



# PREMIER MINDSET

A S S E S S M E N T | Y O U T H

# MENTAL TRAINING — GUIDE —

L I G H T E D I T I O N

REACH PEAK PERFORMANCE IN **SPORT** AND **LIFE**

# A NOTE FROM OUR TEAM

---

Congratulations! You've made it through the Premier Mindset Youth Assessment. Yet your journey is just getting started and the best is yet to come.

This training guide is designed to help you understand your strengths and growth areas as identified by Premier's Mindset Youth Assessment. Reflecting and becoming self-aware of your strength and growth areas can improve both performance and overall wellness.

By seeing what your growth areas are on the Youth Mindset Assessment, you can utilize activities that will help you improve in these areas.

Each cluster from the assessment will have it's own page with a description followed by an activity. We encourage you to not only complete the activity, but hold yourself accountable by keeping the skills learned in mind as a part of your daily routine.

Reaching peak performance on the ice requires much more than hours in the gym and at practice. Overall wellness and athletic performance are directly linked, and by improving your mental wellness, you'll put yourself in the best position to succeed on gameday.

Keep an open mind and remember that your journey to success isn't linear; each experience is a step toward reaching the best version of yourself. We can't wait to see the progress that you make.

— Premier Sport Psychology Research and Analytics team

---

GROWTH MINDSET    TEAM CULTURE    HEALTH BEHAVIORS  
SELF-CONFIDENCE    ENVIRONMENTAL FACTORS

---



# GROWTH MINDSET



Growth mindset is having the mentality that there is always something to learn and that growth is a process.

Growth doesn't just take place from wins; growth takes place each day through our performances, mindset, successes, and shortcomings.

We can't control outcomes, yet we can control how we respond to them.

Athletes with a strong growth mindset view each outcome as an opportunity and realize that perspective is everything. The more you accept the mistakes you make as an athlete, the more you can learn from them so you can improve. It is okay if your performance is not perfect!

## FIXED VS. GROWTH MINDSET

Athletes can approach various situations with either a fixed or growth mindset. Both mindsets impact an athlete's ability to overcome obstacles, improve their performance, and reach achievement.

A growth mindset is believing you can grow as an athlete in a variety of ways. A fixed mindset is believing you cannot learn new things in order to improve your performance.

Circle which of the characteristics below describe you as an athlete.

### FIXED MINDSET

"I think challenges are bad"  
"I tend to give up when things are hard"  
"Working hard at practice is pointless because it won't help me get better"  
"I don't listen to what my coach says"  
"I don't like the best players on my team"

