELOP TOUGH, FOCUSED AND RESILIENT ATHLETES

- 01 TEACH THEM TO BREATHE.** The fight or flight response is real and it's also cumulative. If they are stressed about school or life, it will show up on the playing field. Remember, a little stress makes you tough, a lot of stress makes you weak. [Pro Tip: Make sure you breathe too. Even if it's a few breaths in practice, timeouts, or breaks. Even small changes can make a big difference. Not sure where to start? Get a free sample from our training program: \*\*The Mindful Competitor Project.\*\*](#)
- 02 CELEBRATE FAILURE AND RISK.** Start by talking about your own failure. Being vulnerable and honest builds immense trust and credibility. Show your 'ugly' stuff and they'll respect you more. [Pro tip: Do practice drills that they will likely fail, then talk about it.](#)
- 03 ENCOURAGE POSITIVE SELF-TALK IN AN ACTIONABLE WAY.** Build up their self-awareness with questions like: *"When you failed in that drill, what were you saying to yourself?"*. Then, help them SELF-correct with questions like, *"What would have been a more helpful way of speaking to yourself?"* [Pro tip: For more positive self-talk tips, check out our article: \*\*5 Ways Self-Talk will help you now.\*\*](#)
- 04 DON'T PRETEND LOSING SHOULDN'T HURT, BUT MAKE IMPROVING THE FOCUS.** When you lose, talk about how proud you are that they fought to win (if they did). Always focus on the process of improving. [Pro Tip: Even when you win, call them out if they didn't really push themselves.](#)
- 05 TEACH POSITIVE AFFIRMATIONS AND HOW TO VISUALIZE REALISTIC GOALS.** Talk about your own goals, even if you think your adult goals won't be relevant to them. They need to see you growing and stretching and dreaming (and failing). [Pro Tip: Not sure where to start with affirmations and visualizations? See step 7 to learn about our popular BRAVR™ method.](#)
- 06 HELP THEM CREATE A MISTAKE RITUAL FOR WHEN THEY DO FAIL, ESPECIALLY IN COMPETITION.** This ritual has to be utilized in practice too. Repetition is key. [Pro Tip: For step-by-step instructions on mistake rituals and other competition routines, join us in our free masterclass for coaches: \*\*GameFace: Inside the Minds of Great Competitors.\*\*](#)
- 07 TEACH THEM HOW TO VISUALIZE AND DO IT TOGETHER AS A PRE-PRACTICE MENTAL WARM-UP.** We all need time to focus. It shouldn't take long but it's well worth a few minutes to *warm-up* their minds just as you do their bodies. [Pro tip: You can read about our mental warmup with our popular 5-minute, 5-step method in \*\*The BRAVR™ How-To-Guide.\*\*](#)