

# WELCOME TO THE 5 DAY MENTAL PERFORMANCE CHALLENGE



WIN THE MENTAL GAME

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# Day One – Gratitude Walk

- Go on a 20-minute walk
- Recite three things that you are grateful for...
  - *Hitting a personal PR at the gym*
  - *Winning the game against your archrival*
  - *Getting a promotion at your job*
- Replay these events in your mind through visualization
- Do this everyday for the next **4 DAYS!**



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## Day Two – Meditate

- Take 10 minutes to yourself to meditate or practice deep breathing
- Concentrate on breathing in and out
- Try the 3-3-6 breathing method
  - *Breathe in for 3 seconds*
  - *Hold for 3 seconds*
  - *Breathe out for 6 seconds*
- Do this everyday for the next **3 DAYS!**



# Day Three – Short Term Goals

- Think of 3 short term goals for the day
- Write each goal down...
  - *Run 3 miles*
  - *Help a colleague or teammate*
  - *Complete my to-do list*
- Visualize each goal
- Sign your name at the bottom once all three goals are completed
- Do this for the next **2 DAYS!**



# Day Four – Visualize Your Ultimate Goal

- Write down your ultimate goal
  - *Be employee of the quarter*
  - *Be an all conference performer*
- Tell a peer accountability partner so that you are committed to your goal
- Post about your goal on social media
- Take a minute each morning and night to visualize yourself achieving this goal
- Do this again **tomorrow!**



# Day Five – Reflect On Your Victories

- Take 5 minutes before bed and reflect on the positive things that occurred today
- Remember the short term goals that you achieved
- Think about what you look forward to accomplishing tomorrow
- Commit to making these mental performance skills a habit for the next **5 DAYS!**

**CONGRATULATIONS!**  
**YOU COMPLETED THE 5 DAY MENTAL  
PERFORMANCE CHALLENGE!**



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