

mentality wins

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

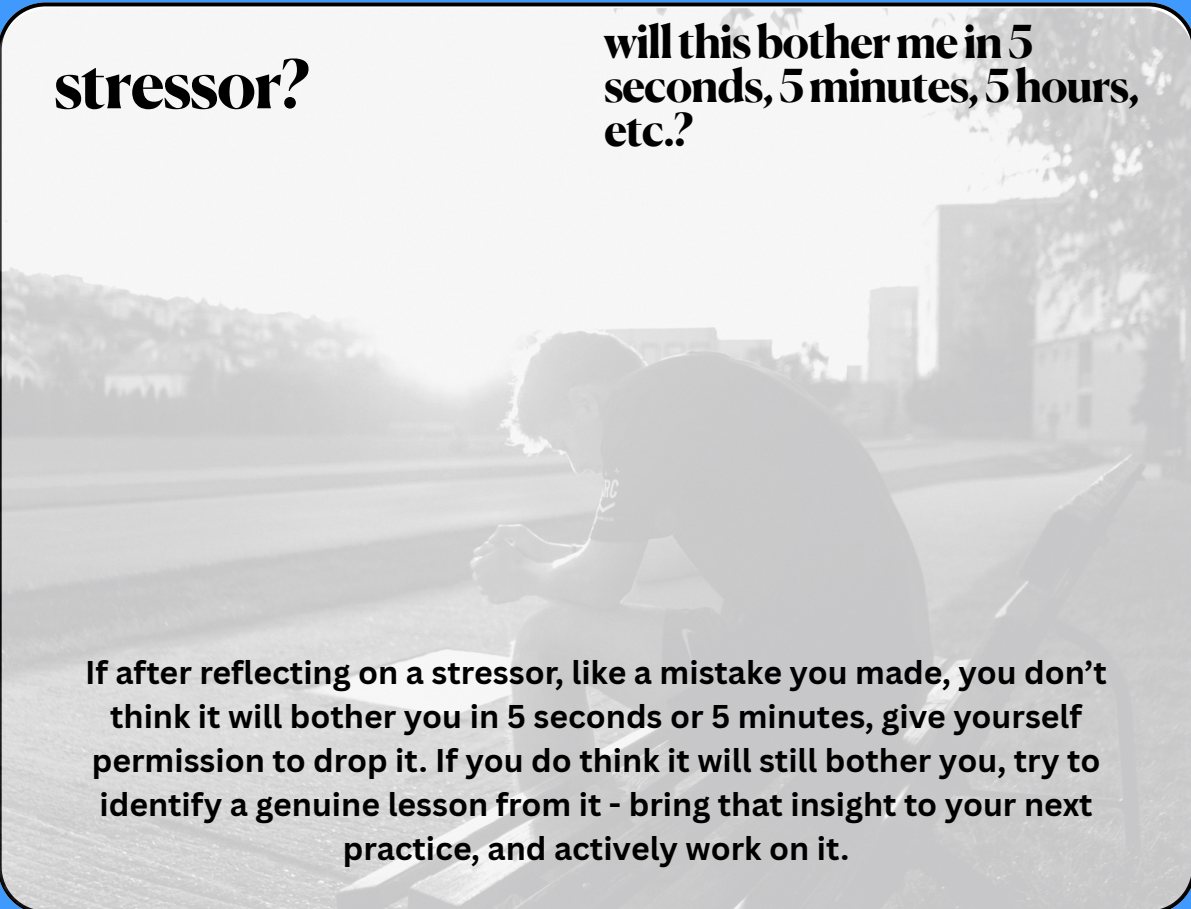
rule of 5 worksheet

Influenced by author James Altucher's 5x5 Rule of Life

First, list your common stressors in and out of sport. Next, for each of these stressors, report whether you think they'll bother you in five seconds, five minutes, five days, five weeks, five months, or five years.

stressor?

will this bother me in 5 seconds, 5 minutes, 5 hours, etc.?



If after reflecting on a stressor, like a mistake you made, you don't think it will bother you in 5 seconds or 5 minutes, give yourself permission to drop it. If you do think it will still bother you, try to identify a genuine lesson from it - bring that insight to your next practice, and actively work on it.