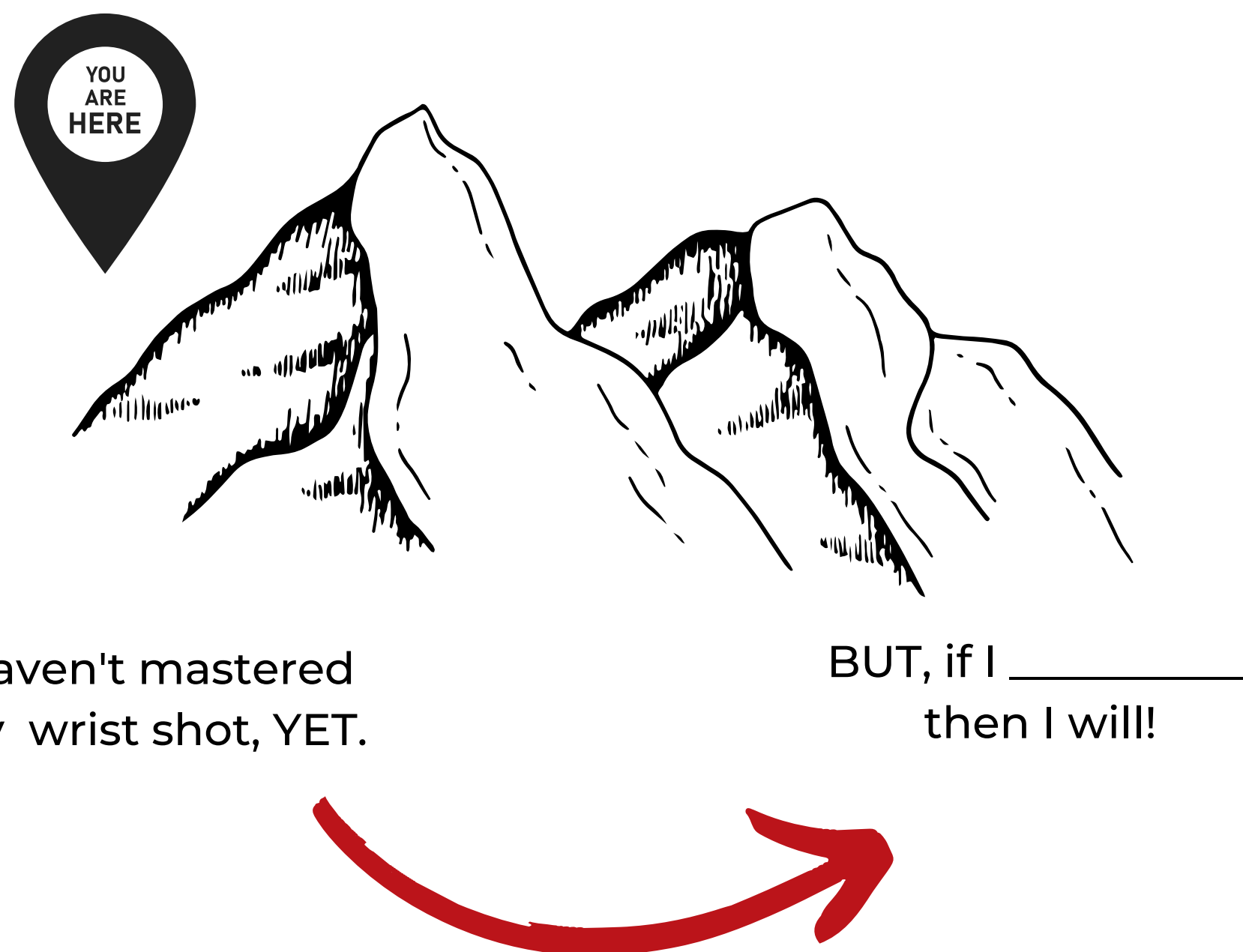
### GROWTH MINDSET

"I think challenges are good"  
"I tend to work hard even when things are difficult"  
"If I work hard at practice, I will become a better athlete"  
"I really like listening to my coach talk to me"  
"The best player on my team inspires me"

## FOCUSING ON THE 'YET'

When you are at practice or at a game and you are feeling down, it can be hard to think about yourself successfully taking a penalty shot or being able to compete at your best in a big game. When you find yourself saying things like "I can't make this shot", add "YET". The power of "YET" focuses on your ability to accomplish something in the future.

Your journey towards nailing the latest wrist shot or power play formation is an uphill battle. Just because you haven't reached it YET, doesn't mean you never will!



## IDENTIFYING YOUR "YET"

Think about what you currently cannot do, but are working toward in your sport. Using the model below, write down three examples to see where your YET is!

I can't \_\_\_\_\_ **YET** But, if I \_\_\_\_\_ then I will!

Example: I can't make as many shots from the left side of the rink as I'd like YET. But, if I practice doing it three times a week and work on breathing before I shoot then I will!



# SELF-CONFIDENCE



Self-confidence is your beliefs about yourself and your abilities. By increasing your self-confidence, you can achieve anything, in sport and in life! It's important to recognize that you are enough, just the way you are.

To improve your self-confidence, you can start by engaging in self-reflection to identify your goals, motives, and values as an athlete. Developing self-confidence starts with practicing self-compassion and being kind to yourself.

## MINDFUL SELF-COMPASSION

Mindfulness is noticing what is happening at that exact moment; self-compassion is noticing what you need in the moment to succeed. Life in and out of sport can be hard! The pain, stress, and struggle you may feel is normal.

Being mindful and practicing self-compassion allows you to extend more acceptance and kindness toward yourself.

Mindful self-compassion requires you to treat yourself like you would a friend or teammate. Ask yourself the following question:

**Would you talk to a teammate or friend the same way that you talk to yourself?**

**By showing yourself kindness and encouragement, you will have more energy and attention to put toward your goals when your needs are met.**

**Be your own best teammate.**



## **PRACTICING MINDFUL SELF-COMPASSION**

Practicing mindful self-compassion starts with being self-aware and being mindful of past experiences where you may not have practiced self-compassion. Respond to the following prompts.

**What types of things do you typically criticize yourself for during competitions?**

---

---

---

**Imagine that a friend, teammate, or loved one was actually the one who was experiencing those same thoughts.**

**What you would say to that friend, teammate, or loved one to support them? Write it down.**

---

---

---

**Now, bring that struggle to mind, and say those things toward yourself.**





# TEAM CULTURE



Team culture measures how well a team works together and supports one another, both on and off the ice. High performing teams work well together, are positive, have a sense of confidence, and a shared understanding of team values.

