



Inspire Mental Fitness – User Guide

Welcome to Inspire Mental Fitness - a comprehensive mental health platform designed to elevate mental wellness and performance for athletes of all ages. Strengthen your mind and change your game with personalized mental training, interactive counseling, and personalized guidance from licensed professionals.

Key Features

- Mental fitness training center
- Personalized guidance for each athlete
- Personalized AI mental performance plans
- Interactive counseling sessions
- Licensed trainers and coaches
- SEL gamification
- Research-backed, score-based self-discovery assessment

This user guide provides a detailed walkthrough of the platform's features, benefits, and tools. If you still face any difficulty in using the platform, feel free to [contact us](#) now!



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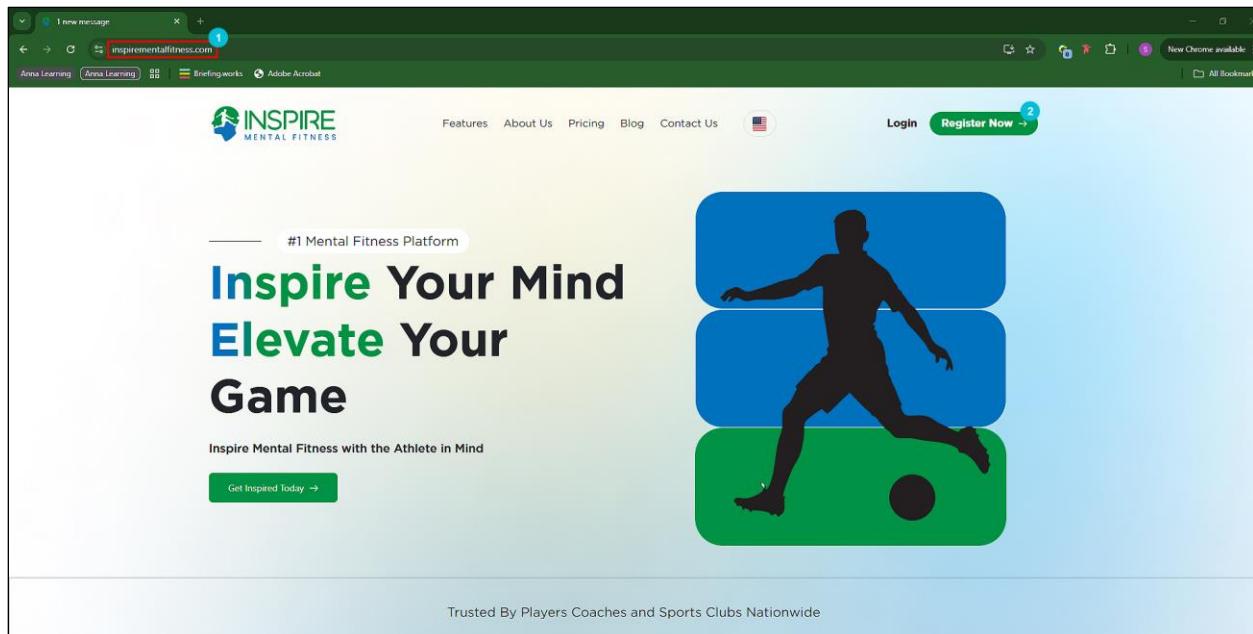
Getting Started with Inspire Mental Fitness

To get started with Inspire, you must register and create your account. You can sign up for the platform as an athlete or a coach.

