

Phase 1, Week 1, Day 1

WYW Warm-Up Exercises You Will Use This Week:

- 90/90 Hip Lift
- C Plank (you will learn on Day 2)
- ISO Lunge (you will learn on Day 3)

Mental Game Exercises

- Once Daily Drills:

Journal Prompts Day 1:

Write down what aspect of your game you'd like to improve with mental training.

Of the **bolded** items listed, which ones would you like to experience more often with mindfulness training?

Phase 1, Week 1, Day 2

Journal Prompts Day 2:

When is poise necessary in your sport and training?



Phase 1, Week 1, Day 3

Journal Prompts Day 3:

What will you do to focus and perform, *despite distractions*, during your training?



Phase 1, Week 2, Day 1

WYW Warm-Up Exercises You Will Use This Week:

- 90/90 Hip Lift
- C Plank
- ISO Lunge

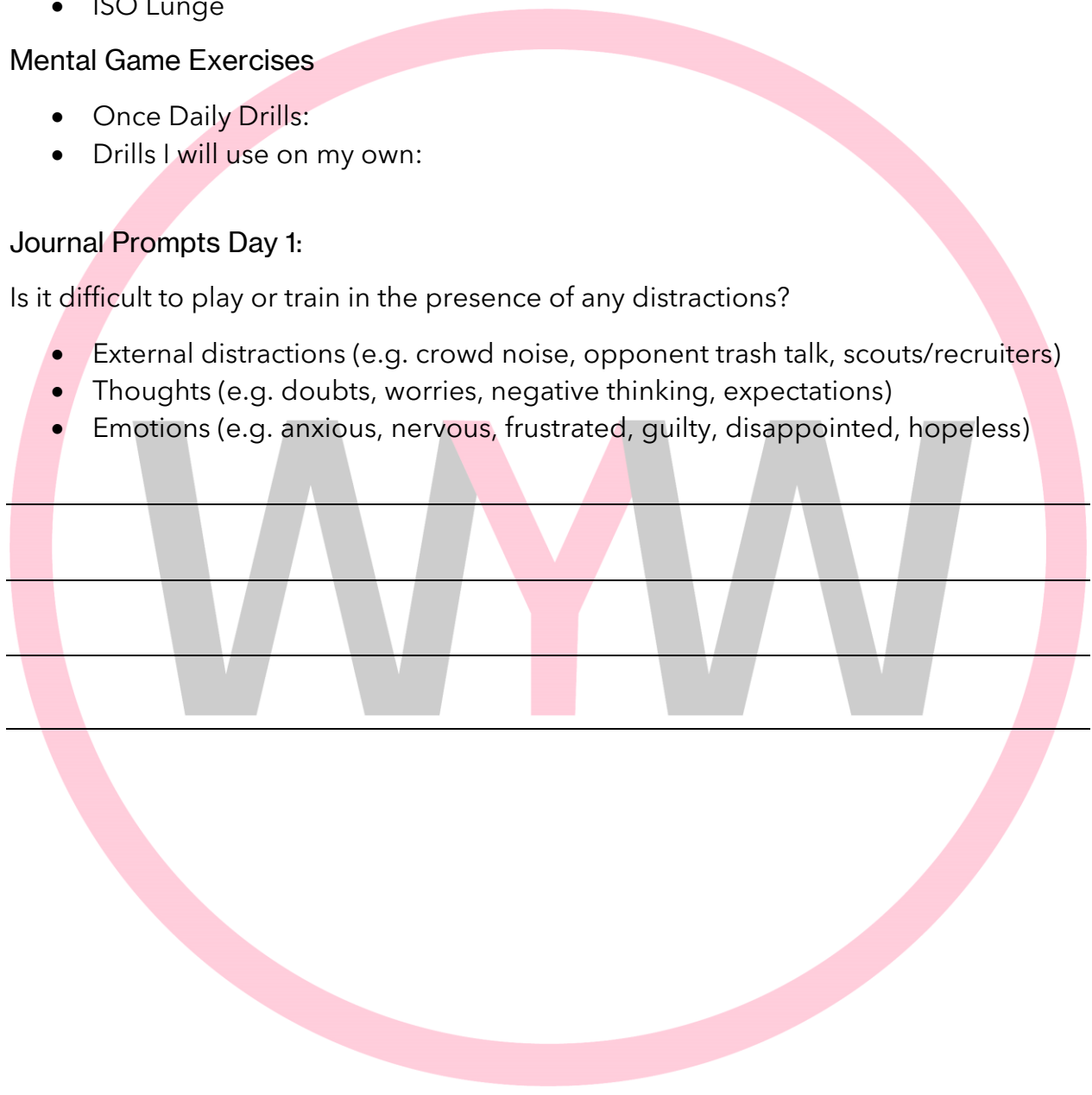
Mental Game Exercises

- Once Daily Drills:
- Drills I will use on my own:

Journal Prompts Day 1:

Is it difficult to play or train in the presence of any distractions?

- External distractions (e.g. crowd noise, opponent trash talk, scouts/recruiters)
- Thoughts (e.g. doubts, worries, negative thinking, expectations)
- Emotions (e.g. anxious, nervous, frustrated, guilty, disappointed, hopeless)



WYW

Phase 1, Week 2, Day 2

What distractions have typically been a 'but' experience for you?