Athletes with high levels of team culture have strong, meaningful connections with their teammates and coaches. They feel like teammates and coaches care about their wellbeing, and feel valued regardless of how they perform. In addition, athletes feel they can trust their teammates and coaches.

It's important to recognize that positive team culture is created by athletes and coaches. This means showing honesty and transparency, and discussing what is working and what isn't with your coach.

## BUILDING A STRONG ATHLETE/COACH RELATIONSHIP

Use the activity below to reflect on your current relationship with your coach.

LOW HIGH

**CLOSENESS:** Feelings of trust and respect between coach and athlete.



**COMMITMENT:** Athlete and coach's intention to continue the relationship and keep it going strong.



**COMPLEMENTARY:** Athlete and coach acting friendly toward one another.



What are three specific actions you can do to strengthen your athlete/coach relationship?

---

---

---



# HEALTH BEHAVIORS



Items in this area pertain to taking care of your body off the ice. Athletes who focus on positive health behaviors prioritize sleep by practicing good sleep habits and getting the amount of sleep needed to promote health and recovery.

Sleep is one of the most important aspects for all athletes and is even a competitive advantage. However, sleep is often one of the first things that athletes let go of. Like a cell phone, your body needs to be charged to operate at full strength. Good and restful sleep is one of the best ways to charge and recharge your body.

## IMPROVING SLEEP

Good sleep has been known to improve performance and physical wellness. Do you know how much sleep you normally get? For athletes, 8 hours of sleep nightly is a good benchmark for getting enough sleep. Use these tips below for improving your sleep.

### 8 HRS OR MORE

Give yourself 8-8.5 hours each night.

### TEMPERATURE

Your body requires a 2-3 degree drop in body temperature to fall asleep and stay asleep. Aim for 65-67 degrees Fahrenheit in your bedroom.

### REGULARITY

Go to bed and wake up at the same time every day, even on the weekends.

### AVOID LARGE MEALS

Digestion keeps your body awake. Keep meals small or give yourself at least 2-3 hours of digestion time before bed.

### "WALK IT OUT"

If you wake up and cannot fall back asleep after 20 min, get out of bed and read a book in dim lighting to train your body to associate your bed with sleep. Return to bed when you feel ready.

### JOURNALING

When people reflect on their day when their head hits the pillow, it reduces the chances of having a restful sleep by activating your mind. Write down why you are anxious, or create a worry journal.



# Create a Sleep Routine

Sleep routines help us get consistent and good sleep!

Start by reflecting on what you need to do in order to get ready for bed and feel prepared to fall asleep and stay asleep. Remember to put your phone away at least 30 minutes before bed (ideally 60 minutes!)

Actions to consider adding to your routine: Shower, snack, put phone away, brush teeth, or read for pleasure

TIME	STEP
Ex: 8:00pm	Take a shower and wash face

## BRAINSTORM:

If you were struggling to fall asleep, what could you do to help?



# ENVIRONMENTAL FACTORS



Environmental factors pertains to things in your environment that may be impacting your ability to perform on the field and your overall wellness. These factors can include your community environment, financial and training resources, sport/life/school balance, and having mental and physical health resources available. Some of these factors may seem to be out of your control, but by focusing on what environmental factors you do have control of, the influence of those can be strengthened.

