



Hitting and Mental Toughness

1. Mentally tough hitters realize hitting is a game of failure and if a hitter is successfully 3 out of 10 times at all levels of baseball they will make millions of dollars.
2. Mentally tough hitters aren't worried about their box line, other than the "W" column.
3. Mentally tough hitters don't let bad umpire calls effect their next at bat and they don't bring it out to their defense.
4. Mentally tough hitters don't let adverse weather conditions effect themselves.
5. Mentally tough hitters visualize themselves in big game situations and visualize themselves having success in those situations.
6. Mentally tough hitters compete every pitch, one at a time; and then every at bat.
7. Mentally tough hitters "give themselves a chance to be good" by working hard physically on every aspect of their game -and when they get better physically they get better mentally.
8. Mentally tough hitters know it's not bad to have "anxious butterflies" before games. And they know just "taking a deep breath" does wonders.
9. Mentally tough hitters find a way to get the momentum...and then keep the momentum.
10. Mentally tough hitters WIN CLOSE GAMES and the WIN BIG GAMES!