Pick one distraction to focus on turning into an 'and' experience.



Phase 1, Week 2, Day 3

If you notice you've become distracted, what will you focus on to perform in the moment?

If you notice you're creating a 'but' situation (I want to perform, *but* I'm...), what will you focus on to perform 'and' feel or think crummy?



Phase 1, Week 3, Day 1

WYW Warm-Up Exercises You Will Use This Week:

- 90/90 Hip Lift
- C Plank
- ISO Lunge

Mental Game Exercises

- Once Daily Drills:
- Drills I will use on my own:

When is focusing *internally* important to your performance?

When is focusing *externally* important to your performance?

When is it helpful to shift quickly from internal to external focus in your sport?

When is it helpful to shift quickly from external to internal focus?

Phase 1, Week 3, Day 2

When does your mind tend to wander?

When you notice your mind wandering, where does it go?

When you become distracted, what internal or external point of focus would most benefit your performance in that moment?

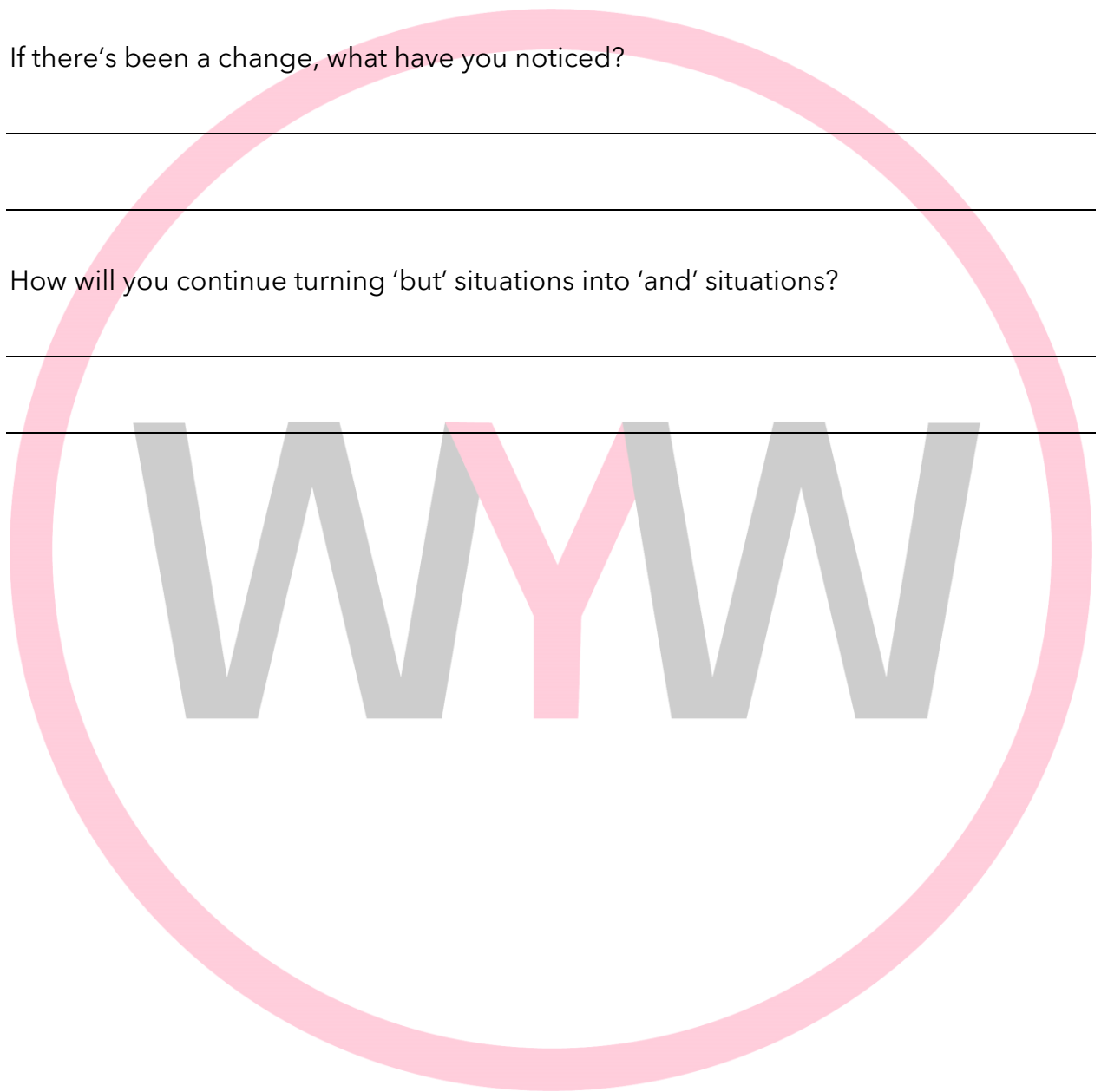


Phase 1, Week 3, Day 3

Since beginning Win Your Warm-Up, has your perspective changed on any 'but' situations?

If there's been a change, what have you noticed?

How will you continue turning 'but' situations into 'and' situations?



