## MHAT ABOUT YOURS?



## CIRCLE THE STATEMENTS THAT APPLY TO YOU CURRENTLY.

Believe they're either good at something or not

Believe they can learn to get better at anything

See adversity as something to be avoided

See adversity as an advantage

Needs success for confidence

Have routines that create confidence

Give up in the face of obstacles

Persist in the face of obstacles

Focus on past failures or worry about the future Focus on the present-moment

Focus on ME

Focus on WE

Held back by fears

Use fear as fuel

See failure as final

Know that failure is feedback

Focus on what they can't control

Focus on what they can control

Say "WHY ME" and feel sorry for themselves (Victim)

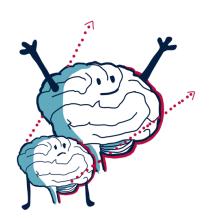
Say "GOOD" and ask

"What's Important Now" (Warrior)

\*Let their FEELINGS determine how they act\* \*Have their ACTIONS determine how they feel\*



PICK 1-3 STATEMENTS THAT YOU WANT TO TURN TOWARD AND WETTE THEM DOWN BELOW





MAJOR LEAGUE MINI