



Daily Mental Practice

William Chandon

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Most athletes understand the need for physical practice. Reasonable athletes wouldn't expect to improve their performances without the right kinds of consistent practice. However, the idea of mental practice is much less understood and effectively practiced. **Even if athletes are self-aware enough to know that they are limiting or sabotaging their performances, they often don't know how to fix the problem.** If they knew how to fix themselves, they would.

This book gives you a powerful way of working on your mental approach to athletic performance. The essence of a strong mental approach or “mental game” is when we correctly manage our thinking, emotions, and physical body in ways that work the best for us as individuals. We do that by regularly working on improving our mental game. We mentally practice.

Now you have a simple and effective way of mentally practicing. You have a way of discovering and correcting the ways in which you are limiting or sabotaging yourself. **You can start to mentally practice in as little as 15 minutes per day.**

This book is for athletes who are serious about fulfilling their potential. Development of a strong mental game takes practice and persistence. Development of a strong mental game is similar in scope to the development of physical skills in sports. Think of this book as working out. You're working out your mind and training yourself to perform your best.

This book contains individual mental practices which are organized by the calendar. Each month has a unique topic. Each day has a unique mental practice. You can use the mental practices according to their date or you can use them by topic and what applies to you right now.

The chapter topics are:

- January: Being in the Zone
- February: Vision Quest
- March: Being Mentally Tough
- April: Being Confident
- May: Being a Champion
- June: Welcoming Challenges
- July: Training Well
- August: Being a Free Spirit
- September: Being Healthy
- October: Developing
- August: November: Leading
- December: Planning for Success

The goals of mental practice are to learn how to perform consistently at your highest levels. To do that you'll learn how to use “power thoughts” in your daily mental practices. A power thought is a short sentence that we use to engage our imagination and help us focus as we mentally practice, physically practice and as we compete.

See how good you can be.

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