JOURNALING FOR FOCUSED MINDSET GROWTH

Elite performance starts with a strong, focused, and resilient mindset—and journaling is one of the best tools to build it. Writing things down helps you process emotions, track progress, and develop the mental habits needed for success.

🔥 Why Athletes Should Journal

✅ Increases self-awareness and mental clarity
✅ Helps you process setbacks and learn from mistakes
✅ Builds confidence by tracking wins and improvements
✅ Strengthens focus and goal-setting skills
✅ Reduces stress and enhances overall mental wellness

🏆 Journaling Prompts for Mindset Growth

1️⃣ Pre-Game & Pre-Practice Focus
- What's my intention for today's session?
- What's one strength I want to lean into?
- How do I want to feel and show up?

2️⃣ Post-Game & Post-Practice Reflection
- What went well today?
- What's one thing I learned or improved?
- What's something I can do better next time?

3️⃣ Confidence & Resilience Building
- What's a challenge I overcame recently?
- How did I bounce back from a mistake?
- What's one thing I love about my game?

4️⃣ Mental Reset for Tough Moments
- What's a negative thought I need to let go of?
- How can I reframe it into something productive?
- What's something I'm grateful for today?

⚡ How to Make Journaling a Habit

✅ Keep it simple—just 3-5 minutes a day is enough
✅ Be honest—write without judgment
✅ Use it as a tool for growth, not just venting
✅ Make it part of your routine—after practice, before bed, or first thing in the morning

🏅 Recommended Resource for Athletes

Looking for a structured journal to help you on this journey? The ***Tools for the Journey*** Journal by Olympian Rachael Adams is highly recommended for athletes who want to build confidence, focus, and mental strength.

🏆 **Bottom Line:** Your mindset is like a muscle—train it consistently, and you'll see the results in your performance.

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