THE MENTAL CHECKLIST

Before every game, practice, or training session, your mind needs to be as locked in as your body. A mental checklist helps you stay focused, confident, and prepared to perform at your best.

🔥 **Why a Mental Checklist Works**

✅ Helps you get into the right mindset before competition
✅ Builds consistency and confidence under pressure
✅ Keeps distractions out and focus locked in
✅ Reduces pre-game nerves and hesitation

🏆 **Your Mental Checklist for Peak Performance**

✅ 1️⃣ **Breathe & Reset**
Take a deep breath. Let go of outside distractions. Be present.

✅ 2️⃣ **Set Your Intention**
What's your focus today? (Example: "Stay aggressive," "Lead with energy," "Play free.")

✅ 3️⃣ **Visualize Success**
See yourself executing key skills, making smart decisions, and performing with confidence.

✅ 4️⃣ **Check Your Self-Talk**
Replace doubts with powerful statements:
🚫 "I hope I play well" ➡ ✅ "I am ready. I trust my training."

✅ 5️⃣ **Control the Controllables**
Ignore what's out of your hands (refs, opponents, crowd). Focus on your effort, attitude, and response.

✅ 6️⃣ **Body Language Check**
Stand tall, shoulders back, strong posture = strong mindset.

✅ 7️⃣ **Lock in Your Focus Cue**
Pick one simple focus word or phrase to keep your mind centered:
👉 "Next play" | "Fast & free" | "Stay locked in"

✅ 8️⃣ **Embrace the Moment**
Trust yourself, trust your preparation, and enjoy the competition.

🚀 **Quick Tip:**
Use this checklist before games, workouts, or pressure moments. The more you repeat it, the more automatic it becomes.

🏆 **Bottom Line:** The best athletes don't just rely on talent—they prepare their minds to win. Use this checklist to step onto the field, court, or track 100% locked in and ready to perform.

ELEVATE • YOUR • GAME

ATHLETES

SOL PERFORMANCE