



## ***Mental Preparation***

1. More athletes fail through faulty mental attitudes than in any other way.
2. Attitudes are habits of thinking. You have it within your power to develop the habit of thinking thought that will result in a winning attitude.
3. The foundation for a proper attitude consists in developing the habits of thinking positive thoughts.
4. Tell yourself constantly that you can do something and you will. Tell yourself you can't and your subconscious mind will find a way for you not to do it.
5. A desire to win and a desire to prepare to win are important ingredients of a winning attitude.
6. Before you can scale the heights of athletic greatness, you must first learn to control yourself within. Be your own master. Control your emotions.
7. An athlete with a good attitude is coachable. He welcomes criticism, constantly seeks to learn, and avoids criticizing his coach or teammates.
8. True success depends on teamwork, and the winning attitude puts the good of the team ahead of anything else.
9. Whether or not you create a winning attitude is entirely up to you, but nothing is more important to you on your road to the winner's circle.

Jim Tressel, Former Ohio State University Head Football Coach

We have all, coaches included, failed to keep the right mental attitude at some point in our lives. But why not start today with the right mental attitude? It is a choice you have to constantly and consciously make.

"...to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness." Ephesians 4:23-24 NIV.



