

Mental Toughness

How to **stay above the line** and accelerate your performance

Past

- Relive positive moments
- Learn from mistakes
- Celebrate progress made

Present

- Maximize energy
- Be in the moment
- Focus on positive thoughts

Future

- Visualise success
- Focus on what you want
- Focus on vision for the future

THE LINE

- Relive mistakes
- Worry
- Guilt
- Regrets

- Minimize energy
- Thousands of thoughts

- Visualize failure
- Focus on what you don't want
- Worry
- Fear
- Anxiety