FIVE-MINUTE RESET FOR ATHLETES

No matter how locked in you are, stress, frustration, or distractions can throw you off. The key? A quick, intentional mental reset. In just five minutes, you can clear your mind, reset your focus, and get back to performing at your best.

⏳ Why a Reset Works

- Calms nerves and stress
- Refocuses your mind on what matters
- Shifts your energy from frustration to confidence
- Helps you stay present and in control

🔄 The 5-Minute Reset Routine

🕐 Minute 1: Breathe & Release

- Take 5 deep breaths (inhale for 4 seconds, exhale for 6).
- With each exhale, imagine stress leaving your body.

🕑 Minute 2: Shake It Off

- Loosen up: Roll your shoulders, shake out your hands, move your body.
- Let go of frustration or nerves physically—don't let tension slow you down.

🕒 Minute 3: Reset Your Thoughts

- Ask: What's my job right now? (e.g., "Stay aggressive," "Trust my training.")
- Choose a short power phrase: I'm ready. I've got this. Stay locked in.

🕓 Minute 4: Visualize Success

- Close your eyes and see yourself executing with confidence.
- Picture a great play, a smooth move, or a strong performance.

🕔 Minute 5: Get Back to Work

- Take one last deep breath.
- Step back in with full focus and commitment.

💡 **Pro Tip:** Use this reset before games, after mistakes, or anytime you feel off. The more you practice, the faster your mind will bounce back!

ATHLETES
SOL PERFORMANCE