

mentality wins

THE ATHLETE'S PLAYBOOK FOR THRIVING IN SPORT & LIFE
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grit-building challenge.

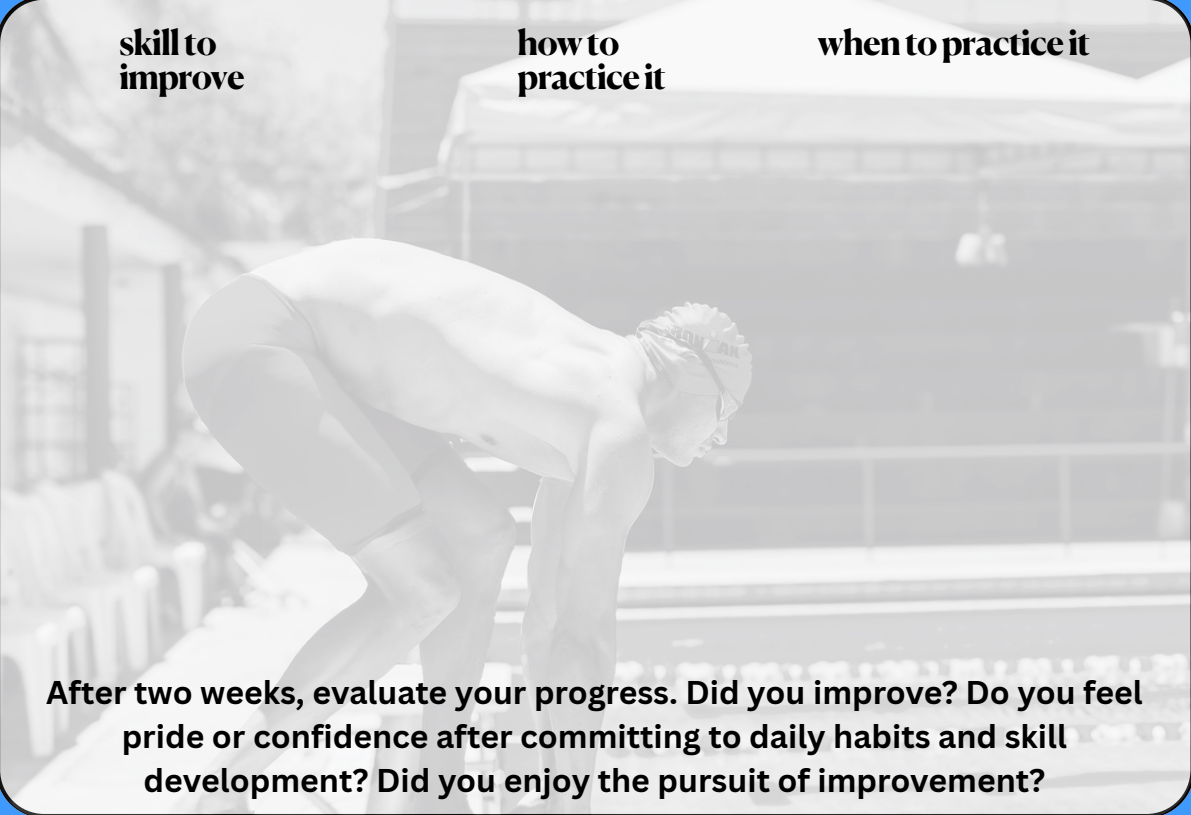
Grit is built through thousands of tiny decisions, repeated day after day and week after week. One act of grit builds on another, creating a positive cascade, until grit becomes second nature. Practicing grit is how you go from coasting by on natural talent to fully inhabiting your potential as an athlete.

Pick one thing in your sport that you've been avoiding because it's hard, boring, or it doesn't come naturally to you. Commit to working on this one skill every single day for two weeks.

skill to
improve

how to
practice it

when to practice it



After two weeks, evaluate your progress. Did you improve? Do you feel pride or confidence after committing to daily habits and skill development? Did you enjoy the pursuit of improvement?