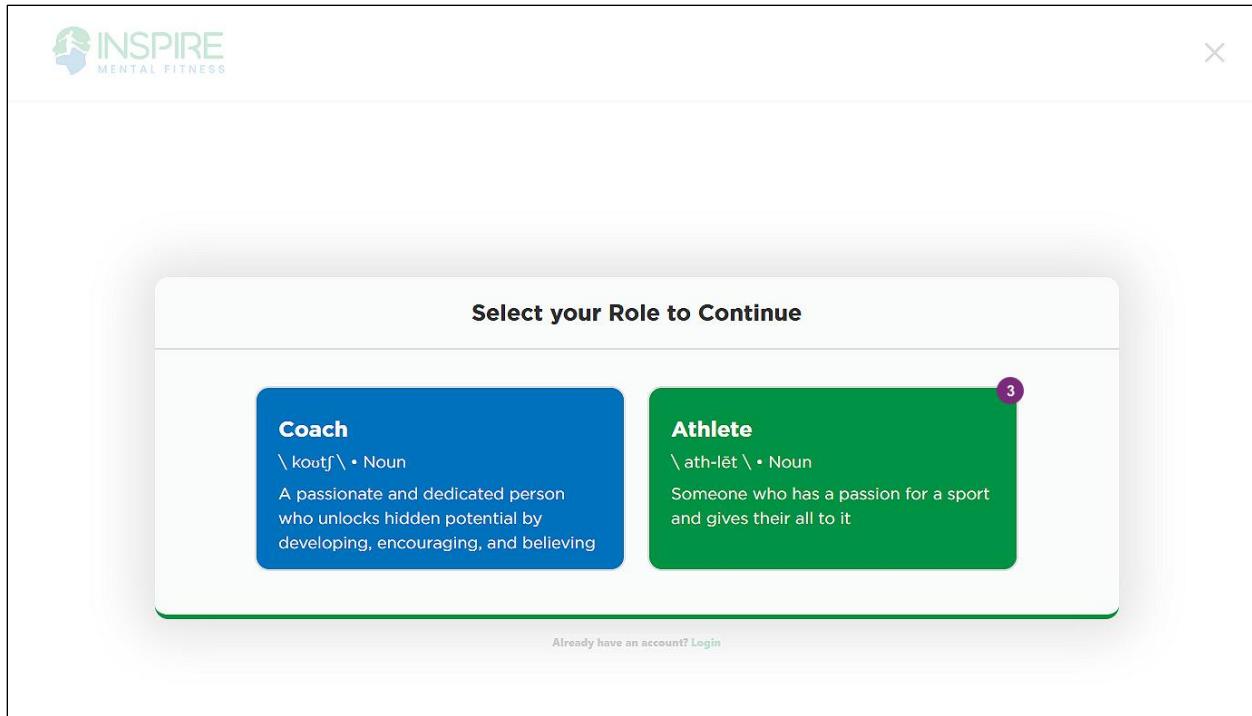
Register a New Account

Register as an Athlete

1. Go to <https://inspirementalfitness.com/>.
2. Click on the **Register Now** button.



3. Select **Athlete** as your role.



The page shows two options: Coach (blue box) and Athlete (green box). Both boxes contain a definition and a brief description. A purple circle with the number 3 is positioned above the Athlete box.

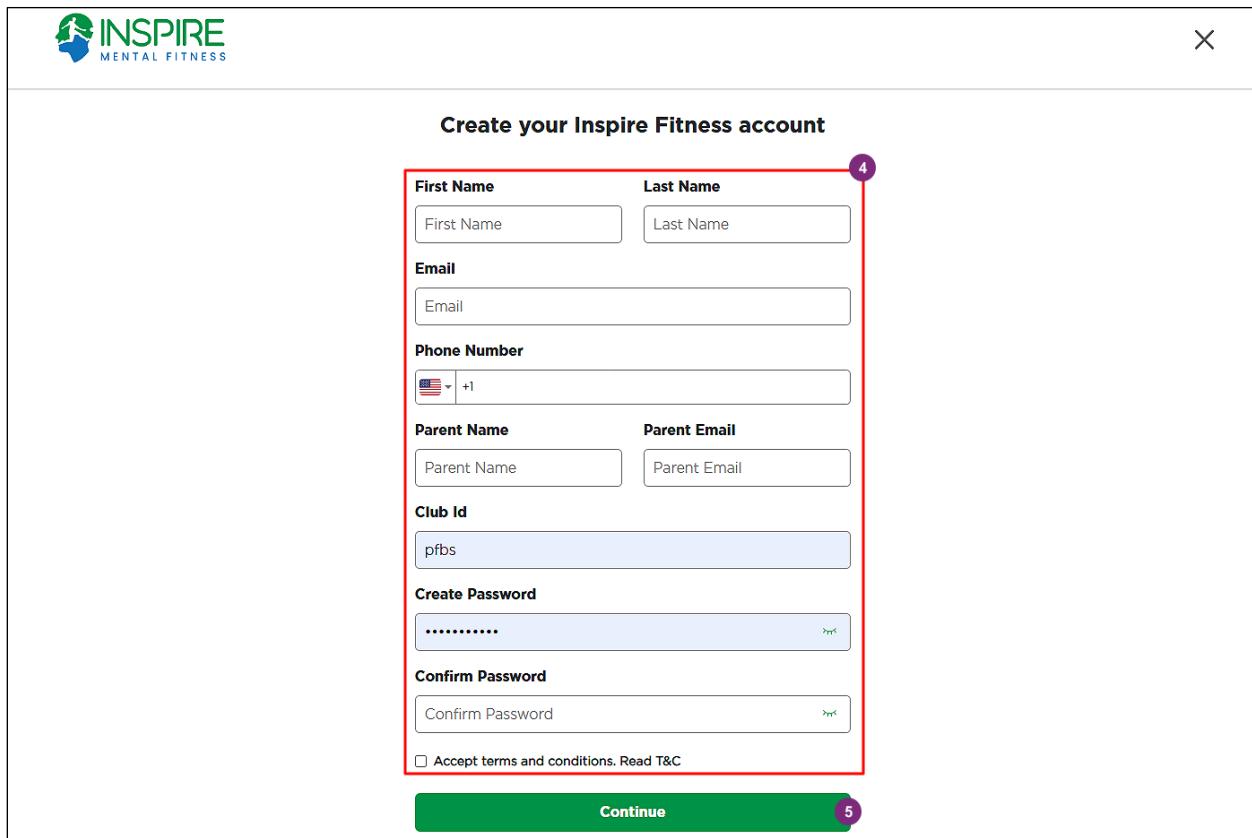
Select your Role to Continue

Coach
\koojt\ • Noun
A passionate and dedicated person who unlocks hidden potential by developing, encouraging, and believing

Athlete
\ath-lēt\ • Noun
Someone who has a passion for a sport and gives their all to it

Already have an account? [Login](#)

4. Enter your first and last name, email, and contact number, and set a password.
5. Click **Continue**.



The page is titled "Create your Inspire Fitness account". It contains several input fields: First Name, Last Name, Email, Phone Number, Parent Name, Parent Email, Club Id, Create Password, Confirm Password, and a checkbox for accepting terms and conditions. A red box highlights the first four fields. A purple circle with the number 4 is above the first name field, and another purple circle with the number 5 is below the "Continue" button.