Phase 1, Week 4, Day 1

WYW Warm-Up Exercises You Will Use This Week:

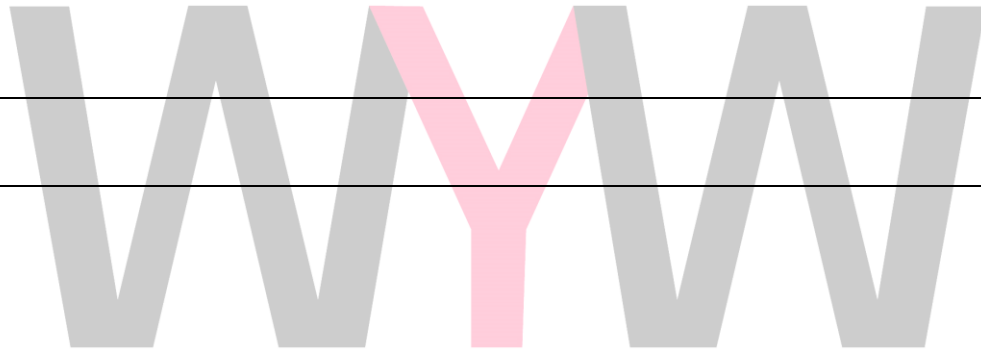
- 90/90 Hip Lift
- C Plank
- ISO Lunge

Mental Game Exercises

- Once Daily Drills:
- Drills I will use on my own:

When will it be most helpful for you to use Neutral Noticing?

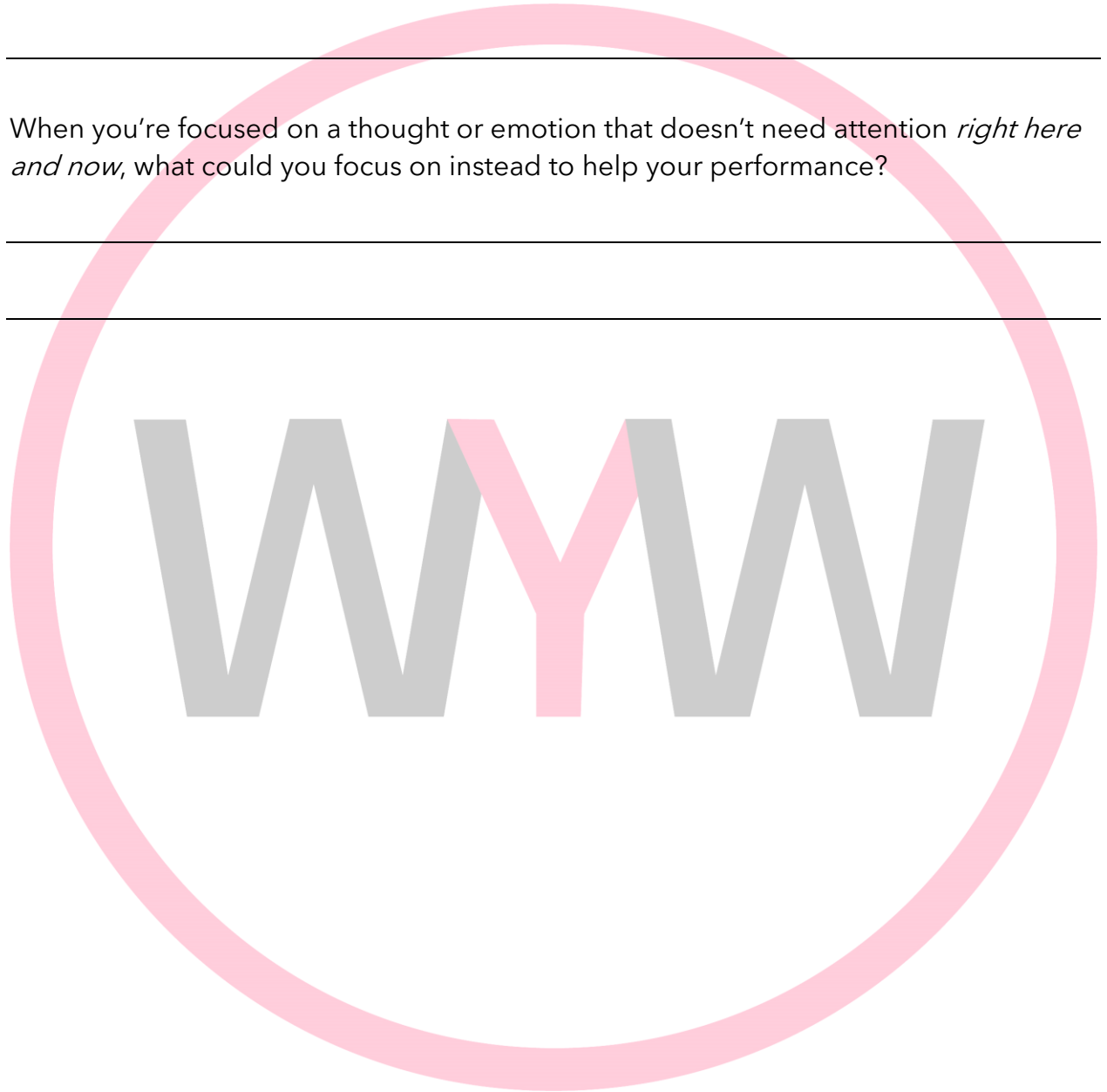
List times your mind wanders that seem like good opportunities for mindfulness practice.



Phase 1, Week 4, Day 2

Are there any thoughts you have in your training or games that you'd identify as 'just what your mind is telling you?'

