***10 Tips for Mental Training and Attitude***

1. **Dream about what you want to become, achieve and accomplish**
   * Dreams ignite the passion from within.
2. **Write your goals down and re-read then often**
   * Writing goals down makes them more real and represent a form of commitment to them.
3. **Quality before quantity**
   * Working smarter is much more important than working harder. Doing a drill to the point of fundamental breakdown causes the body to learn it wrong. A perfect practice makes perfect!
4. **Visualize success**
   * Mental imagery is a powerful mental skill. Imagining yourself performing a task takes practice – just like the physical task.
5. **Take control of your little voice**
   * Negative self-talk is very destructive. Instead of thinking about what you can’t do, fill your thoughts with what you want to do.
6. **Overcome fear of failure**
   * Failure is a great way to learn. You have to take risks in order to achieve.
7. **Focus on the controllable**
   * Realize that you can’t control what happens around you, but you can control how you respond to it.
8. **Focus on the process rather than the outcomes**
   * You have more control of the process than you do the outcome. Focus on swinging at the right pitcher rather than focusing on getting a hit.
9. **Accept the fact that you will fail and make mistakes** 
   * To hit .300 means you failed 7 out of 10 tries. You will fail more than you will succeed. The key is to take your mistakes and failures and turn them into learning opportunities.
10. **Have a lifestyle that supports your goals**
    * Trying to become a top athlete requires some sacrifices. You need to make good choices in your personal life to support your goals in your athletic life.