

MN A's

Mental Toughness, Resilience, and  
Grit

It Takes What It Takes



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# Daily Resources: Podcasts

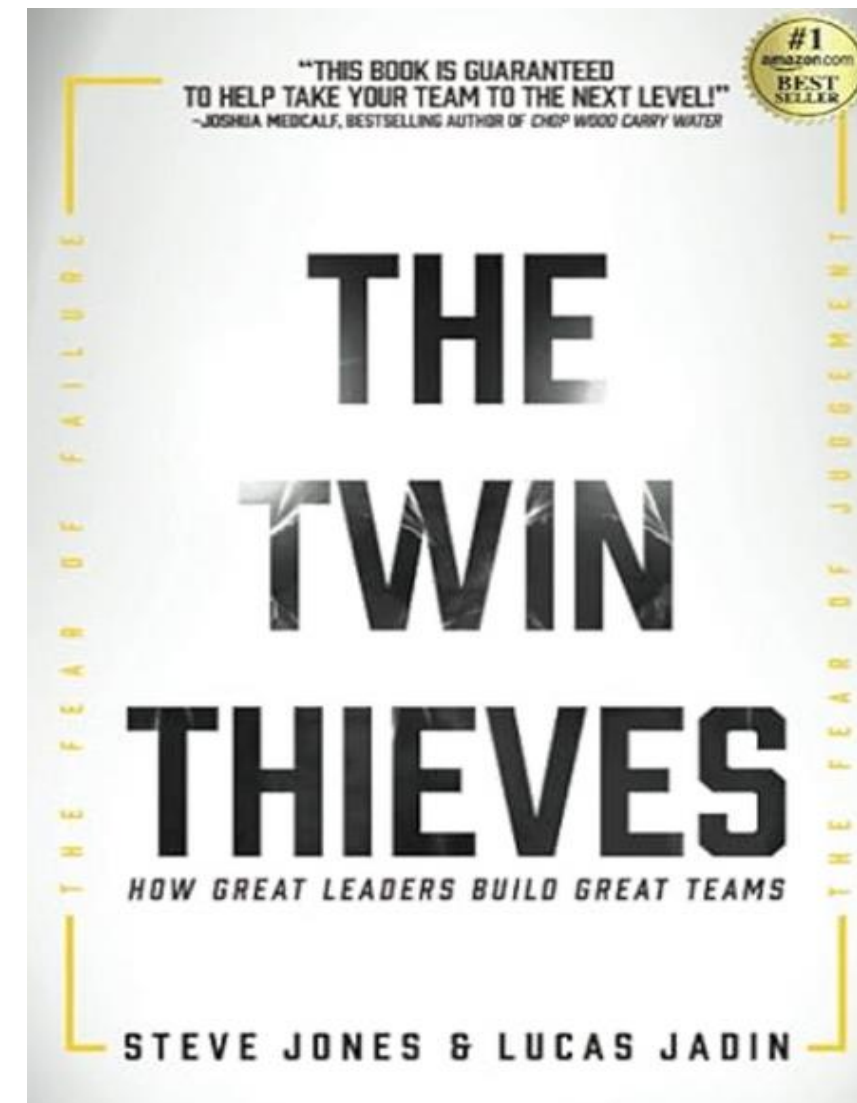


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# Daily Resources: Books

***ARETÉ***



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# Resources: Streaming



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# ELITE MINDSET

Change belief to change behavior

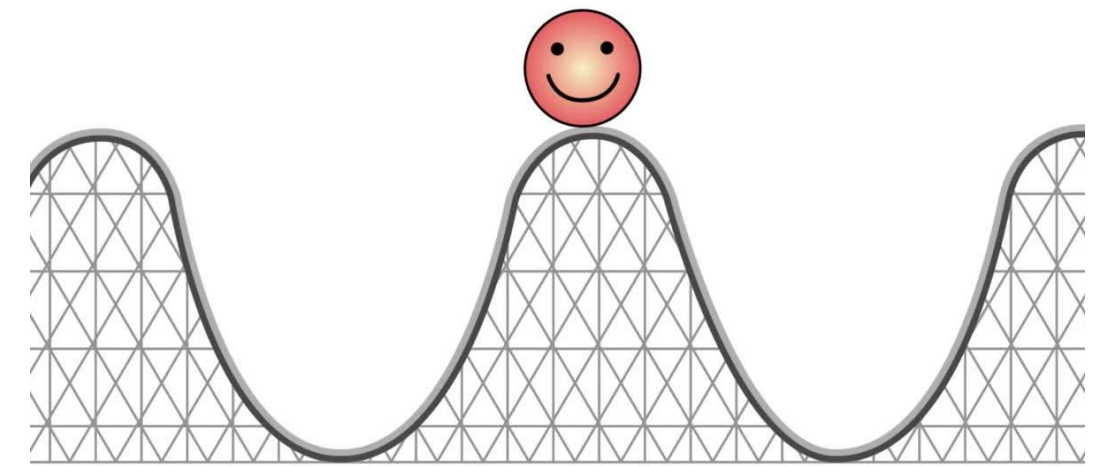


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# ELITE

- “Elite” - my definition - the best version of myself
- Understanding that having good mental health doesn't mean you have to feel good all the time; are responses appropriate to the situation?

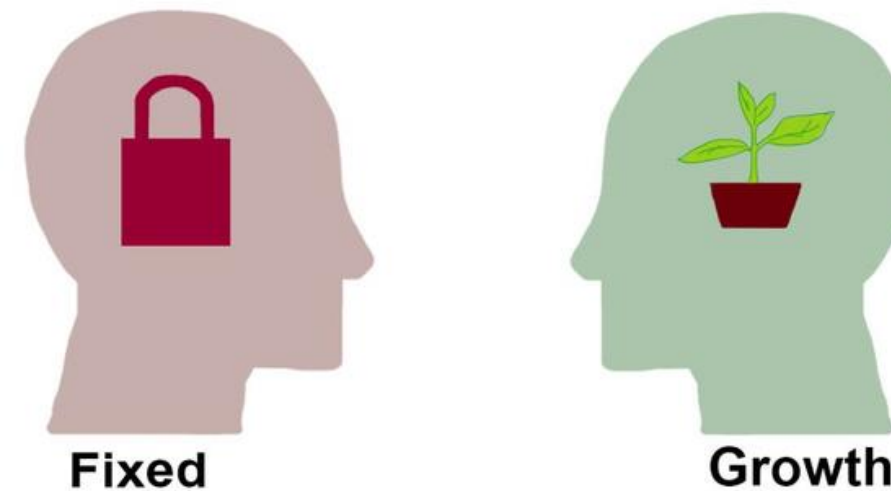


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# MINDSET

- Your attitudes, perspectives, views of the world - **how do we challenge their perspectives?**
- It can be trained, just like muscles (secret tip - the brain is a muscle!)
- You must invest in practicing mental skills the same way you practice physical skills



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# Growth vs. Fixed Mindset Examples



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Challenge our own perspectives  
Create new perspectives



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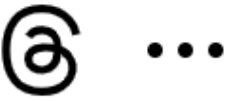




inkyjohnsonmotivate 

Following 

Message



3,080 posts

613K followers

4,919 following

**Inky Johnson**

Public figure

God #1 | Devoted Husband/Father | Communicator | "VFL" | Nominated for Sports Emmy

Pod @serendipitywithinkyjohnson Contact: bookings@inkyjohnson.com

 [www.inkyjohnson.com](http://www.inkyjohnson.com)

Followed by jayshetty, dennisbealespeaks, notthefakepatso + 9 more



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How do you define  
failure?