When you're focused on a thought or emotion that doesn't need attention *right here and now*, what could you focus on instead to help your performance?



Phase 1, Week 4, Day 3

Are there any thoughts that you tend to treat like rules?

Can you leave any of these thoughts be and think about them after you train or play?

What are the most important things for you to focus on - internal or external - during a game or training session?



Phase 2, Week 1, Day 1

WYW Warm-Up Exercises You Will Use This Week:

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Mental Game Exercises

- Once Daily Drills:
- Drills I will use on my own:

Are there any rules you set about the way you, your performance, others, or your environment 'have to be' or 'need to be' for training or games to go well?

Write down any rules that, if followed or believed, would limit your ability to perform.

How would you mindfully respond to these rules?

Phase 2, Week 1, Day 2

As you noticed rules this week, were there differences between what your mind was telling you and what was actually true?

What were some of those differences?

If you were to let a rule be 'just what my mind is telling me,' what would you focus on instead?



Phase 2, Week 1, Day 3

When would it be most useful to do Mindfulness of Sounds?

What were the emotions that stood out to you since last Check-In and when did you tend to notice them?



Phase 2, Week 2, Day 1

WYW Warm-Up Exercises You Will Use This Week:

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Mental Game Exercises

- Once Daily Drills:
- Drills I will use on my own:

In training, are there any emotions you respond to the moment they're felt?

In games, are there any emotions you respond to the moment they're felt?

WYW

Phase 2, Week 2, Day 2

What situations in this past week's training or games would have made ideal opportunities for mindfulness 'reps'?

Were there times you noticed an emotion in your sport or training and responded mindfully?



Phase 2, Week 2, Day 3

Use this space to answer any of the questions posed in today's check-in.



A large pink circle is centered on the page, containing a wavy line pattern. The pattern consists of several 'W' shapes. The first, third, and fifth 'W' shapes are gray, while the second and fourth 'W' shapes are pink. The circle is overlaid on a series of horizontal black lines that span the width of the page, providing a guide for writing.

Phase 2, Week 3, Day 1

WYW Warm-Up Exercises You Will Use This Week:

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Mental Game Exercises

- Once Daily Drills:
- Drills I will use on my own:

When would it be most useful to do Mindfulness of Sights?

Of the emotions you identified during the last check-in, which ones will you view with acceptance and allow to 'just be' while you train or play?

WYW

Phase 2, Week 3, Day 2

Use this space to answer any of the questions posed in today's check-in.

