

“8 PILLARS OF AN ELITE MINDSET”

- WORKBOOK -



Player Name: _____

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About the Author

The Mental Edge was founded in 2022 by certified mental performance coach, Jason Thompson. Jason has worked with athletes, coaches, and teams in a variety of contexts for over 20 years. He currently lives in northern Indiana with his wife, Rachael, and two daughters.

About The Mental Edge

The Mental Edge equip athletes and teams with those mental skills, habits, and tools needed to develop an elite mindset, one that allows athletes to reach their potential while enjoying the journey.

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About This Workbook

This workbook is meant to accompany the “8 Pillars of An Elite Mindset” Masterclass that comes free with the purchase of this workbook. There are two exercises/activities that accompany each pillar. These can be found in the back of the workbook.



Athlete Testimonials

"Jason helped me to have a more positive mindset as well as how to keep pushing no matter what I or my team faced. He has made a valuable impact on my career. Jason helped me with challenges and obstacles and to overcome them with certain techniques and methods." - **Tim Noeding (2022 NAIA National College Soccer Player of the Year)**

"Jason Thompson, Founder of The Mental Edge, has helped me and my teammates develop a Champion mindset and elevate our game to a new level. He helped change our focus to the process and not the outcome, which helped us perform to our best ability in matches." - **Ellie Hepler, 3x AAU Volleyball National Champion and 2x AAU All-American**

"The Mental Edge has shared effective ways on how to prepare myself for highly competitive environments in achieving a goal bigger than myself and finding my WHY!" - **Taylor Schafer, Ohio State Softball Commit**

"The Mental Edge helped me grow as a leader. It has helped me find out the strength of my teammates so I know how to lead them. It has also helped me find out more about myself and finding my 'green light' zone". - **Drew Lutz, NCCAA National College Basketball Player of the Year**

"The Mental Edge has helped me grow stronger mentally by leading me to ask myself those difficult questions that push me to improve. I have enjoyed learning new skills and little pieces of advice that I can use in my running career moving forward." - **Joey Rastrelli, Signed to Run at Indiana University**

"We loved having The Mental Edge come in after our Thursday practices. I think it helped us a lot this year. Our coaches often reminded us of the things Jason taught us and it helped us during tough practices. Not only has The Mental Edge helped me on the football field but also on the baseball diamond as well." - **Carson Mickem, All-Conference in High School Football and Baseball**

Coach Testimonials

"We loved working with Jason Thompson as a resource from The Mental Edge this summer and fall. He was able to connect with our players on a different level to help expand their mental game. It made a difference and helped push our players on and off the court!" - **Chandra Hepler, High School Volleyball Coach, National Champion AAU Coach, and Former D-1 Athlete**

"The Mental Edge greatly improved our athletes by giving them individual goals and making them more aware of the importance of their mental state when it is time to compete. We loved how Jason was so enthusiastic about helping us, and it really made the athletes feel like they were important." - **Ryan O'Shea, High School Football Coach**

"The Mental Edge certainly assisted our players with focus and mental toughness this season. In a game where failure is rampant, it was very beneficial to have a system in place to overcome it. I would highly recommend The Mental Edge to any coach!" - **Andy Manes, High School Baseball Coach**

"The Mental Edge has been great for our team in learning how to improve the mental part of the game. Jason Thompson has spent time with our players and has taught them how the mental approach to the game can give them a mental edge over their opponents" - **Steve Drabyn, Men's College Basketball Coach**

"Jason Thompson from The Mental Edge was a key pillar in our season preparation helping our team understand important team performance concepts. He shared some good practical ways that has helped our team have the mental edge in competition." - **Thiago Pinto, 2022 Select Sport America NAIA Men's Soccer National Coach of the Year**

"I cannot recommend (Jason) enough. His approach and strategies not only helped us to overcome mental hurdles, but also helped out student-athletes to improve in every aspect of their lives. He is extremely knowledgeable, compassionate, and supportive, and helped us to identify our goals and work towards achieving them." - **Brooke Baker-Runyon, Former High School Softball Coach and D-1 Athlete**

GETTING STARTED

WHAT IS MINDSET?

Mindset is a _____ way of thinking regarding what you _____ about yourself, others and the world around you.

WHY IS IT IMPORTANT?

“To change your _____, you have to change _____ . To change yourself, you have to change your _____.” – Wilson Kanadi¹



PILLARS OF AN ELITE MINDSET

PILLAR #1:

ATHLETES WITH AN ELITE MINDSET...

**DON'T RESORT TO _____ WHEN THINGS
AREN'T GOING THEIR WAY**

B. _____

C. _____

E. _____

Which one of the three do you struggle with the most?

PILLARS OF AN ELITE MINDSET

#1: They don't resort to B.C.E. when things aren't going their way

Instead, their mindset is **D.M.G.B.**²

D. _____

M. _____

G. _____

B. _____

“If there's an outcome you want in your life that you are currently not getting, the answer is it's because you're not good enough (_____).” - Brian Kight³

PILLARS OF AN ELITE MINDSET

#1: They don't resort to B.C.E. when things aren't going their way

TWO BIG THOUGHTS

A fixed mindset says that you are _____
_____ and that can't be changed. A growth
mindset says that you are _____
_____ each day as to how you will respond to the
events that happen in your life that day.

Ben Watson, who played 15 years in the NFL and won a Super Bowl, said this to reporters after a bad Week #1 loss late in his career, "Football is a game that's played by humans. And so there's going to be mistakes made. How do we return from those. So, a wise man is able to look at those and change things going forward. A foolish person, or stubborn, doesn't want to change." // One of the most _____ things you can ever do is invite _____ on how you can get better. If you aren't sure how you can get better, I challenge you not to leave practice today without asking your coach... "How can I get better? How can I help the team more?"⁴