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**PLAYOFFS**  
Google Pixel

Go **Pixel**  
The Google Phone

**PLAYOFFS**  
Presented by Google Pixel

Google **Pixel**  
The Google Phone

Google **Pixel**  
The Google Phone



6TH TIME IN NBA HISTORY THE #8 SEED DEFEATS #1 SEED



**#8 HEAT DEFEAT #1 BUCKS 128-**  
**MIA WINS SERIES 4-1**      **ADVANCE TO 2**



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**We don't really fear failure**



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We fear the **JUDGEMENT** that comes  
from “failing”



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## **Action:**

- Let's TALK about being judged - how does it make you feel?
- Commit to your team being a judgement-free zone



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How many of you are constantly  
comparing yourself to others?



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# **“Comparison is the thief of joy”**

\*Social media has made us vulnerable to “frequent and extreme upward social comparison” which leads to:

- erosion of self-esteem
- depressed mood
- decreased life satisfaction

\*Sept. 2021 article from Stanford HAI (Human Centered Artificial Intelligence)



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**COMPETE**, don't  
compare



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The only comparison that matters is **me** vs. **myself**

How was I yesterday?

What can I do today to get just a little better?



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Then on a team, it's the best version of me

AND

The best version of you

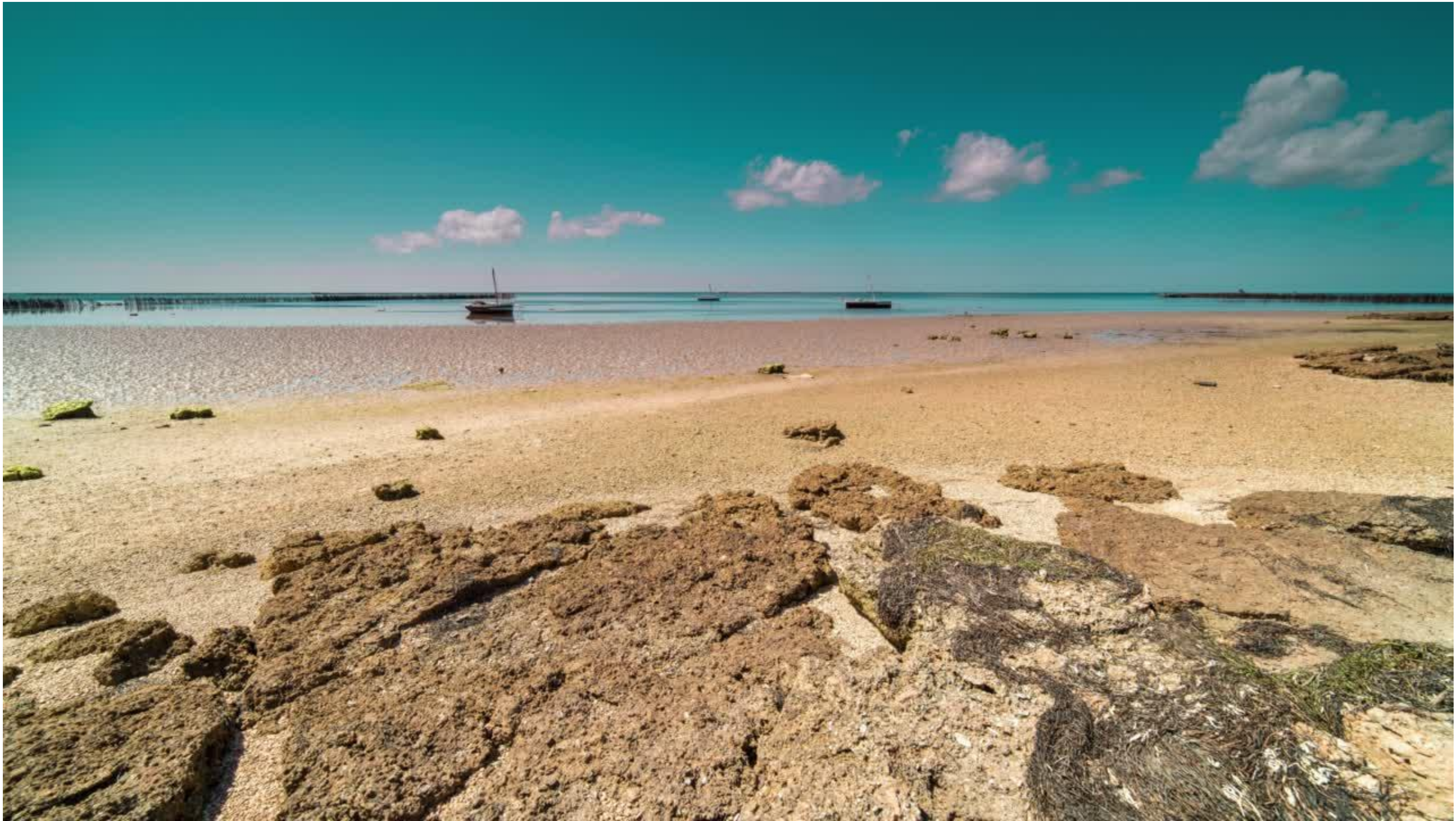
TOGETHER!



