

BVSA · MENTAL TRAINING · A THREE MONTH PRACTICE

The *Inner Athlete* Path

Mental training isn't a talk you have once, it's a practice you keep. The athlete you're becoming isn't built in one big session, she's built in the small reps you do on the days you don't feel like it. That's the whole secret, and it's the boring one: show up daily, and let it compound.

So this isn't a course you finish. We build it over three months, and it starts with 30 days. Those first 30 days of showing up are where the impact really lands, that's when the practice stops being something you force and starts being something you just do. Then we keep going. By three months it isn't a program anymore, it's who you are.

THE PRACTICE

Show up daily, that's the whole secret

Everything in this program hangs off one short daily practice. Do this every day for 30 days to lock it in, then carry it across all three months.

DO THIS EVERY DAY

Your Daily Rep, about 5 minutes

- 1 One round of breath, settle the nervous system before anything else.
- 2 Your affirmations, out loud, like they're already true.
- 3 Two minutes of visualization, watch yourself play the way you're becoming.
- 4 Log one thing you did well today, build the evidence.

Do it at the same time every day, morning, before training, or before bed. Miss a day? You didn't fail, you just start the next rep. Commit to 30 straight days first, that's where the real change lands, then carry it through three months until it's automatic.

Day 1

Start the rep. Just begin.

Day 30

30 days of consistency, this is where the impact fully lands.

3 Months

It's not something you force anymore. It's who you are.

How to run the path

Keep the daily rep the whole way through. The five levels are grouped into three months, work through each month's lessons and fold their tools into your rep. You're never done with a level, you just carry it forward, stacking a stronger athlete one month at a time.

Start with 30 days

Five levels, built on the lessons in your Mind Gym, grouped into three months. Work them in order.

MONTH 1 · DAYS 1 TO 30 **Build the Base**

The 30 days that change everything. Lock in the daily rep and get it to stick, this is where consistency first pays off. Nail this month and the rest is built on solid ground.

LEVEL 1 **Foundation**

Start here: decide you're the one driving, and stand on a worth the scoreboard can't touch.

The Champion Within

Your starting line, the 90 day challenge.

TRY TODAY

Pick a daily anchor time and commit to one small rep.

Agency

You are the one driving.

TRY TODAY

Name one thing you've treated as out of your hands, and make the next decision that IS yours.

The Self Worth Anchor

Separate who you are from how you played.

TRY TODAY

Write one line true on your best and worst day: "I am worthy of the work I put in."

LEVEL 2 **Regulate**

Add the breath. Learn to steady your own nervous system on command, and read nerves as readiness.

How to Breathe Properly

Most athletes breathe wrong, here's the fix.

TRY TODAY

Nose in, belly out; nose out, belly in. Ten slow rounds.

Box Breathing

Reset your nervous system in 60 seconds.

TRY TODAY

In 4, hold 4, out 4, hold 4. Four rounds before kickoff.

Nerves Are Readiness

Those butterflies mean you're ready.

TRY TODAY

When nerves spike, say it: "This is my body getting ready."

Pour it into your first sprint.

Sharpen it

MONTH 2 · DAYS 31 TO 60 **Rewire & Compete**

The habit holds now, so we sharpen it. Train the voice in your head and the tools you'll reach for on game day.

LEVEL 3 **Rewire**

Add your voice. Train the self talk and stack the evidence that builds real confidence.

Affirmations That Land

Rewire self talk with cues your brain believes.

TRY TODAY

Trade vague for specific: "I attack every ball with calm feet."
Say it out loud.

Affirmations by Position

Confidence built for your exact role.

TRY TODAY

Find your position, pick the lines that hit hardest, say them daily.

Confidence Reps

Build belief on a foundation of evidence.

TRY TODAY

After every session, write three things you did well. Read them before the next game.

LEVEL 4 **Compete**

Add the game day tools. See it before you do it, and reset fast when it doesn't go your way.

Visualize It First

See the play before you make it.

TRY TODAY

Two minutes, eyes closed, watch yourself succeed and feel it like it's real.

The Reset Word

Let the last play go and lock back in.

TRY TODAY

Pick one word (next, now, clear). After a mistake: say it, one breath, next play.

Coming soon: Pre Game Mindset Routine (a short game day warm up film).

Make it yours

MONTH 3 · DAYS 61 TO 90 **Make It Yours**

The last stretch. Turn setbacks into fuel and fold the whole practice into who you are, until by 90 days it's just you.

LEVEL 5 **Sustain**

Add what makes it last. Turn setbacks into fuel and the practice into who you are.

Handling Setbacks

Feel it fully, then turn it into fuel.

TRY TODAY

Give a loss 24 hours to be felt. Then write one thing it taught you and close the chapter.

Set the Goal, Build the Path

Big dreams, built from daily reps.

TRY TODAY

Write one big goal and three tiny daily actions that lead there. Start today.

Routine & Ritual

Win the day before it starts.

TRY TODAY

Build one morning ritual and one pre game ritual, three steps each, same every day.

The most important athlete you'll ever coach is the one between your ears.

Keep the rep. Stack the tools. Some days will still be hard and the old voice will still get loud, the difference is that now you notice the thought, and you choose the next one. That's the whole practice. Show up daily, and become her.