Create your Inspire Fitness account

First Name **Last Name** 4

Email

Phone Number

Parent Name **Parent Email**

Club Id

Create Password

Confirm Password

Accept terms and conditions. Read T&C

Continue 5

6. Enter the OTP received on your phone or email and click **Continue**.

OTP Verification

Please enter the OTP received at your email or SMS

[Resend OTP?](#)

Continue

6

Now, you must choose a plan and enter your payment information to continue.

Choose a Subscription

X

The Athlete

\$12.00 monthly

[Get Inspired →](#)

- All Access to Mental Fitness Fieldhouse
- Mental Performance Training Center
- Mental Wellness Library
- Athletes Journal
- The Arena for Guest Speakers and Special Presentations
- One on One Mental Fitness Performance Counseling
- Special Designed Mental Fitness Programs for the Athlete

The Athlete

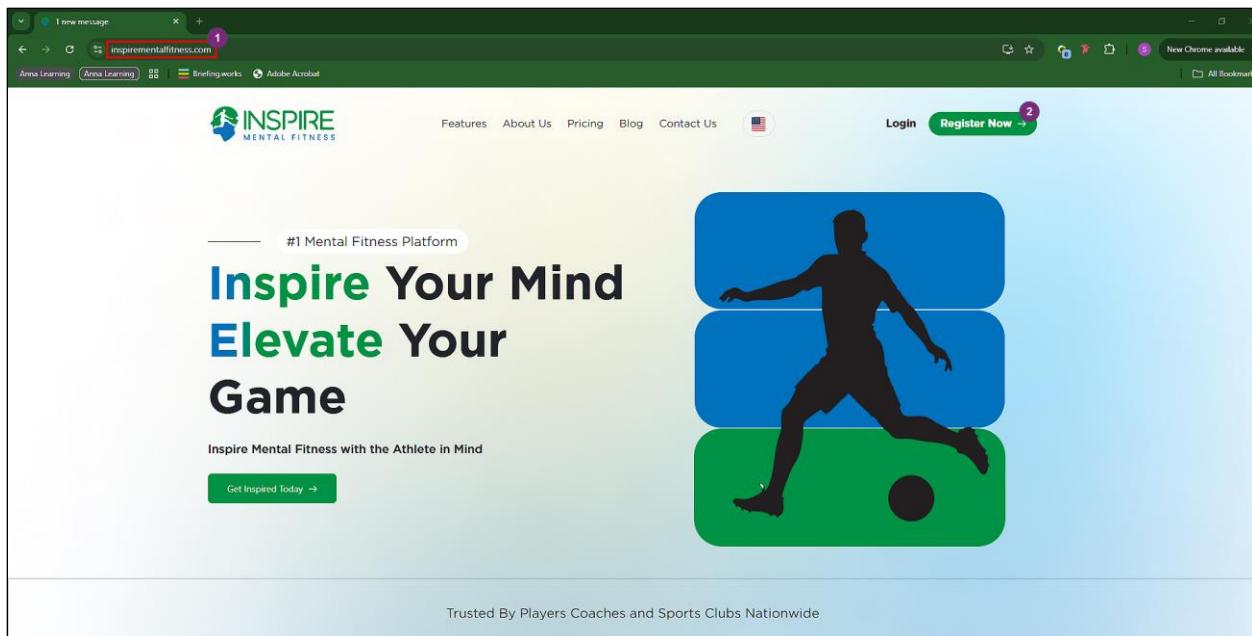
\$120.00 Annually

[Get Inspired →](#)

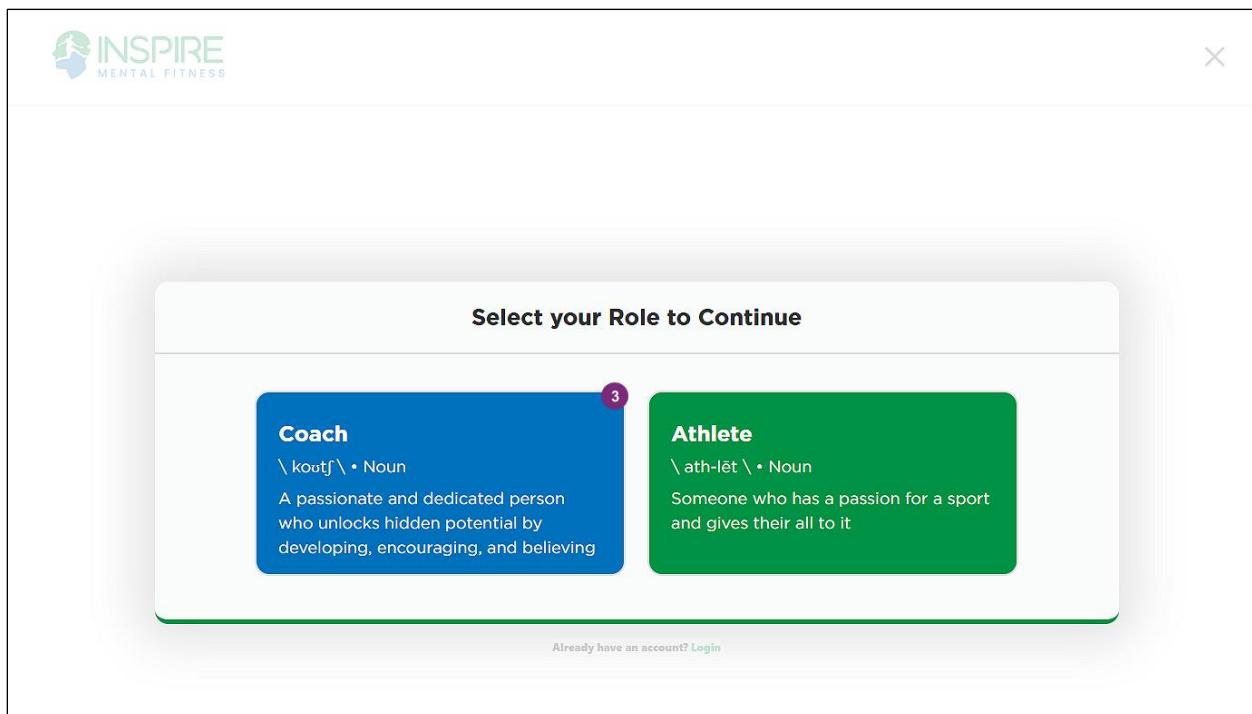
- All Access to Mental Fitness Fieldhouse
- Mental Performance Training Center
- Mental Wellness Library
- Athletes Journal
- The Arena for Guest Speakers and Special Presentations
- One on One Mental Fitness Performance Counseling
- Special Designed Mental Fitness Programs for the Athlete