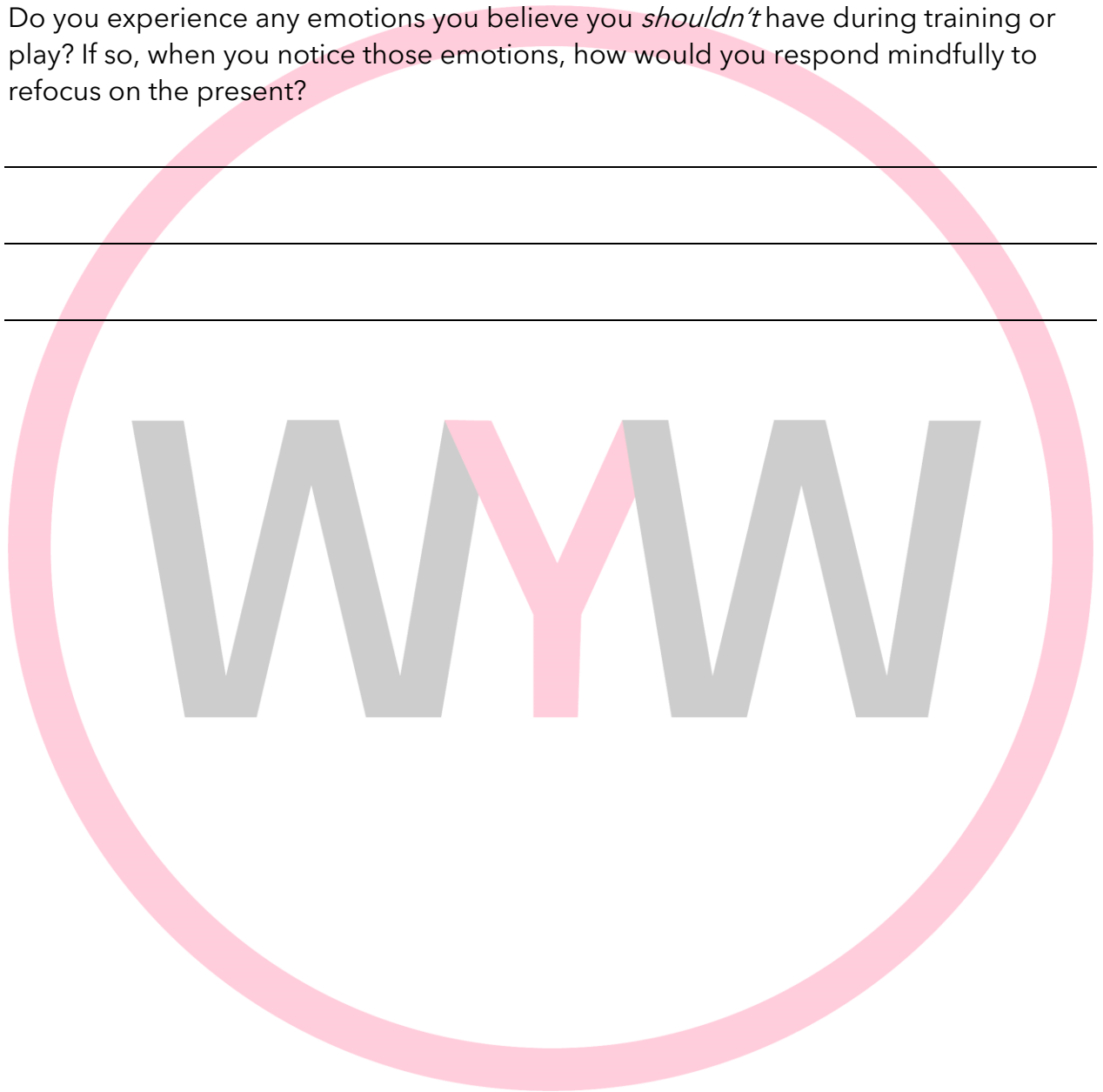


A large pink circle is centered on the page, overlapping several horizontal lines. Inside the circle, a wavy line pattern is drawn across the lines. The pattern consists of several 'W' shapes. The central 'W' shape is highlighted in pink, while the others are grey. The rest of the page contains horizontal lines for writing.

Phase 2, Week 3, Day 3

Are there any emotions you respond to with self-judgement?

Do you experience any emotions you believe you *shouldn't* have during training or play? If so, when you notice those emotions, how would you respond mindfully to refocus on the present?



WWW

Phase 2, Week 4, Day 2

You are allowed to have more than one purpose. It's also okay if one or more of your purposes will help you achieve goals in your sport. Think back to what you brainstormed last check-in.

Will one or more of your purposes help you toward any of your goals?

Will one or more of the purposes help you get what you really want out of being an athlete?

What behaviors will you be sure to execute in living out your purpose(s)?



Phase 2, Week 4, Day 3

Your purpose remains stable while your emotions and thoughts change moment-to-moment.

When you're challenged to play, train, or live to your purpose(s), how will you be mindful? Give one or two examples.



The form consists of a large pink circle. Inside the circle, there are seven horizontal black lines. A wavy line graphic is centered within the circle, spanning across the middle three lines. The wavy line is composed of four 'W' shapes. The first, second, and fourth 'W' shapes are grey, while the third 'W' shape is pink. The pink 'W' is positioned such that its top peaks align with the top of the middle line, and its bottom valleys align with the bottom of the middle line.

Phase 3, Week 1, Day 1

WYW Warm-Up Exercises You Will Use This Week:

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Mental Game Exercises

- Once Daily Drills:
- Drills I will use on my own:

Do any expectations relate to your purpose(s)?

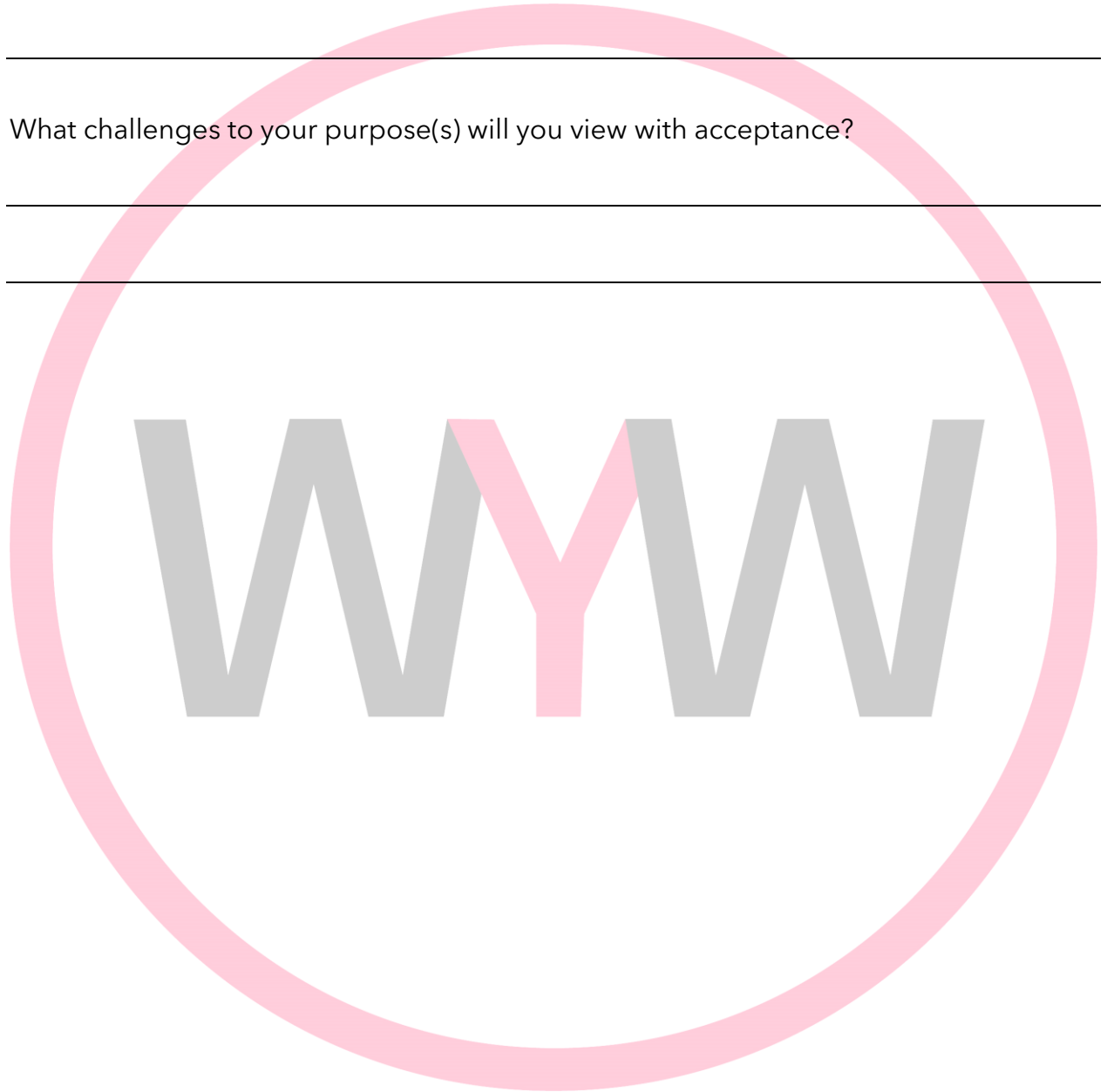
Is it possible for things to go differently than you want or expect *while* you play to your purpose?

