

# **MENTAL PREP**

CHAMPIONSHIP PERFORMANCE STARTS WITH A CHAMPIONSHIP **MINDSET!**

**P**ICTURE | VISUALIZE  
SUCCESS

**L**IVE IN THE  
MOMENT | FOCUS ON  
RIGHT NOW

**U**DO YOU! | CONTROL  
WHAT YOU  
CAN CONTROL

**S**ELF-CONFIDENCE | TRUST  
IN YOUR  
PREP

**+** POSITIVE | POSITIVE  
SELF TALK