Register as a Coach

1. Go to <https://inspirementalfitness.com/>.
2. Click on the **Register Now** button.



3. Select **Coach** as your role.



4. Fill in the sign-up form and click **Continue**.

Create your Inspire Fitness account

First Name **Last Name**

First Name Last Name

Email

Email

Phone Number

USA +

Create Password

.....

Confirm Password

Confirm Password

Accept terms and conditions. Read T&C

Continue 4

OR

Already have an account? [Login](#)

5. Enter the OTP received on your phone number or email.

OTP Verification

Please enter the OTP received at your email or SMS

Resend OTP?

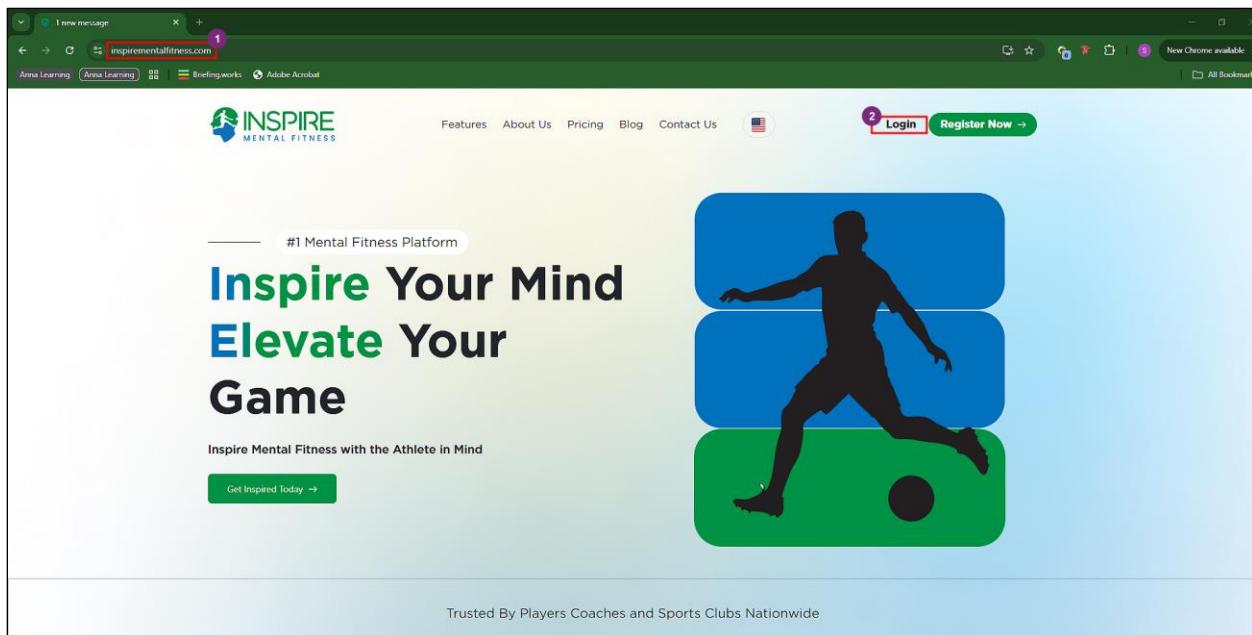
Continue 5

Wait for our team to review your request. Once approved, you will be able to access the platform.

Log Into Inspire Mental Fitness

Once you have successfully registered yourself on the platform, you can log into your account as follows:

1. Go to <https://inspirementalfitness.com/>.
2. Click on the **Login** link.



3. Enter your email.
4. Enter your password.
5. Click **Continue**.

Welcome back.

Email or Phone Number Email or Phone Number 3

Password Password 4

Remember me Forgot Password?