WYW

Phase 3, Week 1, Day 2

What challenges do you notice during training? How will you view them with acceptance?

What challenges to your purpose(s) will you view with acceptance?

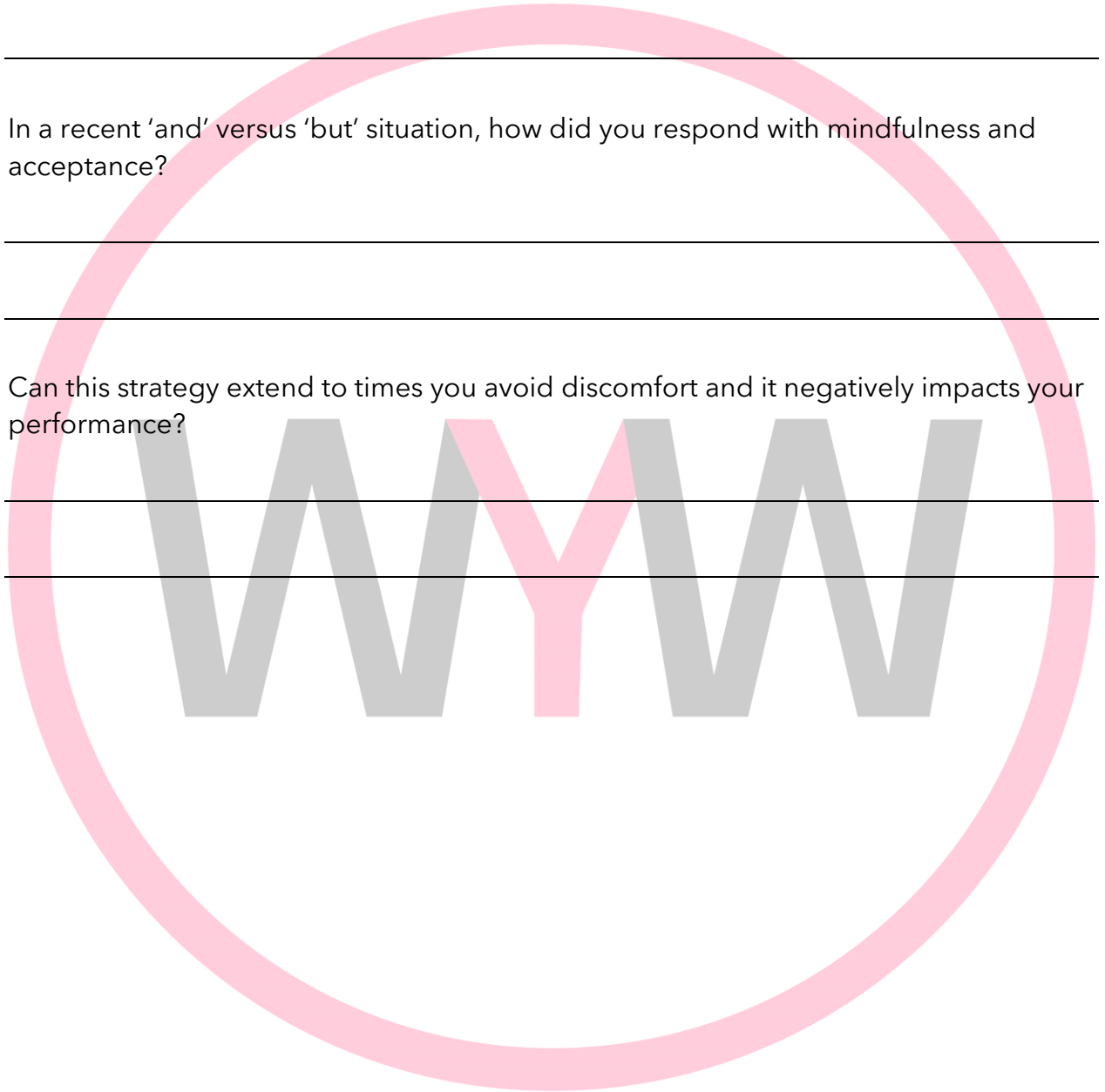


Phase 3, Week 1, Day 3

Are there situations where you avoid discomfort and it negatively impacts your performance?

