

A2P MINI



Become Aligned

How confident do you feel walking onto the field most weeks?

1 2 3 4 5 6 7 8 9 10

Strengths

Weaknesses

Reminders

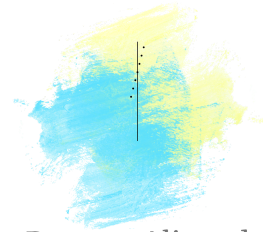
MINDSETS

Fixed Mindset

Growth Mindset

Growth spin

A2P MINI



Become Aligned

I did not know that!

Questions

PRESENCE

Current Field Presence

Ideal Field Presence

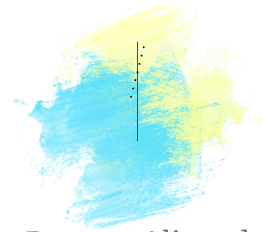
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How do you react when you make a mistake?

Why do you no longer need to use the words mistake or fail?

How do I use Process - Plan - Present?

A2P MINI



Become Aligned

I did not know that!

Questions

THOUGHTS

Best game ever!

1 2 3 4 5 6 7 8 9 10

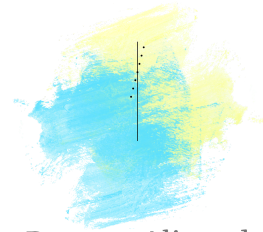
I did not know that!

Questions

KEY TAKEAWAYS

A2P lessons and ideas to remember:

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GAME TOOL CREATION

GAME TOOL

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What do I have control over?

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What happens when I focus on Uncontrollables?

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I did not know that!

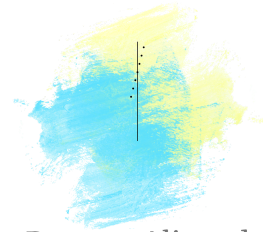
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Questions

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BUILDING MENTALLY UNBEATABLE ATHLETES

A2P MINI



Become Aligned

MENTALLY UNBEATABLE ATHLETES

LEARNING OPPORTUNITIES

PRESENCE TO BENEFIT

FOCUS ON THEMSELVES

GAME TOOL

PROCESS PLAN **PRESENT**

BIGGEST A2P TAKEAWAY:

WELCOME TO THE BECOME ALIGNED ATHLET FAM!

I'm so grateful that you allowed me to guide you through your mindset journey!

STAY CONNECTED

Say hey! Ask questions, share your *Game Tool* or A2P experience with me!

Reach out through Instagram or become.aligned@gmail.com

TAG: **#MentallyUnbeatableAthlete** **#BecomeAlignedAthlete** or **@Become.Aligned**

MAINTAINING AND DEVELOPING

You will outgrow your current *Game Tool* as you grow and develop!

Get continual support and development in the Mentally Unbeatable Athlete community - *FB group*. Only available to A2P participants.

Subscribe **HERE**

For *1:1 Coaching* click **HERE**

MENTALLY UNBEATABLE MERCHANDISE

CLICK HERE