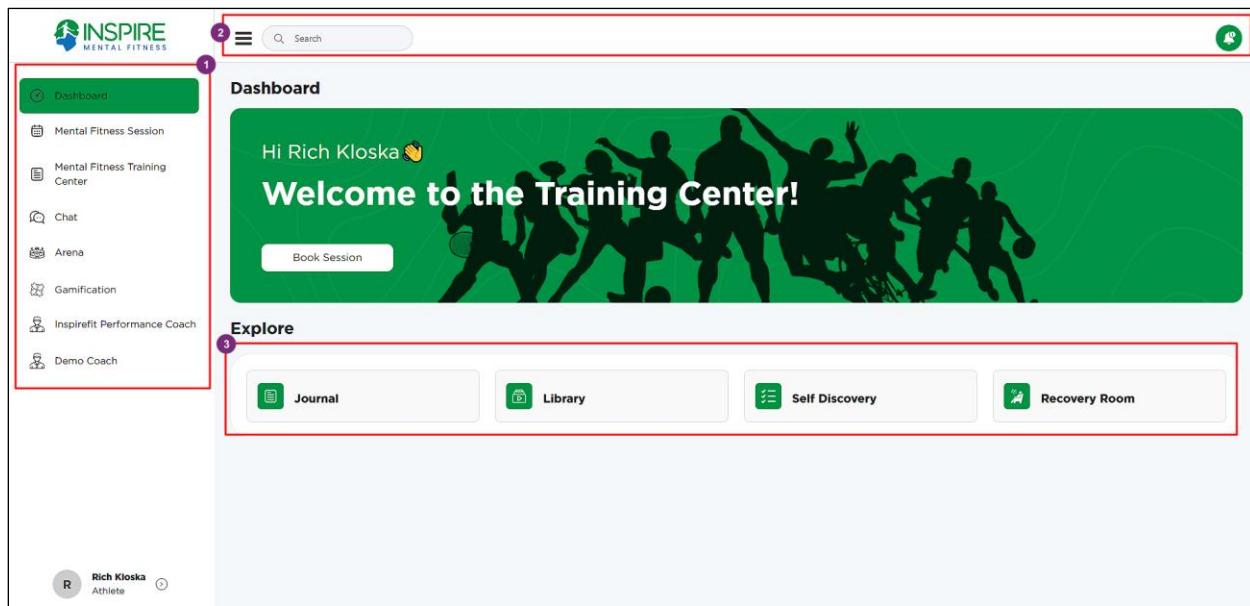
Continue 5

OR

New to Inspire? [Sign up](#)

Dashboard Overview

When you log in to your account, you are directed to your Home page or Dashboard. It is your command center from where you can perform various actions.



Here's a breakdown of your dashboard:

1. Navigation:

- **Mental Fitness Sessions:** Access the Counseling Sessions.
- **Mental Fitness Training Center:** Visit the Training Center.
- **Chat:** Message your teammates.
- **Arena:** Enter the Inspire Arena.
- **Gamification:** Explore Mind Games and SEL Missions.
- **InspireFit Performance Coach:** Launch InspireFit AI.

2. Notification Bar:

View notification.

3. Explore:

- **Journal:** Access your journals.
- **Library:** Open the Learning Library.



- **Self-Discovery:** Begin or revisit your Self-Assessment.
- **Recovery Room:** Access self-recovery material.

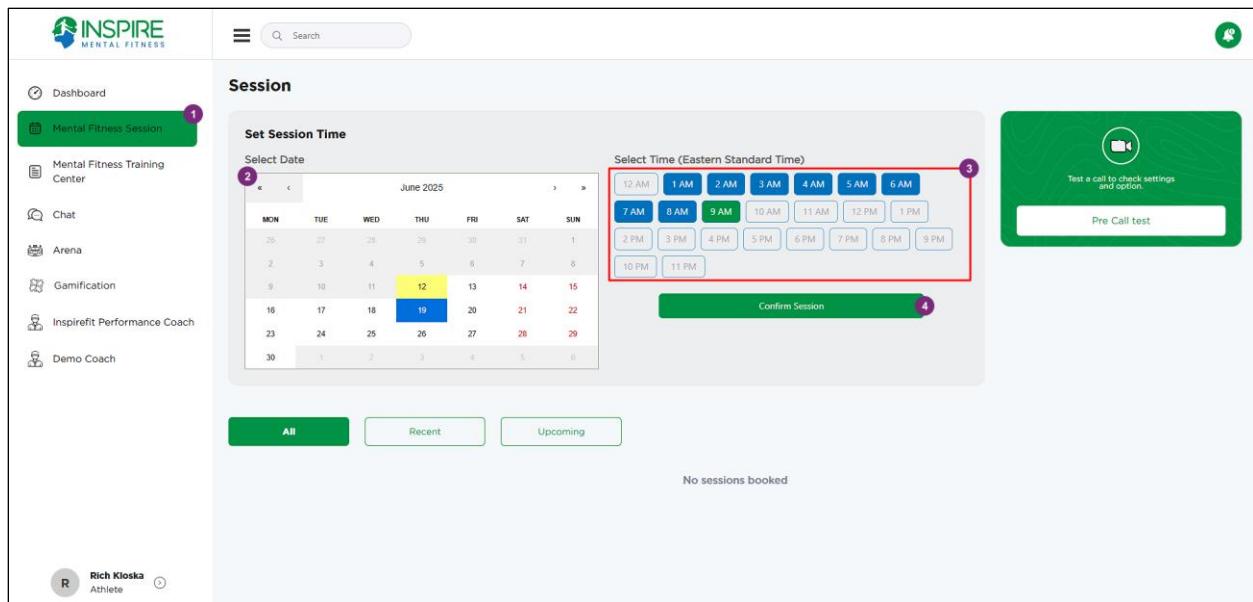
Mental Fitness Sessions

Inspire allows you to book and engage in mental health counseling sessions, if needed, with licensed mental health counselors without much hassle. In these sessions, the following issues are covered:

- Anxiety
- Depression
- Motivation Issues
- Performance Stress
- Confidence Building
- Focus and Concentration Challenges
- Emotional Regulation
- Life-Balance and Well-Being

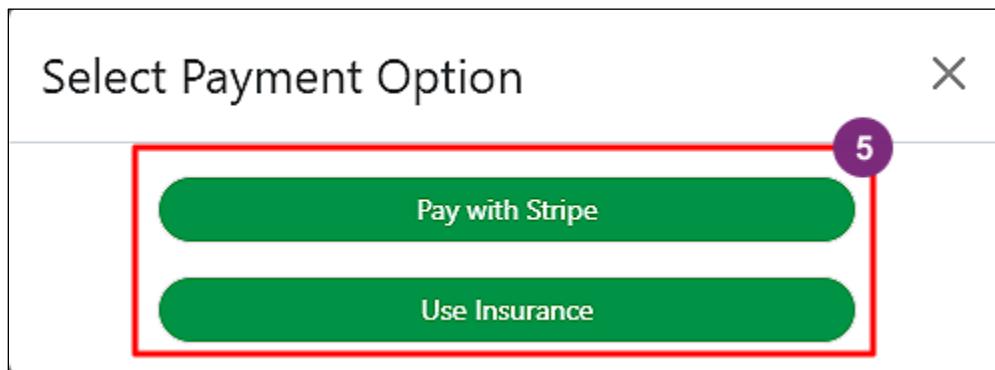
How to Schedule a Mental Fitness Counseling Session?

1. Go to the **Mental Fitness Session** tab.
2. Select an available date for your appointment.
3. Select an available time.
4. Click on **Confirm Session**.



The screenshot shows the 'Session' booking page. On the left, a sidebar lists navigation options: Dashboard (selected), Mental Fitness Session (marked with a red circle containing '1'), Mental Fitness Training Center, Chat, Arena, Gamification, Inspirefit Performance Coach, and Demo Coach. The main area has a title 'Session' and a sub-section 'Set Session Time'. It includes a 'Select Date' calendar for June 2025, a 'Select Time (Eastern Standard Time)' grid from 12 AM to 9 PM, and a 'Confirm Session' button. A green sidebar on the right contains a video camera icon, the text 'Test a call to check settings and option.', and a 'Pre Call test' button.

5. Select a payment method from:
 - a. Cash App
 - b. Credit Card (standard processing fees may apply)
 - c. Health Insurance (you will be contacted via email to submit information)



The dialog box is titled 'Select Payment Option'. It features two large green buttons: 'Pay with Stripe' and 'Use Insurance'. Both buttons are enclosed in a red rectangular border. A purple circle with the number '5' is positioned at the top right corner of the dialog box.

Disclaimer: All sessions are conducted by licensed professionals. Individual outcomes may vary. This service is not intended for every user. It is for athletes in need of Mental Health Therapy, which is provided by one of our licensed counselors.

*This service is not a substitute for emergency crisis care.

*Call **988** – The National Suicide & Crisis Lifeline for 24/7 support and **911** for life-threatening mental health emergencies.



Privacy and Compliance: Our platform is HIPAA compliant. Please review our Privacy Policy for more.

Mental Fitness Training Center

The **Training Center** helps athletes build and sustain peak performance habits through guided journaling and coach-player interaction.

Journals

The Journals allow athletes and coaches to write about their experiences, goals, and learned lessons, and share their thoughts. There are personal journals and coach-player shared journals, each with its own benefits.

Inspire Player Journal Benefits

The Player Journals in Inspire enable players to:

- Enhances Self-Awareness
- Supports Goal Setting & Tracking
- Improves Focus & Clarity
- Reduces Stress & Anxiety
- Boosts Confidence & Motivation
- Develops Emotional Regulation
- Strengthens Mental Preparation
- Promotes Well-being
- Each journal entry is individual and separate from the other. This protects the athletes' privacy.

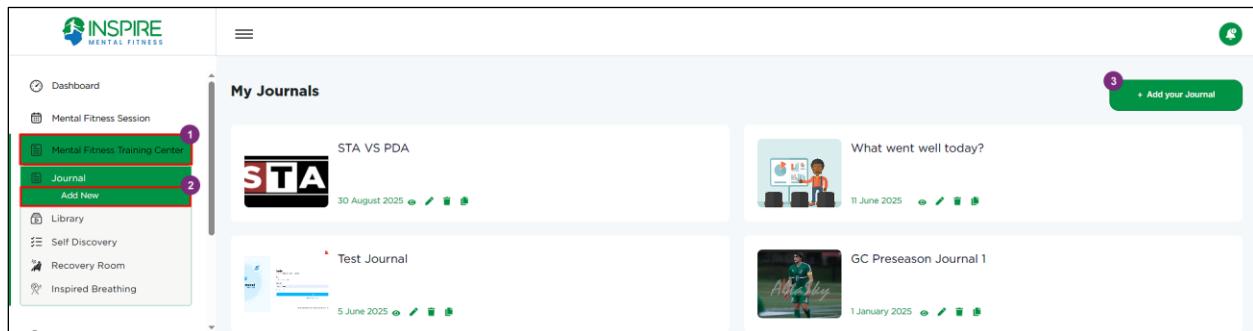
Coach-Player Shared Journal Benefits

The coach-player shared journals can be accessed by both the coaches and the players to learn about each other's experiences and thoughts. When requested by the coach and approved by the player, it helps them:

- Build Communication & Trust
- Provides Personalized Feedback
- Tracks Progress Together
- Encourages Accountability
- Strengthens Coach-Athlete Bond
- Enhances Emotional Intelligence
- Supports Mental Development

How to Create a Journal?

1. Click on the **Mental Fitness Training Center** tab in the navigation.
2. Under **Journal**, click **Add New**.
3. Click on **Add Your Journal**.



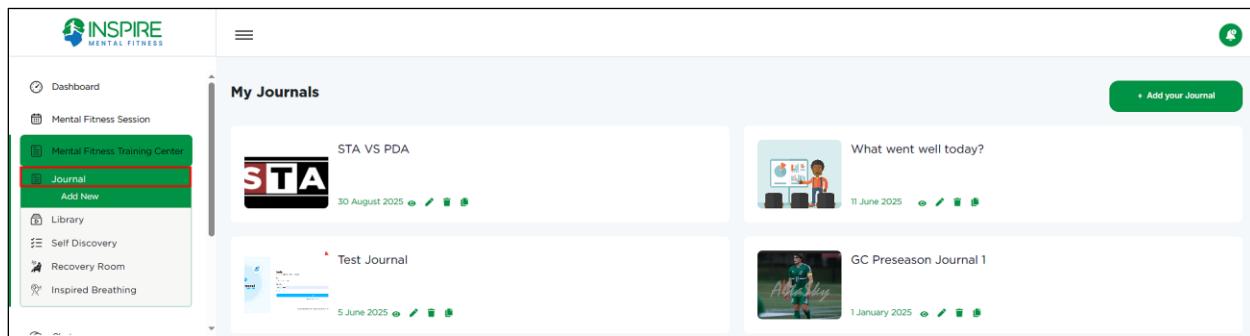
4. Upload an image related to the blog.
5. Enter the blog title.
6. Type whatever you want under the description box.
7. Click on **Add Journal**.



1 Title
2 Enter the blog title
3 Description
4 Select Image
5 Write your blog description here...
6 Add Journal

Access Your Journals

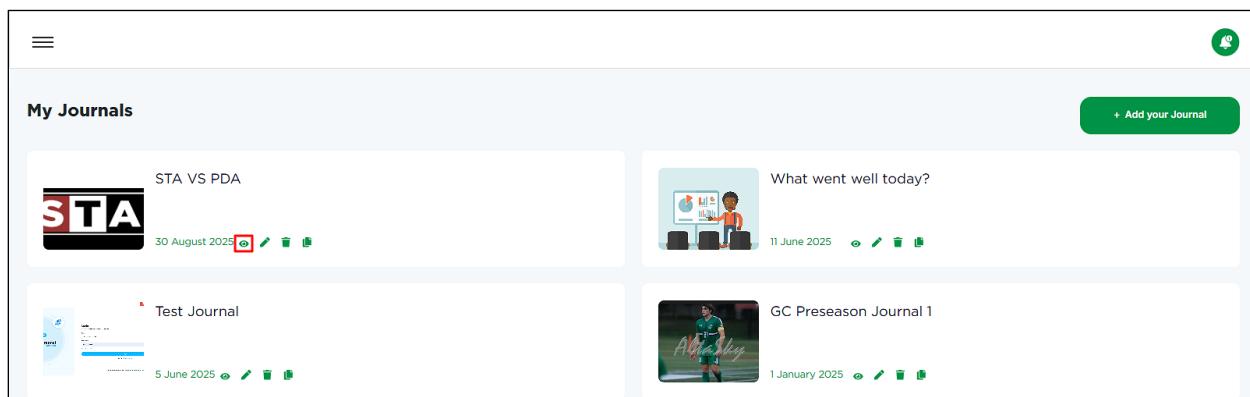
To access your journals, simply click on Journals in the navigation menu.



1 Dashboard
2 Mental Fitness Session
3 Journal
4 Add New
5 Library
6 Self Discovery
7 Recovery Room
8 Inspired Breathing
9 + Add your Journal

View Journal

To view a journal, click on the **Eye** icon.



1 My Journals
2 STA VS PDA (30 August 2025)
3 What went well today? (11 June 2025)
4 Test Journal (5 June 2025)
5 GC Preseason Journal 1 (1 January 2025)
6 + Add your Journal



Edit a Journal

To edit a journal, click on the **Pencil** icon.

A screenshot of the "My Journals" section of the INSPIRE app. The top navigation bar includes a menu icon, a user profile icon, and a green button labeled "+ Add your Journal". Below the header, the title "My Journals" is displayed. Four journal cards are listed:

- STA VS PDA** (30 August 2025) - Card shows a "STA" logo and a pencil icon.
- What went well today?** (11 June 2025) - Card shows a person at a desk and a pencil icon.
- Test Journal** (5 June 2025) - Card shows a document icon and a pencil icon.
- GC Preseason Journal 1** (1 January 2025) - Card shows a person in a soccer uniform and a pencil icon.