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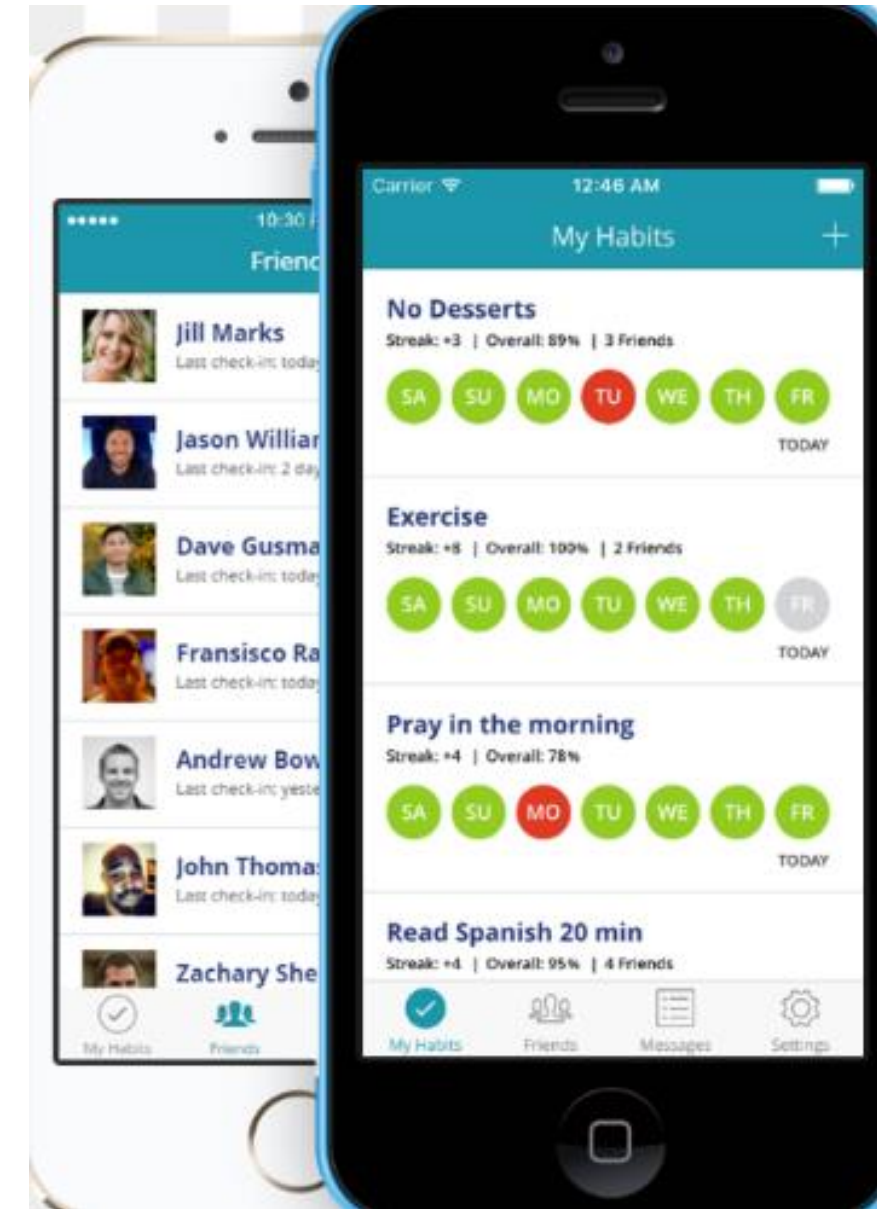




