



Name \_\_\_\_\_

# COMPETE!

## Training 3: Responsibility 1 (book chapter 3)

One of my WORST, most **NEGATIVE** moments in baseball is the time I \_\_\_\_\_.

One of my BEST, most **POSITIVE** moments in baseball is the time I \_\_\_\_\_.



Mike Trout

**Responsibility** is:

“ \_\_\_\_\_ to focus your energy on whatever gives you the best chance of success now regardless of what has happened or how you \_\_\_\_\_.”



\_\_\_\_\_ NOT \_\_\_\_\_



The \_\_\_\_\_ Roller Coaster. A player's confidence/attitude/energy ride up and down with his \_\_\_\_\_ and \_\_\_\_\_.

List at least one thing for each:

\_\_\_\_\_ HELPFUL \_\_\_\_\_ NOT HELPFUL \_\_\_\_\_

Hitting

Pitching

Defense

Practicing

**TRAIN:** Before you hit/pitch/play defense replay a great play you made 3 times in your head.

**Bonus:** Ask yourself 5x/day: "Is what I'm focusing my energy on now HELPFUL or NOT HELPFUL?"