



Name _____

COMPETE!

Training 15: Heads-Up Life (book chapter 14)

1. You acquire skills through three levels:

_____ it, _____ it, _____ it!

2. Who is RESPONSIBLE for the quality of your life? _____.

3. Awareness

1. Know _____

2. Be aware of what's happening _____.

4. Mission

“What would I like to _____ _____?”

5. Preparation

Get _____!

6. Compete

Get 100% of what you've got to win the _____.

Do It! Practice

How have you or will you use a Heads-Up Baseball 2.0 skill somewhere in your life off the field?