

**MAXIMIZING MENTAL TOUGHNESS: A GUIDELINE FOR INNER EXCELLENCE**  
**Nor Cal All Sports Clinic, Burlingame, CA**  
**Saturday, January 28<sup>th</sup>, 2012**

What's At Stake: The culmination of distorted thinking, tense muscles and spiked fatigue, when it matters most.

**Mental Toughness**

**I. Keeping Your Head Under Stress**

- Situational:
  - Pressure down and distances
  - Field position
  - Personnel issues
- ❖ Pre-snap routine

**II. Strong In Your Self Belief**

- Situational:
  - Performance flaws
  - Lack of goal achievement
  - Limited role and contribution
- ❖ Self-talk

**III. Making Your Motivation Work For You**

- Situational:
  - Injuries
  - Diminished outcomes or returns
  - Uncontrollable circumstances
- ❖ Goal Accomplishment Strategies (G.A.S.)

**IV. Maintaining Focus on What's Important Now (W.I.N.)**

- Situational:
    - Performance tasks and objectives
    - Team roles and responsibilities
    - Non-athletic based
  - ❖ Task-oriented environment
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- Clinic session activity

*\* Clinic-day attendees receive additional notes, inclusive of powerpoint and video.*

Will Lenzner, MA  
Performance Specialist • Will To Win Consulting • willtowinconsulting.com • 510-759-2363  
Director, Mental Conditioning • Evert Tennis Academy • evertacademy.com • 561-869-3435