In a recent 'and' versus 'but' situation, how did you respond with mindfulness and acceptance?

Can this strategy extend to times you avoid discomfort and it negatively impacts your performance?



Phase 3, Week 2, Day 1

WYW Warm-Up Exercises You Will Use This Week:

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Mental Game Exercises

- Once Daily Drills:
- Drills I will use on my own:

What difficult experiences will you likely encounter in training or play this week?

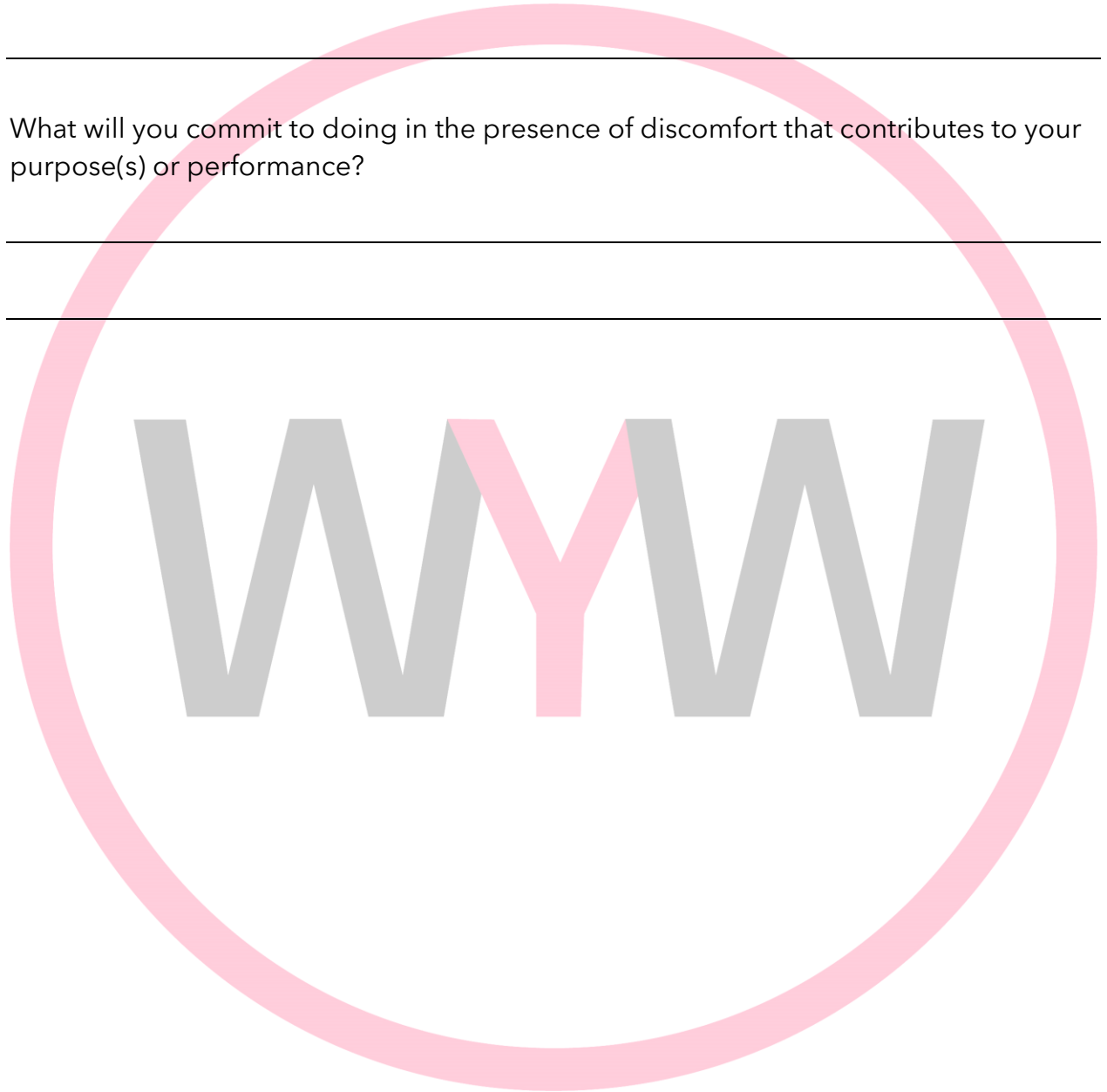
What situations, thoughts, emotions, or physical sensations will you exercise a willingness to experience?

WYW

Phase 3, Week 2, Day 3

Last check-in, you selected a challenging situation as a starting point for changing your behaviors in the presence of discomfort.

What will you commit to doing in the presence of discomfort that contributes to your purpose(s) or performance?



Phase 3, Week 3, Day 1

WYW Warm-Up Exercises You Will Use This Week:

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Mental Game Exercises

- Once Daily Drills:
- Drills I will use on my own:

What opportunities do you have to practice the Task-Focused Attention exercise between now and next check-in?