# Motivatation/Commitment

## Action:

Use Habit Share



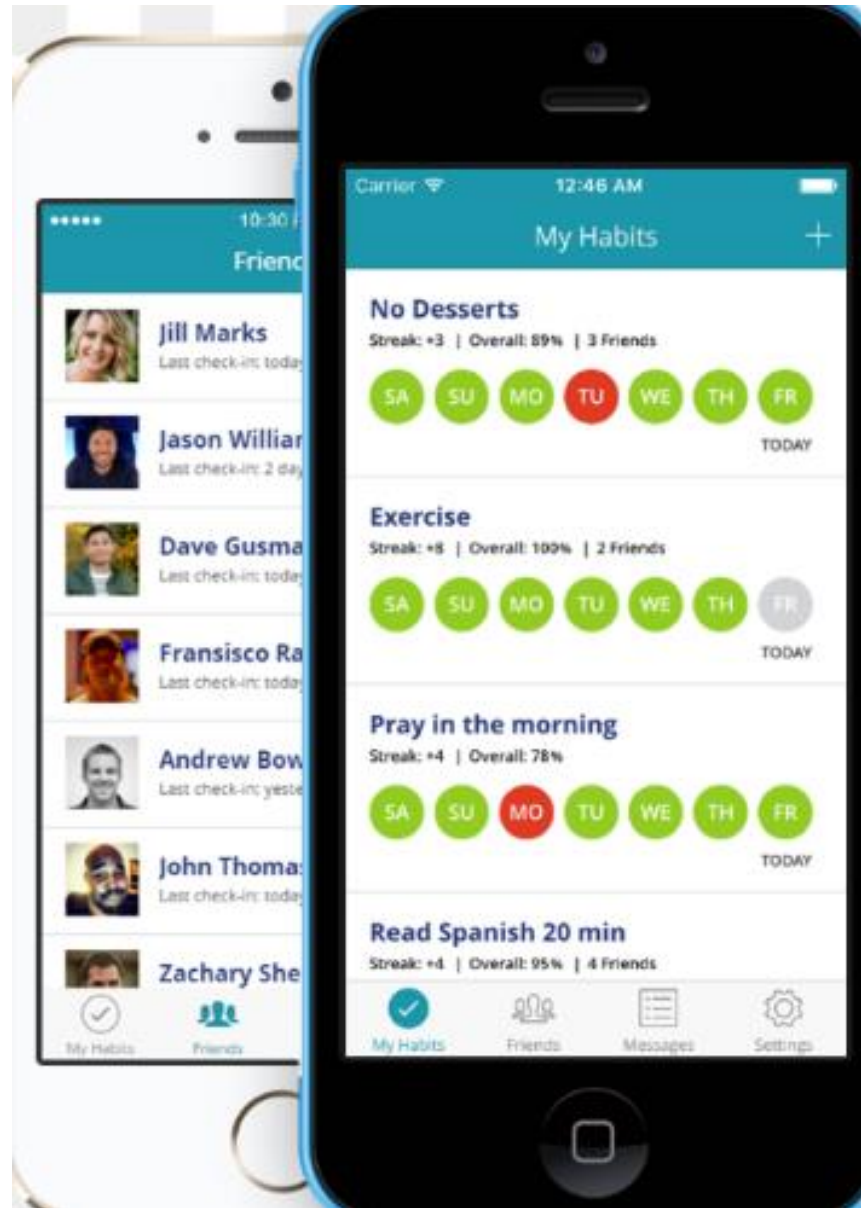
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# Motivatation/Commitment