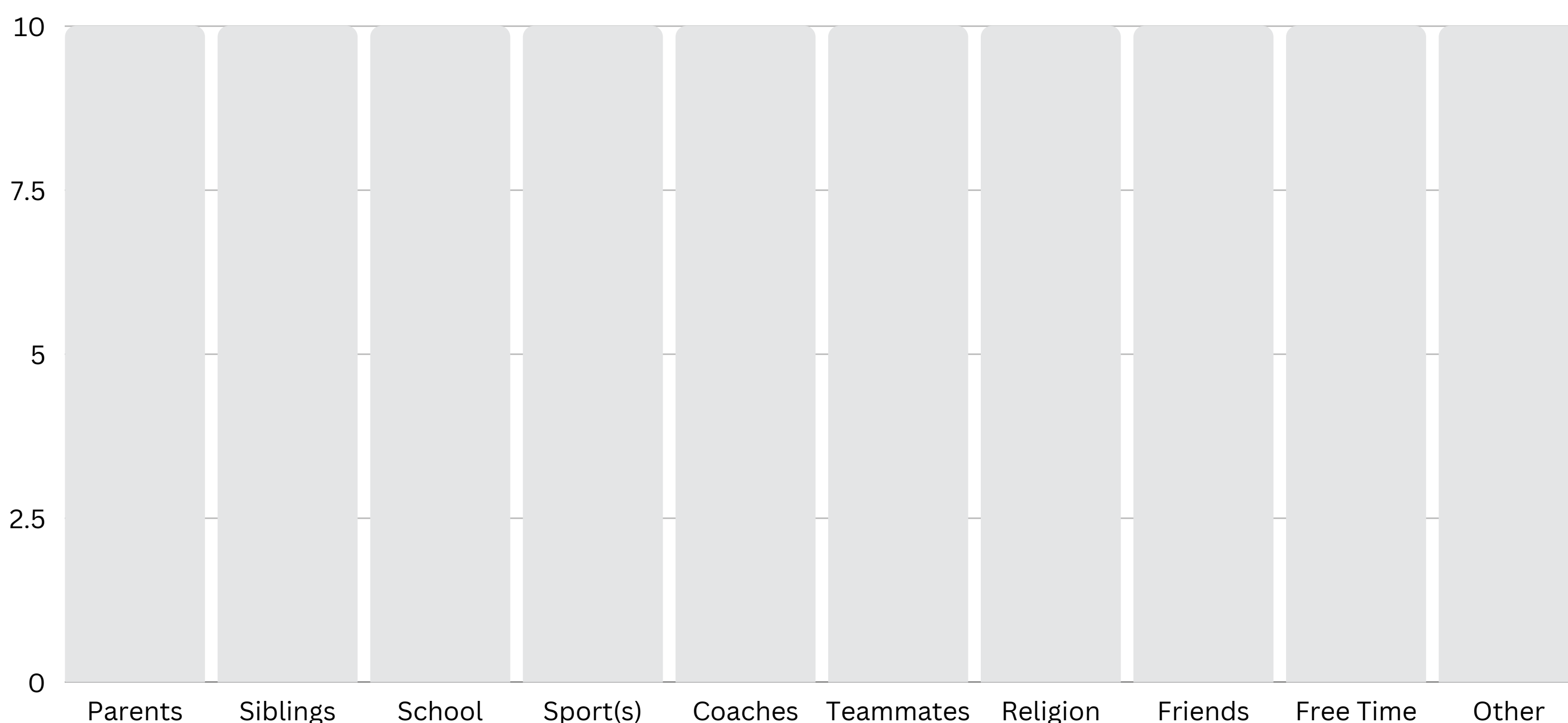
## PILLARS OF A BALANCED LIFE

One of the first steps in recognizing how different environmental factors impact you is to identifying what you value in your life.

Below you'll find many aspects of your life depicted in ten "pillars."

First, rank each pillar in order of importance to you. Next, take each pillar and ask yourself, "How much does this fulfill me currently?" Within each pillar, assign yourself a score from 0 to 10 by shading in your level of fulfillment, where 0 = no fulfillment/satisfaction (aka "lousy") and 10 = completely fulfilled.

Finally, mark your ideal level of satisfaction within each pillar that would provide you optimal and sustainable energy. Your results will provide you a focal point on where to start your journey of improving long-term energy and performance.



# CONTINUE TO GROW

---

Now that you've made it through each exercise, be sure to maintain a consistent schedule of practicing your favorites before, during, and after the season. Create a personal journal to track your progress.

Be intentional with your journal entries. Journaling provides an opportunity for reflection, one of the most important skills in improving performance and overall wellness. After each practice or competition, we recommend writing down three things that went well, and three things worth improving. This will help you capitalize on strengths and lean into areas of growth.

***Knowing what you want to do, where you want to go, and who you want to be, begins with knowing WHO YOU ARE.***

***- Dr. Jaimie Rubin***

# CONTINUE THE CONVERSATION

---

Sport psychology and mental performance coaching can help athletes at all levels grow on the ice and in life. We'd love to help you overcome obstacles and achieve your goals through the mental side of sport.

Interested in scheduling your first sport psychology session? Give us a call or visit our website.



premier.sport.psychology



PremSport\_Psych



Premier Sport Psychology



Premier Sport Psychology, PLLC

## EMAIL

admin@premiersportpsychology.com

## WEBSITE

www.premiersportpsychology.com

## PHONE

952.835.8513.

