

— WIN THE BATTLE BEFORE THE PITCH —

MENTAL HITTING

THE CONFIDENCE FORMULA

“
GREAT
HITTERS
AREN'T
FEARLESS.
THEY ARE
PREPARED.”

CONFIDENCE KILLERS



FEAR OF
FAILURE



DWELLING ON
MISTAKES



NEGATIVE
SELF-TALK



OVERTHINKING



CONFIDENCE BUILDERS



PREPARATION



CONSISTENT
ROUTINE



TRUST YOUR
TRAINING



ONE PITCH
AT A TIME

THE 15-SECOND RESET



1 PITCH ENDS



2 DEEP
BREATH



3 POSITIVE
THOUGHT



4 VISUALIZE
SUCCESS



5 ATTACK
THE NEXT PITCH



15
SECONDS

RESET.
REFRESH.
REFOCUS.
THEN ATTACK.

7-DAY MENTAL HITTING CHALLENGE

DAY 1



VISUALIZE

DAY 2



POSITIVE
SELF-TALK

DAY 3



DEEP
BREATHING

DAY 4



FOCUS ON
ONE PITCH

DAY 5



CONFIDENCE
NOTE

DAY 6



TRUST YOUR
WORK

DAY 7



COMPETE
FEARLESSLY

**BUILD THE HABIT.
BUILD THE CONFIDENCE.**

CONFIDENCE NOTE

Write down **ONE** thing you did well today.
No matter how small.
Small wins build **BIG** confidence.



★ SMALL IMPROVEMENTS PRACTICED CONSISTENTLY CREATE **BIG RESULTS** OVER TIME.

YOU'VE GOT THIS.