



# 10 Things Mentally Tough Players Don't Do



Mentally strong players do certain things that other players don't. They manage their emotions, thoughts, and behaviors in ways that set them up for success during the game and in life. I believe that mental toughness is a skill not a trait like blue eyes. You are not born a 1-Pitch Warrior, you can become one through your thoughts and actions. A saying that I quote from Dr. Rob Gilbert all the time is, "Your thoughts determine what you want and your actions determine what you get." First we must have good intentional thoughts and then follow through with solid intent. See how you stack up. Take a mental inventory of where you are at.

## 1. They Don't Waste Time Feeling Sorry for Themselves

Mentally strong players don't sit around feeling sorry about their circumstances or how others have treated them. They don't get wrapped up in bad calls, coaching decisions, or any other event that they can't control. Instead, they take responsibility for their role in the game and understand that sports/life isn't always easy or fair.

## 2. They Don't Give Away Their Power

They don't allow others or situations to control them. They know that they are in control of how they respond to adversity that comes their way. They don't say things like, "My coach makes me feel bad," because they understand that they are in control over their own emotions and they have a choice in how they respond.

## 3. They Don't Waste Energy on Things They Can't Control

You won't hear a mentally strong person complaining over a bad call or terrible weather. Instead, they focus on what they can control in their game. They recognize that sometimes, they may not be able to control what happens to them in the course of the game but they can control attitude which ultimately influences their perspective.

## 4. They Don't Worry About Pleasing Everyone

Mentally strong players and coaches recognize that they don't need to please everyone all the time. If you have been coaching long enough you know this is impossible. They are not afraid to say no or speak up when necessary based on your belief. They strive to be kind and fair, but can handle other people being upset if they didn't make them happy.

## 5. They Don't Fear Taking Calculated Risks

They don't take reckless or foolish risks, but don't mind taking calculated risks. One of my philosophies when coaching was the bigger the game the bigger the risks. You have to be able to lay it on the line. Risks must be taken if you want to reach excellence.



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## 6. They Don't Dwell on the Past

Mentally strong players don't waste time dwelling on the past and wishing things could be different. They acknowledge their past. They understand that they win some and they learn some. However, they don't constantly relive their worst performances or fantasize about the glory days. Instead, they live for the present and plan for the future.

## 7. They Don't Make the Same Mistakes Over and Over

Mentally strong players accept responsibility for their behavior and learn from their past mistakes. As a result, they don't keep repeating those mistakes over and over. Instead, they move on and make better decisions in the future.

## 8. They Don't Resent Other People's Success

Mentally strong players can appreciate and celebrate other people's success on the field. They don't get jealous or feel slighted when another player performs well or coach chooses to start someone else over them. Instead, they recognize that success comes with hard work, and they are willing to work hard for their own chance at success. When we were in the midst of our streak of 88 games in a row man were their critics. Everyone didn't just want to beat us they wanted to tear us down. Remember any fool can criticize and most do.

## 9. They Don't Give Up After the First Failure

Mentally strong players don't view failure as a reason to give up. Instead, they use failure as an opportunity to grow and improve. They are willing to keep trying until they get it right. Our starting pitcher when the streak came to an end lost his first two outings that year. He kept battling and lead us to a 1-0 victory in our 3<sup>rd</sup> straight state title game and threw a no-hitter! I couldn't make stuff like this up. Press on!

## 10. They Don't Expect Immediate Results

Whether they are working on improving their swing or working on a new pitch, mentally strong players don't expect immediate results. Instead, they apply their skills and time to the best of their ability and understand that real change takes time. Think like a gardener, work like a carpenter.

Mental toughness is a skill not a trait. Continue working at it just like the other parts of your game. As always keep taking daily strides to become the best that you are capable of becoming. WIN THE DAY 1-PITCH AT A TIME!!!