

DR. JASON SELK

the relentless pursuit of greatness

The Mental Workout

Name: _____ Date: _____

The Mental Workout is a 5 step process that takes approximately 3 minutes and 40 seconds to complete and is scientifically proven to improve ability and consistency. Consistently completing the mental workout (everyday prior to practices and competitions) controls arousal and trains the mind to stay focused on the control points for success. The 5 tools in the mental workout are:

- 1. Centering Breath**
- 2. Performance Statement**
- 3. Personal Highlight Reel**
- 4. Identity Statement**
- 5. Centering Breath**

1. Centering Breath: _____ Ideal Arousal State: _____

2. Performance Statement: _____

3. Personal Highlight Reel: 3 Parts; remember to focus on the following guidelines (visualize in first person whenever possible, emphasize feeling your arousal state and performance statement, and be sure visualizing is done at game / desired speed.)

Part 1: Remembering Past Success (60 seconds)

- _____
- _____
- _____
- _____
- _____

Part 2: Imagining Success in the Next Competition (60 seconds)

- _____
- _____
- _____

Part 3: Imagining Success in Today's Practice (60 seconds)

- _____
- _____
- _____

4. Identity Statement: _____

5. Centering Breath: _____

I will complete my mental workouts (when and where): _____