

7 STEPS TO CREATING TOUGH ATHLETES

1

VERIFY & DOCUMENT WHAT THE ATHLETE ACTUALLY WANTS TO ACHIEVE

2

MANDATE A DAILY “WHAT DO I NEED TO DO TODAY TO BE BETTER THAN YESTERDAY” COMMUNICATION

3

HAVE A WEEKLY “VOLUNTARY” “YOU CAN’T BREAK ME” CONDITIONING SESSION AFTER PRACTICE

4

INSTITUTE THE “I ONLY STOP AFTER YOU QUIT, LOSE OR THE WHISTLE BLOWS” PRACTICE EXPECTATION

5

PROVIDE A MENTAL TOUGHNESS ARTICLE OR VIDEO EACH WEEK WITH A MANDATORY PARAGRAPH REVIEW

6

PROVIDE A LEADERSHIP COURSE TO ADVANCE HOW THEY THINK ABOUT USING THEIR NEW MENTALITY FOR THE TEAM

7

GIVE NOTHING! EVERYTHING MUST BE EARNED THROUGH SOME FORM OF EFFORT - NO MATTER WHAT IT IS!

BE SURE TO LOOK FOR THE FOLLOW-UP EMAIL FOR THE 2 ABSOLUTE REQUIREMENTS TO MAKE THIS SYSTEM WORK!