

YOUR "A" GAME

Our brain is deeply connected to our physical performance. Mindfulness is the key to help you manage your thoughts and feelings. What is mindfulness? It typically means awareness, being in the moment, and allowing your thoughts to come and go without judgment.

1-2-3 BIG STEPS

FOR BUILDING MINDFULNESS IN SPORT

AWARENESS

KNOWING WHERE YOU ARE FOCUSED

**KNOWING IF YOU ARE FULLY
FEELING IN THE MOMENT**

WHEN YOU NEED AWARENESS:
WONDERING WHAT OTHERS THINK
STRUGGLING THOUGHTS
DWELLING ON FUTURE OUTCOMES

DOING A MENTAL CHECK ON WHERE YOUR
AWARENESS IS ALLOWS YOU TO RECOGNIZE
A NEED TO CHANGE YOUR FOCUS.



2

ACCEPTANCE

ADMIT WHEN ENERGY IS MISDIRECTED

**ACCEPT WHEN YOU WASTE
ENERGY AND MOVE ON**

ACCEPT WHEN:
DWELLING ON PAST DISAPPOINTMENTS
JUDGING YOURSELF
BEING OVERLY HARD ON ONESELF

ACCEPTANCE SHIFTS ONE'S AWARENESS
FROM A PLACE OF HARSH JUDGEMENT TO A
MORE EFFICIENT POSITIVE FOCUS.



3

ACTION

CHOOSING AN ACTION ENGAGEMENT

**GETTING BACK INTO THE
PRESENT MOMENT**

EXAMPLES OF ACTIONS:
POSITIVE SELF TALK
FOCUS ON THE BREATH
THINKING ABOUT GOOD MECHANICS

POSITIVE THINKING LOWERS HEART RATES
FOR BETTER RESPONSE MECHANISMS THEN
NEGATIVE THINKING ATHLETES.



PRACTICE AWARENESS

IN ORDER TO **USE IT**
WHEN YOU NEED IT MOST.