“recommit to your commitments”



Habit #1:  
Make Your  
Bed



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# Focus and Awareness

## Action:

BFS - Body Language, Focus, Self-Talk Breakout Groups

Creates AWARENESS

BFS ASSESSMENT

- WHAT IS YOUR BFS LIKE AT YOUR BEST?
- WHAT IS YOUR BFS LIKE WHEN YOU'RE NOT PLAYING WELL?



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# Concentration Grids

- [concentrationgrids.com](http://concentrationgrids.com)
- Paper grids - can find with Google search

CONCENTRATION GRID

6	40	17	49	58	72	41	25	5	60
31	98	14	47	94	10	26	1	86	78
37	90	89	21	74	18	48	97	87	9
80	46	93	96	82	3	99	51	12	76
23	75	79	16	24	73	77	35	44	54
32	39	33	38	92	45	8	83	52	22
55	30	81	15	29	42	36	95	50	66
28	69	67	2	61	56	88	65	62	70
63	19	68	27	59	34	57	64	85	53
84	11	71	4	43	100	91	20	13	7



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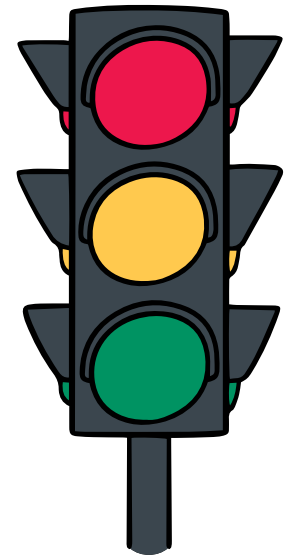


# Self-Control and Discipline

## Signal light analogy

- Green light refocus
  - Deep breath on a focal point
  - Final TIF

*It's not easy being green*

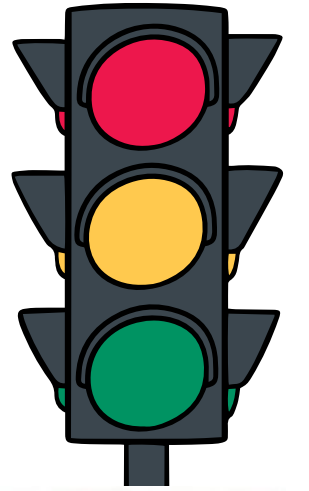


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- Yellow/red light release
  - Something physical
  - Deep breath on a focal point
  - Verbal trigger
  - Refocus routine



athletes will spend 70-80% of their  
time managing yellow lights



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# Mental Imagery & Meditation

## Breathing techniques

- 6-2-8
- 5x5x5x5
- Guided meditation (Calm App, Headspace App)



