

# mentality wins

THE ATHLETE'S PLAYBOOK FOR THRIVING IN SPORT & LIFE  
WRITTEN BY DR. JONATHAN JENKINS & DR. KIMBERLY O'BRIEN



**“Games, challenges, and goofing off aren’t distractions from your ‘real’ training—they are **real training**, and they will make you **great.**”**

## reminders of fun.

- Set your phone lock screen to a photo of yourself playing your sport as a kid with a huge grin on your face, enjoying your sport to it’s fullest.
- Keep photos of fun times with your team on your wall.
- Before a game or competition, when you’re feeling a lot of stress and pressure, watch a video of yourself as a kid playing free and enjoying yourself.