

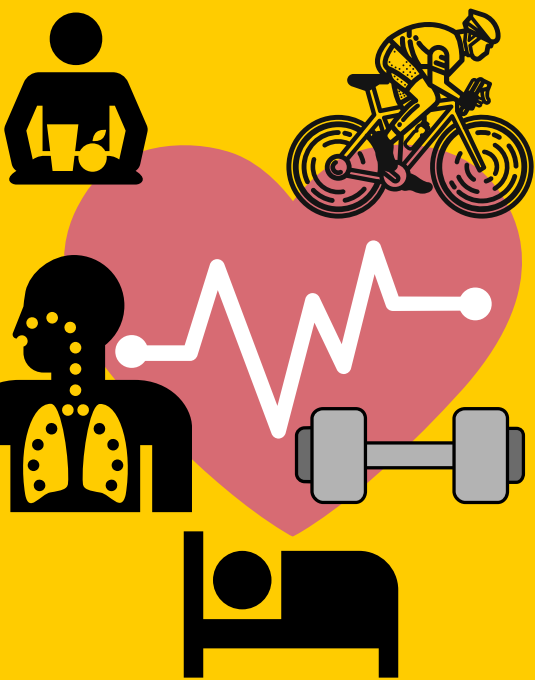
5 Steps to Mental Toughness

10,000 athletes worldwide were asked, "Raise your hand if mental toughness is critical to your future success." All hands went up. Then they were asked, "Keep your hand up if you train mentally each day." All the hands went down. Why? "We don't know what to do."

Efficient Technique

No matter what the sport, mental toughness always starts with a strong work ethic and smart coaching.

STEP
01



STEP
02

Fitness & Health

If you get fatigued, injured or sick, staying mentally tough becomes very difficult.

Build 3-Core® Mental Skills

Practice daily the skills of relaxation, mindfulness and imagery to improve awareness.

STEP
03



STEP
04

Learn to Control Zone-5® States

Top performers know how to change their thoughts to get calm, confident, carefree, focused & motivated.

Mental Mastery®

The final step involves testing to get the feedback necessary for improvement so you perform your best when it matters most!

STEP
05