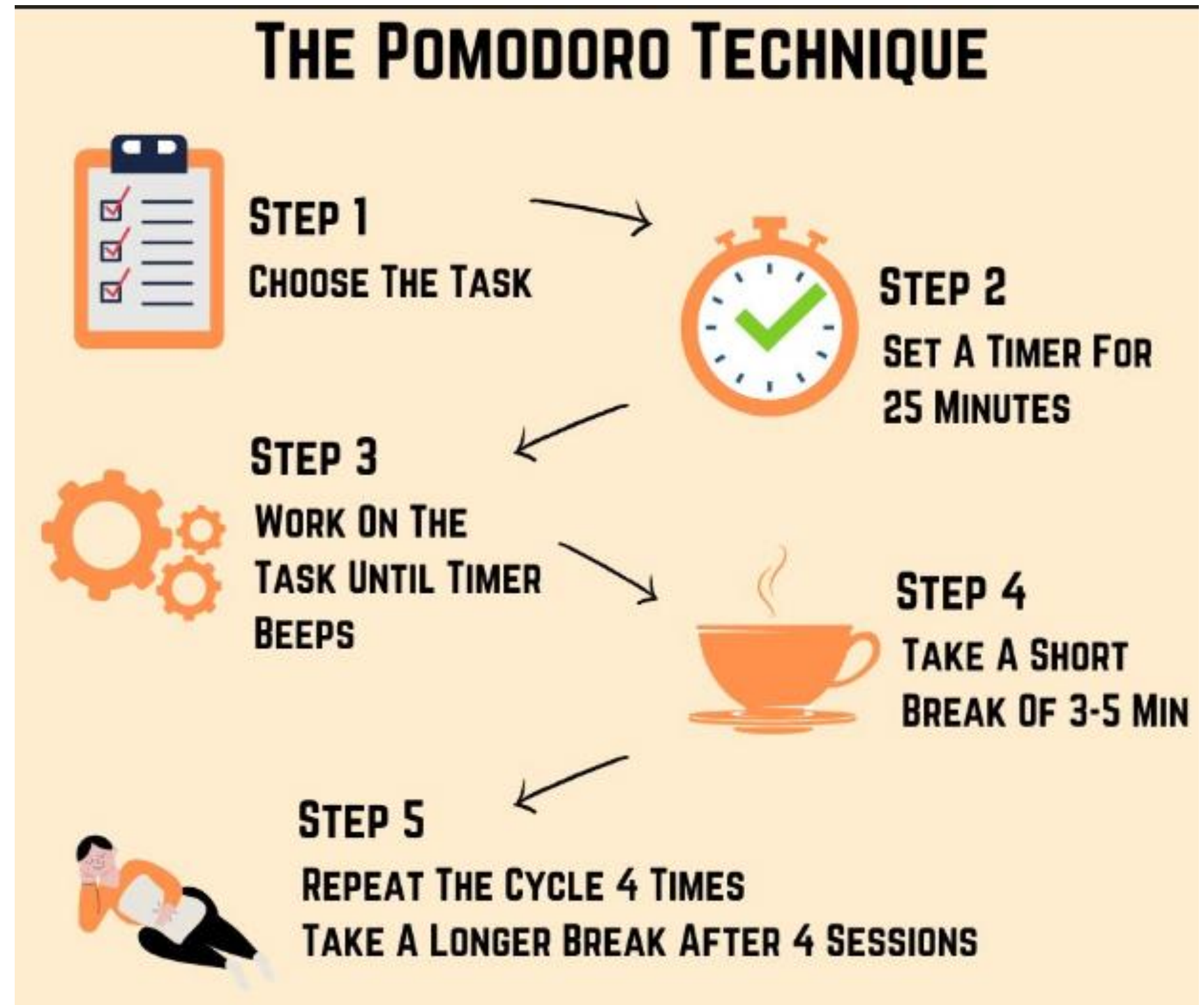
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# Time Management

- Multi-tasking is a myth
- Task-switching



# Next Steps:

## **Ultimate Athlete's Mental Toughness Playbook Coaching Program**

- 12-month online access to all course materials, including an online community of athletes just like you
- Live support/coaching calls 2x/month
- All calls recorded if you can't attend live



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# Ultimate Athlete's Mental Toughness Playbook Coaching Program



70% off the regular price



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# THE END

Leslie Huntington

leslie@huntingtonmentalperformance.com

Cell: 715-577-7323

#rollgolds #beheroic



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