WYW

Phase 3, Week 4, Day 1 -3

Continuing to Win Your Warm Up Plan

WYW Warm-Up Exercises You Will Use This Week:

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Mental Game Exercises

- Once Daily Drills:
- Drills I will use on my own:

What Release exercise(s) will you continue to use?

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What Reset exercise(s) will you continue to use?

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What Readiness exercise(s) will you continue to use?

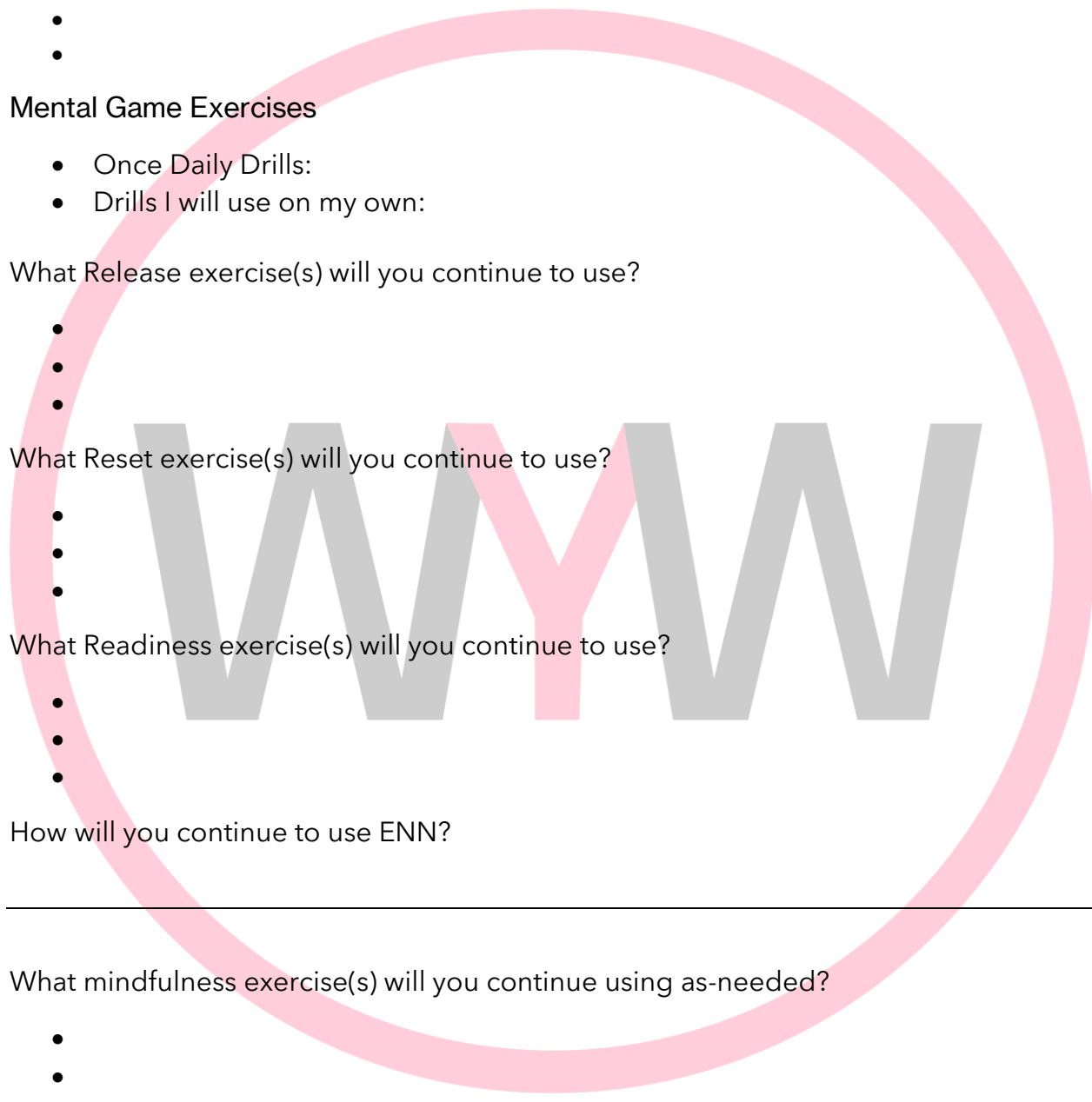
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How will you continue to use ENN?

What mindfulness exercise(s) will you continue using as-needed?

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How will you continue using Task-Focused Attention in your training or practices?



How will you continue using a basic sport skill for mindfulness practice?

Consider the areas where you still need work.

What situations require acceptance and willingness for you to engage in consistently?

Create a rating for each situation to say how often you engage in personally meaningful behaviors. Use a 0-100 scale, with 0 being never and 100 being always.

Create an Opposite-Action Plan for the situations you notice you're not performing in the way you'd like. Identify behaviors you will execute to achieve what's really important to you in opposition to the emotions-based (avoidance) behaviors that appeal at the time.

Acceptance, Willingness, Commitment Practice

- Situation:
- Purpose/Goal:
- Difficult thoughts or emotions:
- Behavior that doesn't serve your performance:
- Behavior you will engage in instead:

Acceptance, Willingness, Commitment Practice

- Situation:
- Purpose/Goal:
- Difficult thoughts or emotions:
- Behavior that doesn't serve your performance:
- Behavior you will engage in instead: