

MINDSET FIRST



The Worksheets



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MENTAL PERFORMANCE COACH

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Workshop 1: Mindset Assessment

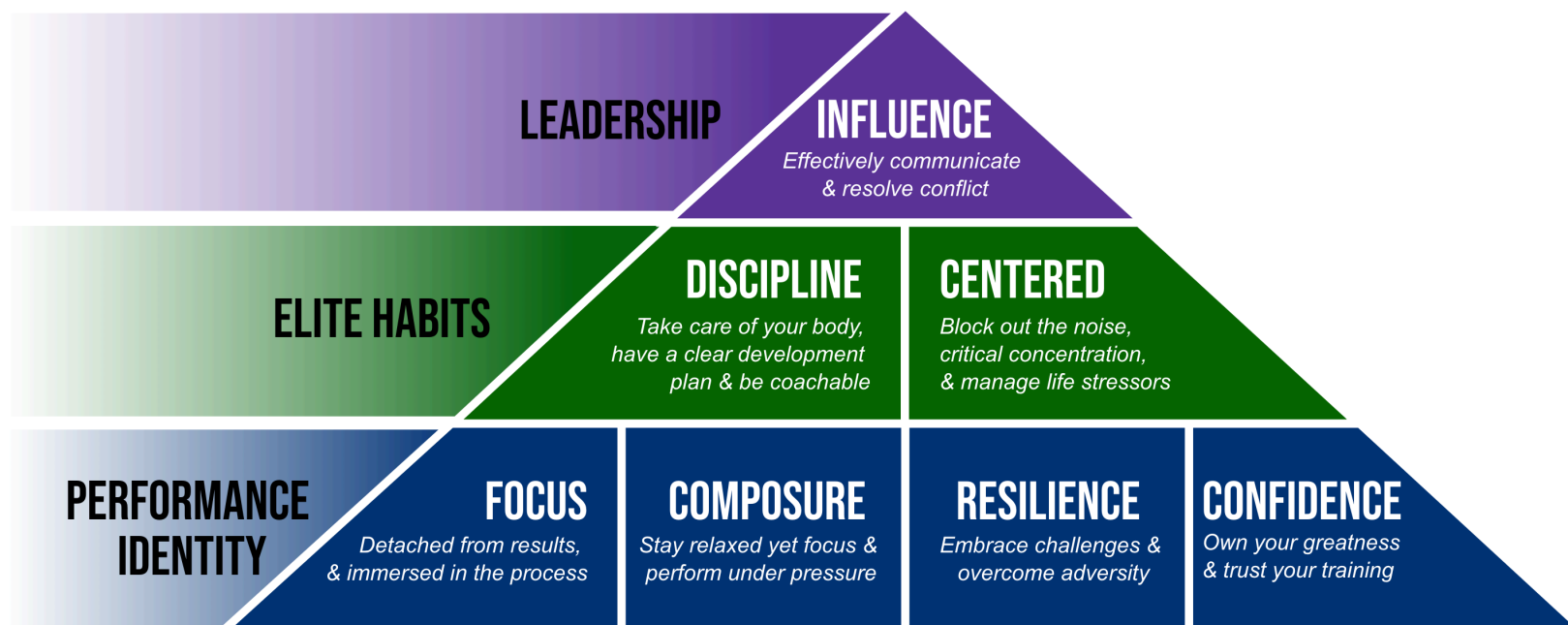
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You wouldn't build a house without a blueprint – and in the same manner you shouldn't work on your mental game without first knowing what to work on.

The CEP assessment breaks down your mindset into the **7 Mental Skills** that you need to develop in order to build a strong foundation and win the mental game.

This breakdown not only helps you determine which mental skills to prioritize, but also ensures you can track and monitor your progress.

Here is the visual of our CEP Mindset Assessment – Aka the **Blueprint for your Mental Skills**.



[CLICK HERE to take the CEP Mindset Assessment](#)

MINDSET FIRST WORKSHEETS

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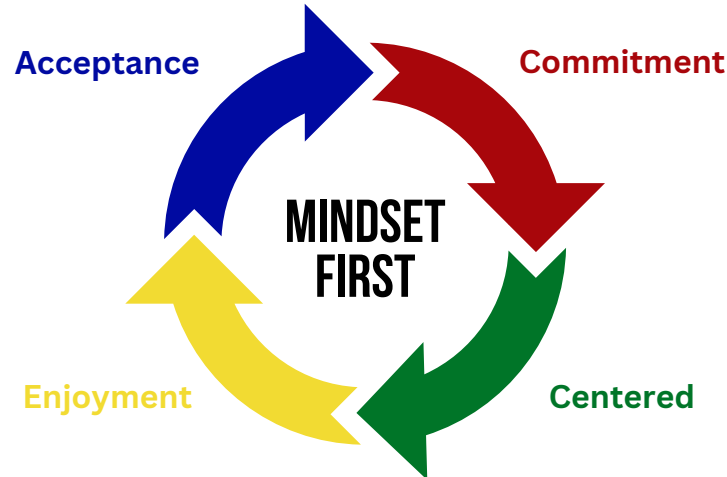


CEP MINDSET
Achieve Consistent Elite Performance

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Workshop 1: Core Principles

We have four core principles to help you make the shift from common sense to common practice and truly become a Mindset First player. These principles are essential components of the elite performer's mindset.



Acceptance

- Eg., I accept I might make some mistakes
- Eg., I accept the refs might make some bad calls

Commitment

- Eg., I commit to moving my feet the entire game
- Eg., I commit to having stick on stick on my 1 on 1's

Centeredness

- Eg., I will stay centered by using my reset routine
- Eg., I will stop the emotional roller coaster by focusing on what I can control

Enjoyment

- Eg., I find joy in hockey because I love being part of a team
- Eg., I am excited to play in this game because it will be great competition and I love competing

Workshop 1: Reset Routine

Example

The Reset Routine provides a repeatable and reliable solution to align your thoughts, feelings, and actions by pulling together three crucial psychological concepts to being free and in the moment. It's often the strategy athletes find most helpful.

<p>Step 1: Accept and Let Go (Feeling Stage)</p>	<p>Create a Physical Habit</p> <p>This is the start of your Reset Routine. This reminds you to feel and accept, help you learn from mistakes, and be aware of your "mental bubble"</p> <ul style="list-style-type: none"> • Take my gloves off (no longer wolvering, I am myself) • Accept and let go
<p>Step 2 Breathe and Relax</p>	<p>Create a Relaxation Process</p> <p>Get to your sweet spot arousal level using relaxation techniques (e.g., one deep breath or many deep breaths, tense and relax muscles, count down from 10, etc.)</p> <ul style="list-style-type: none"> • Box breathing - 4 sec in, 4 sec hold, 4 sec exhale and 4 second hold • Repeat x4 to get back to base level and centered
<p>Step 3 Commit, Close Eyes, & Imagine</p>	<p>Create an Activation Process</p> <p>What you want to do next (things in your control). This should be connected to your totem. Then, set your intention to get back on the process.</p> <ul style="list-style-type: none"> • Close my eyes and think about what I need to commit to in my next shift • Put my gloves back on and active Wolverin again. Attack mindset

Workshop 1: Reset Routine

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Workshop 1: Alter Ego

Example

Step 1: Pick 3 moments that routinely have the biggest impact on your performance

Key Moments
1. Before the game
2. After a mistake
3. When I have the puck in the scorign area

Step 2: Create contrasting traits for your best and worst self in each of those key moments

Best Self		Worst Self	
Thoughts	I am having so much fun	Thoughts	I can't do anything right
	All the good things I am capable of		Why do I bother playing
	I am playing so well right now		Everyone thinks I suck
Feelings	Engaged	Feelings	Worried
	Impactful		Frustrated
	Excited		Anxious
Focus	Myself and what I control	Focus	The scoreboard
	On being in the moment		On what others are doing
	Improving from shift to shift		My mistakes
Actions	Moving my feet	Actions	I stop moving my feet
	Good puck decisions		I through the puck away
	Vocal and communicating		I get stupid penalties
Results	More scoring opportunities	Results	I don't get played as much
	More impactful in the game		More time in the penalty box
	I play with an attack mindset		A lot of turnovers

Step 3: Create a story/narrative that represents the traits from step 2

Before Wolverine turns into the Wolverine, he is just like a human, he is like everyone else, but once he activates his beast within, he has no fear, and nothing else gets in his way, just like getting ready for the game once I activate wolverine, I am powerful and have no fear. Wolverine has regenerative powers, I will do the same after a mistake or even being on the ice for a goal against, I will regenerate and go back on the attack.

Step 4: Name your alter ego by summarizing the narrative into one unique persona

Name of Best Self	Name of Worst Self
Wolverine	Scared Puppy

Step 5: Identify a totem to help activate your alter ego

My Gloves - Once I have my gloves on it is like when the Wolverine's claws come out. He uses them for battle like I use my gloves to attack with my stick. Once my gloves go on, I become Wolverine.

Workshop 1: Alter Ego

Step 1: Pick 3 moments that routinely have the biggest impact on your performance

Key Moments	
1.	
2.	
3.	

Step 2: Create contrasting traits for your best and worst self in each of those key moments

Best Self		Worst Self	
Thoughts		Thoughts	
Feelings		Feelings	
Focus		Focus	
Actions		Actions	
Results		Results	

Step 3: Create a story/narrative that represents the traits from step 2

Step 4: Name your alter ego by summarizing the narrative into one unique persona

Name of Best Self	Name of Worst Self

Step 5: Identify a totem to help activate your alter ego

Workshop 2: Capabilities Ranking

Example

This exercise will help you understand what confidence is and is not. The first step is to assess your capabilities overall, relative to your team and your league - just like in a video game. Then it is all about playing up to what you deem your fullest capabilities are.

Forwards		
	Top Player on Team/ League	You
Scoring	97	96
Play-Making	97	97
Speed	98	97
Puck Control	97	96
Checking	97	96
Dzone	96	98
Hockey IQ	97	96
Overall Capabilities	97	96

Defence		
	Top Player on Team/ League	You
Break Outs	97	96
Play-Making	97	97
Speed	98	97
Shot	97	96
Dzone & Checking	97	96
Defending the Rush	96	98
Hockey IQ	97	96
Overall Capabilities	97	96

Goalies		
	Top Player on Team/ League	You
Track the Puck	97	96
Rebound Control	97	97
Lateral Movement	98	97
Breakaways	97	96
Speed	97	96
Puck Play	96	98
Hockey IQ	97	96
Overall Capabilities	97	96

Workshop 2: Capabilities Ranking

This exercise will help you understand what confidence is and is not. The first step is to assess your capabilities overall, relative to your team and your league - just like in a video game. Then it is all about playing up to what you deem your fullest capabilities are.

Forwards		
	Top Player on Team/ League	You
Scoring		
Play-Making		
Speed		
Puck Control		
Checking		
Dzone		
Hockey IQ		
Overall Capabilities		

Defence		
	Top Player on Team/ League	You
Break Outs		
Play-Making		
Speed		
Shot		
Dzone & Checking		
Defending the Rush		
Hockey IQ		
Overall Capabilities		

Goalies		
	Top Player on Team/ League	You
Track the Puck		
Rebound Control		
Lateral Movement		
Breakaways		
Speed		
Puck Play		
Hockey IQ		
Overall Capabilities		

If you want to build your confidence and self-belief, then you want to look into the past so you can reflect on different aspects of your greatness. Fill in detailed examples for each category till you hit a total of 100 reasons why you're great.

[illegible]

[illegible]

Workshop 2: Personal Scorecard

Example

	Fundamentals			Mental State Key moments - what % was I [best self] vs. [worst self]			Action/Process Based Reflections Did I execute the process to my standard/definition of success?			
	5 Things I Did Well Today	Did I use my reset routine?	What was my top priority today? (i.e., mindset, skills, results)	on the PP	On for a goal against	When scouts are watching	Situation 1 Passing	Situation 2 Moving my feet	Situation 3 good gaps	Situation 4 Boxing out
Monday					DAY OFF					
Tuesday	Pre practice routine Hydration Intentional every rep Effort Talking	No did not have to today. I was neutral all practice.	Today I was really focused on skills.. I had a skill session this morning and so I brought that into practice	We did not do PP in practice	50%/50% We played 3 on 3 and when I was on for a goal, I got frustrated, I was in my head about it.. Not sure why	95%/5% No scouts, but the staff did video the practice to review the practice, it did not bother me	My passing was great today in practice.. tape to tape..	I worked hard and moved my feet. coach even told me I was doing a great job moving my feet. felt good.	No drills that had gap control, but after practice i did video and we went over my gaps from the game.	It was getting pretty heated in one of the drills.. I was boxing out and picking up sticks..
Wednesday	Participated in class Did an extra workout 1 v 1 Effort Leading	Yes I had to multiple times. I was working hard, but nothing was connecting. I was annoyed at everyone. Sucked	Results - I was focused on everything that was going wrong. Worried I wont dress	10%/90% This was the worst part of practice. I kept screwing up and shooting at the wrong times.	Did not apply today.	No scouts	Not good at all.. Definitely was off.	I was moving the entire practice, even though I was pissed I was still working	Did a regourp drill and my gaps were not great, I was just pungenes at pucks.. I was working hard but not making good reads	Yes that was great, again working hard..
Thursday	New day mindset after a bad practice disciplined meals Journaled before practice Did video Ice bath	No did not have to. Day before game practice I always feel good.. its light and quick	Mindset all the way.. Focused on being in the moment and fun with the boys	100% best self.. good energy and puck was moving well finaly	Did not apply today.	No scouts	It was great.. I let go of yesterday and focused on today	Short practice, but moved my feet the entire time. It feels better for game day	Not applicable	No boxig out
Friday Game	Passing Talking Reset routine Shoot Backcheiking	yes I did, after I was on for a goal against. I was rattled I hit shinpads	I was dialed in on my mindset today. Focused on what I controlled	80% vs. 20%	40% vs. 60%, I was on for a goal against, I was able to get out of it, but for a bit I was not my best self	100% of the time I was my best self. I was not worried when I saw scouts	I did not. For some reason My passes were way off, to slow and and they got cut off alot	This was the best part of my game today. I moved my feet the entire game, even when I was tired	My gaps were great. I was aggressive and had stick on stick	I was a beast infront of the net.. Picking up sticks and boxing out.

Workshop 2: Personal Scorecard

	Fundamentals			Mental State Key moments - what % was I [best self] vs. [worst self]			Action/Process Based Reflections Did I execute the process to my standard/definition of success?			
	5 Things I Did Well Today	Did I use my reset routine?	What was my top priority today? (i.e., mindset, skills, results)	Key Moment 1	Key Moment 2	Key Moment 3	Situation 1	Situation 2	Situation 3	Situation 4
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										

Workshop 3: Own Your Story

Example

What difficult situations are you currently experiencing? It's easy to see the benefits of the fantasies and the drawbacks of the nightmares. Challenge yourself to find the benefits of the nightmares and the drawbacks of the fantasy. This will help you gain a greater perspective of the reality of your situation.

Situation	
Playing Time	
Nightmare	Fantasy
Being a healthy scratch	Guaranteed ice time
Benefits of the Nightmare	Drawbacks of the Fantasy
<ul style="list-style-type: none"> Preparing for challenges at the next level 	<ul style="list-style-type: none"> Might not develop the tools to deal with adversity
<ul style="list-style-type: none"> An opportunity to watch the game and learn from it 	<ul style="list-style-type: none"> Increased pressures and expectations to perform - might increase attention on external results
<ul style="list-style-type: none"> Build resiliency that will serve me in any future challenging moments 	<ul style="list-style-type: none"> Might take things for granted and become complacent

Situation	
Tryouts	
Nightmare	Fantasy
I get cut	I am told I made the team before it starts
Benefits of the Nightmare	Drawbacks of the Fantasy
<ul style="list-style-type: none"> I get inspire to work harder 	<ul style="list-style-type: none"> Have a sense of entitlement and wont work has hard to grow and get better
<ul style="list-style-type: none"> Failure is a growth opportunity and I can learn from this 	<ul style="list-style-type: none"> Missed opportunity to learn how to perform in a pressure situation
<ul style="list-style-type: none"> Managing the feeling of being disappointed and coming back even stronger 	<ul style="list-style-type: none"> Might not work as hard in tryouts and won't perform as well



Workshop 3: Own Your Story

What difficult situations are you currently experiencing? It's easy to see the benefits of the fantasies and the drawbacks of the nightmares. Challenge yourself to find the benefits of the nightmares and the drawbacks of the fantasy. This will help you gain a greater perspective of the reality of your situation.

Situation	
Nightmare	Fantasy
Benefits of the Nightmare	Drawbacks of the Fantasy

Situation	
Nightmare	Fantasy
Benefits of the Nightmare	Drawbacks of the Fantasy



Workshop 3: Coping Planning

Example

Coping planning does not mean you visualize yourself making a mistake or a bunch of negative things happening. Instead, it's about the moments afterward. It is your response when you feel yourself being pulled away from the zone or your intended mental state. It is a type of contingency plan: if x happens, then I do y. This way, you are prepared for how you want to think, feel, and act in the competition instead of being taken over by your subconscious fears, worries, and frustrations.

Pressure Situation

Playing in a championship game

Worst Self Response				Best Self Response			
Thoughts	Feelings	Behaviours	Arousal	Thoughts	Feelings	Behaviours	Arousal
<ul style="list-style-type: none"> I never play well in a championship game The team we are playing beat us 2 times already 	<ul style="list-style-type: none"> Nervous Scared doubtful 	<ul style="list-style-type: none"> Not eating well not sleeping well quiet and keep to myself 	9	<ul style="list-style-type: none"> I love competing against the best teams I am excited to play at a high level 	<ul style="list-style-type: none"> Excited Ready focused 	<ul style="list-style-type: none"> sticking to my routines Engaging with my teammates Activating my best self 	7
Zoom In (what are you zooming in on? why does it seem so big?)				Zoom Out (how can you zoom out? what is the context of this on a larger scale?)			
<ul style="list-style-type: none"> There will be a lot of scouts. If I don't play well, I will never play in College This is my chance to prove to everyone that I belong in College The top guy on the other team is already committed D1 I need to play better than him to show everyone I am better 				<ul style="list-style-type: none"> This is just another game I am playing. I have played so many games, nothing changes I am a competitor and I do best when challenged, I get to compete again in a great game I trust my capabilities regardless of the context of the game 			
Threat Perception (what is the worst case scenario? what are you afraid of or worried about?)				Opportunity Perception (what are the opportunities? what do you get to do? how will you get to grow?)			
<ul style="list-style-type: none"> If I don't play well, coach won't play me as much and no one will see me I know scouts will be comparing me to the other team's best guy, if I don't play as well as him I'm done. My parents have given everything to me to succeed. If I don't play well I will let them down 				<ul style="list-style-type: none"> I am playing against great players and it is an opportunity for me to bring out my best I have worked so hard and improved this year and I get to take advantage of that in this game I get to have an impact on my team and model what competing looks like 			
Need It (what result do you feel like you need to, have to, or should achieve?)				Screw It (what are you willing to accept or not accept? why?)			
<ul style="list-style-type: none"> I need to play well I should score in this game We have to win so I can look better 				<ul style="list-style-type: none"> I accept that I will make some mistakes I accept that it will be hard Screw it, I don't have to be perfect, I just have make sure I am working as hard as I can 			

