



Name \_\_\_\_\_

# COMPETE!

## Training 14: The 12 Strategies (book chapter 13)

1. Competing day to day and pitch to pitch is a \_\_\_\_\_.
2. The 12 Strategies
  1. Keep Your \_\_\_\_\_ greater than your UNCONTROLLABLES.
  2. Keep your LEARNING greater than your \_\_\_\_\_.
  3. Keep your \_\_\_\_\_ greater than your OUTCOMES.
  4. Keep THIS PITCH greater than \_\_\_\_\_.
  5. Keep your \_\_\_\_\_ greater than YOUR FEELINGS.
  6. Keep SIMPLICITY greater than \_\_\_\_\_.
  7. Keep \_\_\_\_\_ greater than COMPLYING.
  8. Keep your CONNECTION greater than your \_\_\_\_\_.
  9. Keep your \_\_\_\_\_ greater than your QUANTITY.
  10. Keep your TEAM greater than \_\_\_\_\_.
  11. Keep your \_\_\_\_\_ greater than your PRESSURE.
  12. Keep YOU greater than your \_\_\_\_\_.

### Do It! Practice

#### 1. Train Yourself

##### STEP 1: RATE YOURSELF.

Strategy for the Week: \_\_\_\_\_

**STEP 2: COACH YOURSELF.** What have you learned? Reflect on what helped and what hurt your performance over this time period and create a list of “Do’s” and “Don’ts” for yourself.

Do

Don’t

Date:

10							
9							
8							
7							
6							
5							
4							
3							
2							
1							