



Name \_\_\_\_\_

# COMPETE!

## Training 5: Awareness (book chapter 4)

1. "I need a system to combat failure & \_\_\_\_\_."
2. "I become \_\_\_\_\_ of what helps and what hurts my performance."

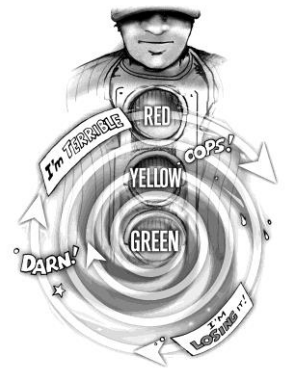


## 2 Types of Awareness

1. \_\_\_\_\_ - Awareness
2. \_\_\_\_\_ Awareness

Baseball is a game of \_\_\_\_\_.

Awareness = Inner Signal \_\_\_\_\_.



## The Heart of Heads-Up Baseball

1. Get as \_\_\_\_\_ as you can before the game/pitch,
2. Notice when you get a " \_\_\_\_\_ Light" ...
3. Do your best to get back to "Green" \_\_\_\_\_!

**No matter how you feel, when the pitcher gets on the rubber... \_\_\_\_\_!**

## Lessons Learned...

**WORST**

**BEST**

Thoughts:

Posture:

Focus:

Self-talk:

Discover 3 actions you control that help you feel GREEN! And 3 things that often give you YELLOW LIGHTS  
Write your answers on the back of this page!