

# mentality wins

THE ATHLETE'S PLAYBOOK FOR THRIVING IN SPORT & LIFE  
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## object stare.

Try this three-part mental drill to increase your ability to focus.

Find an object from your sport, like a ball, stick, or uniform, and place it directly in front of you. Focus your attention on a specific spot on the object. As you keep your eyes on that specific spot, slowly repeat to yourself a word or phrase related to the object such as "tape," "red," or "ball." Every time you catch your attention drifting, repeat this concentration cue to help yourself focus again. Practice this for one to two minutes.

Close your eyes and try to call up a visual image of the object and the specific spot on the object you chose. Continue to repeat your concentration cue every time your mind drifts away from the mental image. Practice this for one to two minutes.

Pick up the object and study it in your hands. Explore how it feels to touch the texture of the surfaces, the temperature, the edges, the feel of raised writing or scuff marks, etc. As you do this, continue to repeat your concentration cue when your mind wanders. Practice this for one to two minutes.

Repeat this sequence several times a week. Notice how your ability to focus develops the more you practice it. You may even find the practice becomes more and more relaxing and takes less and less effort to do.