



## 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 \_\_\_\_\_\_.



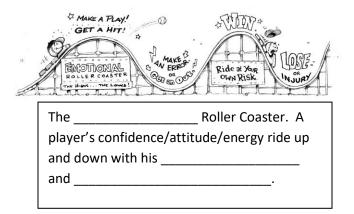
Responsibility is:

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

**Mike Trout** 



NOT\_\_\_\_\_



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?"