Coping Planning Solution Summary

If [pressure situation], then [solution - kep concepts from above that resonate].

If I start to worry about the game, then I will remind myself why I should trust my capabilities, all the hard work I have put in, and that my skill set does match this challenge. I will use my energy to make sure I am focused on my preparation, routines, sleep, and hydration. My plan has worked so far, and it will continue to work. The context of the game does not change anything.

Workshop 3: Coping Planning

Coping planning does not mean you visualize yourself making a mistake or a bunch of negative things happening. Instead, it's about the moments afterward. It is your response when you feel yourself being pulled away from the zone or your intended mental state. It is a type of contingency plan: if x happens, then I do y. This way, you are prepared for how you want to think, feel, and act in the competition instead of being taken over by your subconscious fears, worries, and frustrations.

Pressure Situation

Worst Self Response				Best Self Response			
Thoughts	Feelings	Behaviours	Arousal	Thoughts	Feelings	Behaviours	Arousal

Zoom In

(what are you zooming in on? why does it seem so big?)

Zoom Out

(how can you zoom out? what is the context of this on a larger scale?)

Threat Perception

(what is the worst case scenario? what are you afraid of or worried about?)

Opportunity Perception

(what are the opportunities? what do you get to do? how will you get to grow?)

Need It

(what result do you feel like you need to, have to, or should achieve?)

Screw It

(what are you willing to accept or not accept? why?)

Coping Planning Solution Summary

If [pressure situation], then [solution - keep concepts from above that resonate].



Workshop 3: Imagery Script

Example

Step 1 - Breath

- Do 1 minute of box breathing making sure that I am focused on the breath and clearing my mind

Step 2 - Your Why/ Origin Story

- When I am my best self, I enjoy the game and being with my teammates. As my true self, I am capable of playing free, just like when I was playing on the pond with my friends, the reason I fell in love with hockey

Step 3 - Coping Planning

Situation	Do	Feel	Arousal (1-10)
I made a mistake on the ice	I reset in between shifts	In control	6
Coaches benches me	I reset and start to support my teammates	Like a good teammate	4
We are down with 1 minute to go	remind myself what I need to commit to and accept	Centered	6

Step 4 - Action Planning (for Practice and Games)

Situation	Do	Feel	Arousal (1-10)
I have the puck and. entering the zone on a 3 on 2	I enter the zone with speed, drive far post, draw the D in and hit f3 with a pass	Fast and decisive	7
in a flow drill in practice	Every time I go to shoot, I will keep my feet moving and my head up	I feel intentional and deliberate	6
in a breakout situation	Moving my feet hard to the wall, open up and give a good target	Explosive and in position	6

Step 5 - Previous Success

Situation	Do	Feel	Arousal (1-10)
we are tied, its late in the third I get the puck at the blue line	My head is up and walking the blue, shoot the puck its tipped and goes in, we win the game	impactful	8
we are on a 5 v 3 PK the other team hits the back door	I tracked the puck well, pushed in time and made a glove save, to keep the lead.	Explosive and dialed in	7
Zone entry in a tie game, late in the 3rd	D had a good gap, so I leaned into him, drove the far post and put it in 5-hole. Gave the team the lead	Strong and powerful	7

Step 6 - Breath

- I do 2 more minutes of box breathing

[Imagery Script for Forwards](#)

[Imagery Script for Defence](#)

[Imagery Script for Goalies](#)



Workshop 3: Imagery Script

Step 1 - Breath

Step 2 - Your Why/ Origin Story

Step 3 - Coping Planning

Situation	Do	Feel	Arousal (1-10)

Step 4 - Action Planning (for Practice and Games)

Situation	Do	Feel	Arousal (1-10)

Step 5 - Previous Success

Situation	Do	Feel	Arousal (1-10)

Step 6 - Breath

[Imagery Script for Forwards](#)

[Imagery Script for Defence](#)

[Imagery Script for Goalies](#)

MINDSET FIRST WORKSHEETS

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Workshop 4: Origin Story

Example

Think of a moment in your life when your Best Self first came to be - when you got your "superpowers." Your Origin Story is an emotional and detailed memory you have of that moment. Also, think about WHY you play your sport and why you fell in love with your sport.

When you first fell in love with your sport	When you first showed signs of your Alter Ego's key characteristics
<ul style="list-style-type: none"> On the outdoor rink in our backyard 	<ul style="list-style-type: none"> My first year playing AAA as a u10
<ul style="list-style-type: none"> Playing with my brothers every sunday. We would play all day. We played hard all day 	<ul style="list-style-type: none"> Our team was good, but we also had such an amazing culture. I loved showing up at the rink
<ul style="list-style-type: none"> It felt so free, like nothing in the world mattered except being out there 	<ul style="list-style-type: none"> In our first tournament I won MVP of the tournament. I played fierce and fearless

Experience (e.g., creating a masterpiece)	Challenge and Growth (e.g., compete and learn)	Service and Contribution (e.g., inspire fans)	Connection (e.g., relationships with teammates)
<ul style="list-style-type: none"> Pure joy 	<ul style="list-style-type: none"> Finding the ability to still enjoy hockey when things are hard 	<ul style="list-style-type: none"> Working at youth camps and helping kids find the same joy 	<ul style="list-style-type: none"> young athletes that look up to me
<ul style="list-style-type: none"> Being a part of something bigger than myself 	<ul style="list-style-type: none"> Ability to put my teammates and team first 	<ul style="list-style-type: none"> Helping teammates through tough times 	<ul style="list-style-type: none"> Building amazing friendships on team
<ul style="list-style-type: none"> Working hard and earning my success 	<ul style="list-style-type: none"> Finding the strength to give my best everyday 	<ul style="list-style-type: none"> When young fans tell me they learned from watching me play 	<ul style="list-style-type: none"> The coaches that have mentored me to become my best self

Write out your final Origin Story

The joy and freeness I felt when I was playing on the backyard rink with my brothers. That was the foundation on which I built my career on. When I made AAA as a U10 and had to compete and earn that spot, how rewarding it felt to make the team, knowing that I had earned that all on my own. When I earned my first MVP and the brotherhood and support I felt when everyone was happy for me. The connections, lifelong friends I have made, and the young kids I have inspired are what fuels me every day.

Workshop 4: Origin Story

Think of a moment in your life when your Best Self first came to be - when you got your "super powers." Your Origin Story is an emotional and detailed memory you have of that moment. Also, think about WHY you play your sport and why you fell in love with your sport.

When you first fell in love with your sport	When you first showed signs of your Alter Ego's key characteristics

Experience (e.g., creating a masterpiece)	Challenge and Growth (e.g., compete and learn)	Service and Contribution (e.g., inspire fans)	Connection (e.g., relationships with teammates)

Write out your final Origin Story

Workshop 4: Focus on the Controllables

Example

Whether you're dealing with toxic coaches, an injury, or challenging parents, your job is to focus on what you can control. What you put into your mindset is what you will get out of it.

Stressor

Bad refs

Is it within my control?

If yes, what can I do to change it?

If no, what can I do to let it go?

- Accept going into the game that they might be bad
- Have a reset routine just for the refs
- Extend grace and understand that they are just human

Stressor

Always late to games and practices

Is it within my control?

If yes, what can I do to change it?

If no, what can I do to let it go?

- Get my stuff ready as soon as I get home instead of waiting
- Make sure to confirm with my parents what time we are leaving
- set an alarm on my phone

Stressor

Coach yelling at us

Is it within my control?

If yes, what can I do to change it?

If no, what can I do to let it go?

- Use human filter hear the What and the Why of the message vs. the body language and tone
- Use my reset routine
- Understand that he thinks its what we need

Workshop 4: Focus on the Controllables

Whether you're dealing with toxic coaches, an injury, or challenging parents, your job is to focus on what you can control. What you put into your mindset is what you will get out of it.

Stressor

Is it within my control?

If yes, what can I do to change it?

If no, what can I do to let it go?

Stressor

Is it within my control?

If yes, what can I do to change it?

If no, what can I do to let it go?

Stressor

Is it within my control?

If yes, what can I do to change it?

If no, what can I do to let it go?



Workshop 4: Input Dictates Output

Healthy Inputs: What strategies, activities and routines will you be using as healthy inputs?

Mental Junk: What inputs do you need to limit, minimize, prevent, or filter?

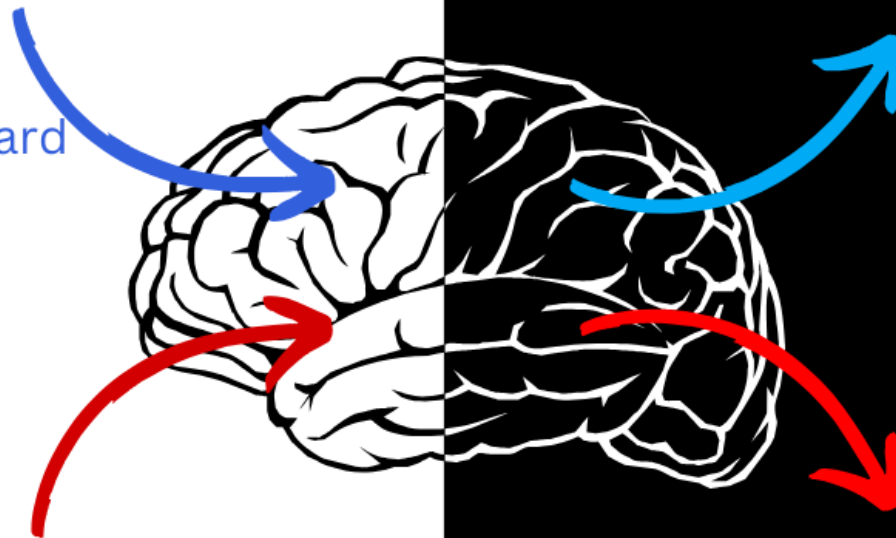
Mental Strategies

- Alter Ego
- Reset Routine
- Imagery Script
- Personal Scorecard

Input

Mental Junk

- Stats
- Rankings
- Social Media
- Negative People



In the Zone

- Focus
- Resilience
- Composure
- Confidence

Output

In Your Head

- Fear
- Worry
- Doubt
- Frustration

MINDSET FIRST DIAGRAMS

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Bonus: Meditation

Meditation is a practice in which an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

[Click Here for a 13-Minute Guided Meditation](#)

There are an endless amount of resources & apps online - both paid and free that you can use:

Meditation Apps and Technologies	Breathing and Relaxation Resources
<p><u>Headspace</u> Paid Guided Meditation App</p> <p><u>Insight Timer</u> Free Guided Meditation App</p> <p><u>Calm</u> Meditation, Sleep, Relaxation App</p> <p><u>Muse</u> Meditation With Feedback App</p> <p><u>HeartMath</u> Track Heart Patterns</p> <p><u>Whoop</u> Sleep & Heart Rate Monitoring Device</p>	<p><u>Diaphragmatic Breathing</u> The Foundation to Good Breathing</p> <p><u>Progressive Muscle Relaxation</u> Decrease Unnecessary tension</p> <p><u>Autogenic Therapy</u> Relax & Recover (Cassidy's Favorite)</p> <p><u>Non-Sleep Deep Rest</u> Relax without Sleeping</p> <p><u>Breath of Fire</u> Quick Paced & Rhythmic</p>

Make a Plan to Get Started & Build the Habit

When?	Where?	How long?	Will you use an app? Which one?

Bonus: Social Media

Example

Phones often distract athletes or keep them up late at night. Tracking how often you use your phone and your night time phone use can optimize both your sleep and daily productivity.

	Current		New Plan	
	Weekdays	Weekends	Weekdays	Weekends
Avg Screen Time	5h	7h	2h	4h
Most Used Apps	Tik Tok, imessage, instagram	Tik Tok, Netflix, instagram	iMessage, instagram (educational videos)	Tik Tok, Netflix
# of Pickups	250	350	150	200
# of Notifications	200	350	150	200
Other: Games	1h	2h	0h	1h
Other:				
Other:				
Phone Use Before Bed	Always use it in bed	Always in bed	Do not use in bed	Put away 1h before bed
Phone Beside Bed?	Yes - need alarm	Yes charging	Get regular alarm leave phone out of room	On my dresser across room
Phone Use Before Games	always in dressing room	Always in dressing room	Only music 2h before games	Only music 2h before games

Bonus: Social Media

Phones often distract athletes or keep them up late at night. Tracking how often you use your phone and your night time phone use can optimize both your sleep and daily productivity.

	Current		New Plan	
	Weekdays	Weekends	Weekdays	Weekends
Avg Screen Time				
Most Used Apps				
# of Pickups				
# of Notifications				
Other: Games				
Other:				
Other:				
Phone Use Before Bed				
Phone Beside Bed?				
Phone Use Before Games				



Bonus: Sleep Routine

Example

Sleep is a massive contributor to your performance and enjoyment of your sport. Lack of sleep can increase your risk of injury, and decrease your focus and decision-making skills. Ensure that you are creating useful morning and night routines to maximize your energy, uplift your mood, and optimize your performance.

	Current		New Plan	
	Weekdays	Weekdays	Weekdays	Weekdays
Wake Up	• 7:00 AM	• 11:00 AM	• 6:15 AM	• 8:00 AM
Naps	• NONE	• NONE	• 30 Min after school	• 1h in the afternoon
In Bed	• 12:30 AM	• 2:00 AM	• 9:00 PM	• 11:00 PM
Go to Sleep	• 1:30 AM	• 2:30 AM	• 9:30 PM	• 11:30 PM
Total Sleep Hours	• 5h30 Min	• 8h30 Min7:00 AM	• 8h45 Min	• 9h30 Min
First Thing in Morning	• On my phone	• Go on my phone	• Brush teeth and get dressed	• Brush teeth and stretch
Breakfast	• Poptart on the way out	• bacon and eggs	• Make a smoothie	• Pancakes, fruit and eggs
Screen Time Before Bed	• 2-3h	• 3-5h	• 0h	• 1h
Phone Beside Bed?	• Always	• Always	• On my dresser across room	• On my dresser across room
Last Thing I Do Before Bed	• watch Tik Toks	• Watch Tik Toks	• Stretch	• stretch

Bonus: Sleep Routine

Sleep is a massive contributor to your performance and enjoyment of your sport. Lack of sleep can increase your risk of injury, and decrease your focus and decision-making skills. Ensure that you are creating useful morning and night routines to maximize your energy, uplift your mood, and optimize your performance.

	Current		New Plan	
	Weekdays	Weekdays	Weekdays	Weekdays
Wake Up				
Naps				
In Bed				
Go to Sleep				
Total Sleep Hours				
First Thing in Morning				
Breakfast				
Screen Time Before Bed				
Phone Beside Bed?				
Last Thing I Do Before Bed				



Bonus: Game Day Routines

Example

Don't leave game or practice day up to chance. Have a routine that you know works for you and prepares you both physically and mentally. Remember, it's as important to know what to do as it is to know what NOT to do.

Sleep					
Pre-Bed Routine		Sleep Time		Wake Up Time	
• Put phone away 1h before bed		• 10h		• 8AM	
• Brush teeth, stretch, read, in bed 10PM					

Liquids I Drink			Food I Eat		
Type	Amount	When	Type	Amount	When
• Water	• 8oz	• When I wake up	• BKF	• 800 calories	• 8:30 AM
• Water	• 100oz	• All day	• Pre game meal	• 1200 Calories	• 4h before game
• coffee	• 1 cups	• 2h before game	• Post game meal	• 2000 Calories	• Within 1h after game

Physical Routines		
What	How Much	When
• Morning walk	• 1 mile	• 9 AM
• Pre game skate	• 30 Min	• 11 AM
• Pre game nap	• 1h	• 3:30-4:30 PM

Mental Routines		
What	How Much	When
• Imagery	• 5 min	• 2h before the game
• Meditation	• 10 min	• 8AM
• Journaling	• 5 min	• 1h before the game

Other Activities, Hobbies, and Tasks		
What	How Much	When
• Stickhandle	• 10 min	• 45 min before the game

What I Don't Do	Alternative Days
<ul style="list-style-type: none"> • Check stats • Go on Tik Tok 	<ul style="list-style-type: none"> • Adjust timing of everything • Remove stuff if will affect my sleep

Bonus: Game Day Routines

Don't leave game or practice day up to chance. Have a routine that you know works for you and prepares you both physically and mentally. Remember, it's as important to know what to do as it is to know what NOT to do.

Sleep					
Pre-Bed Routine			Sleep Time		Wake Up Time
Liquids I Drink			Food I Eat		
Type	Amount	When	Type	Amount	When
Physical Routines					
What		How Much		When	
Mental Routines					
What		How Much		When	
Other Activities, Hobbies, and Tasks					
What		How Much		When	
What I Don't Do			Alternative Days		

Extra Resources

Main Resources

[Athlete Mindset Assessment](#)

[Athlete Tools Assessment](#)

[Parent Resources](#)

Supplementary Videos

[3 Steps to Win the Mental Game](#)

[Stop Obsessing Over Results](#)

[How to Perform Under Pressure](#)

[How to Play with Confidence](#)

[How to Bounce Back from Injury](#)

Beyond the X's & O's Podcast

[Developing a Me vs Me Mentality](#)

[A Declaration of War Against the 'Old-School' Coaching Mentality.](#)

[Is Hockey Broken?](#)

[Thinking Differently about Embarrassment, Adversity, & Mindset](#)

[Standing with Your Fear Featuring Domenic DiVincentiis](#)

[The Outdoor Rink Mentality with David Gucciardi](#)

Social Media



MINDSET FIRST WORKSHEETS

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Achieve Consistent Elite Performance