

# BRING YOUR BEST GAME TO LIFE

## WORKSHEET 2 - MINDFULNESS

### MAKE THE MOST OF YOUR MENTAL FOCUS

#### DOWNLOAD:

Try experimenting with a mindfulness app. Two we frequently recommend to athletes (and use ourselves) are:

*Calm*

*Simply Being for Apple iOS or Google Play*

#### WRITE:

Think about a time you experienced complete mental focus on the field or court. What did it feel like? What was happening that allowed you to be in this mental space? What was the result?

#### OBSERVE:

- What is the condition of your mind right now (wandering? focused?)?
- When is it easiest for you to stay in your mental 'neutral'?
- When is it most difficult for you to stay in your mental 'neutral'?

#### TRY:

Commit to practicing mindfulness (using an app or on your own) for 10 minutes each day.

Then, set an intention to check back in on your mindfulness throughout the course of your normal day - during practice, training, at work, and at home. Maybe you start by checking in once, then work your way up to several times per day. Some people even find it helpful to place an object (think: a rubber band around your wrist or a post-it on your phone) that reminds them to check in on their mindfulness throughout the day.

See what's possible in situations where you maintain mindfulness. Write about it or share your experience with a friend.