Each card has a set of small icons at the bottom right: a pencil, a trash can, a share icon, and a copy icon.

Delete a Journal

To delete a journal, click on the **Trash** icon.

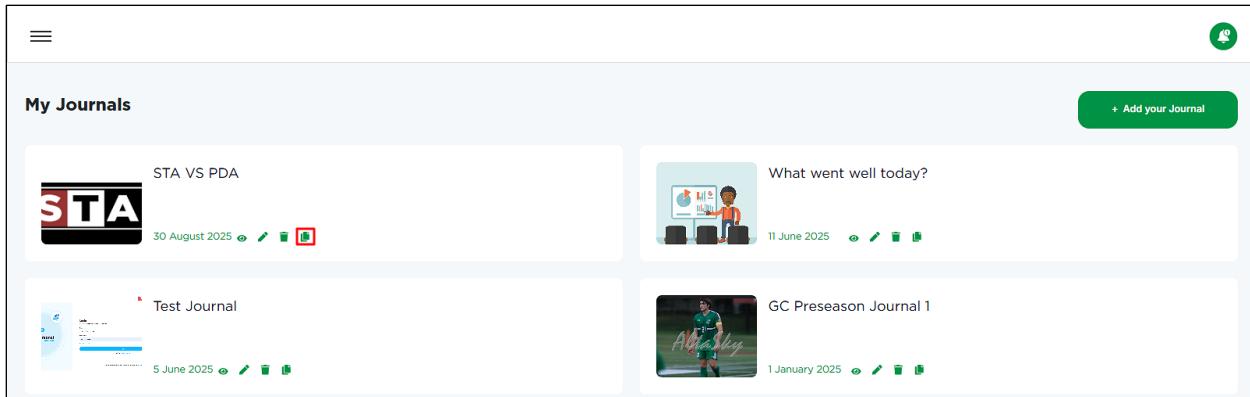
A screenshot of the "My Journals" section of the INSPIRE app, similar to the previous one but with different icon colors. The top navigation bar includes a menu icon, a user profile icon, and a green button labeled "+ Add your Journal". Below the header, the title "My Journals" is displayed. Four journal cards are listed:

- STA VS PDA** (30 August 2025) - Card shows a "STA" logo and a red trash can icon.
- What went well today?** (11 June 2025) - Card shows a person at a desk and a red trash can icon.
- Test Journal** (5 June 2025) - Card shows a document icon and a red trash can icon.
- GC Preseason Journal 1** (1 January 2025) - Card shows a person in a soccer uniform and a red trash can icon.

Each card has a set of small icons at the bottom right: a pencil, a trash can (red), a share icon, and a copy icon.

Share a Journal

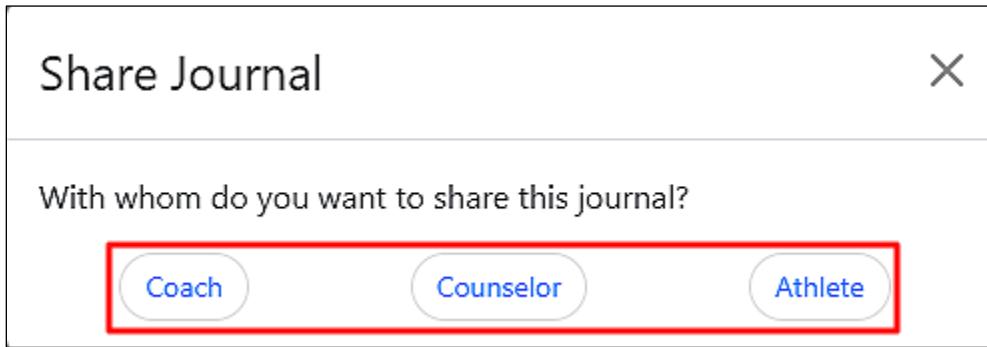
To share a journal with a coach, counselor, or athlete, click on the **Share** icon and select an option.



The screenshot shows the 'My Journals' section of the app. At the top, there's a header with a menu icon, a notification bell icon, and a green button labeled '+ Add your Journal'. Below the header, there are four journal cards:

- STA VS PDA** (30 August 2025): A black journal card with white text. It has a small 'STA' logo at the top left.
- What went well today?** (11 June 2025): A light blue journal card featuring a cartoon character sitting at a desk with a computer monitor.
- Test Journal** (5 June 2025): A white journal card with a small thumbnail image of a person.
- GC Preseason Journal 1** (1 January 2025): A white journal card with a small thumbnail image of a person in a green jersey.

Each journal card includes a set of icons for editing, deleting, and sharing.



The screenshot shows a modal window titled 'Share Journal' with a close button ('X') in the top right corner. Inside the modal, the text 'With whom do you want to share this journal?' is displayed. Below the text are three circular buttons with labels: 'Coach' (highlighted with a red border), 'Counselor', and 'Athlete'.

Sample Journal Prompts

The following are some prompts that might help you in writing effective journals and take some stress off your mind:

- What went well today?
- What challenged me the most?
- What's my short-term goal?
- What motivates me?
- What am I proud of?
- How did I respond to frustration?

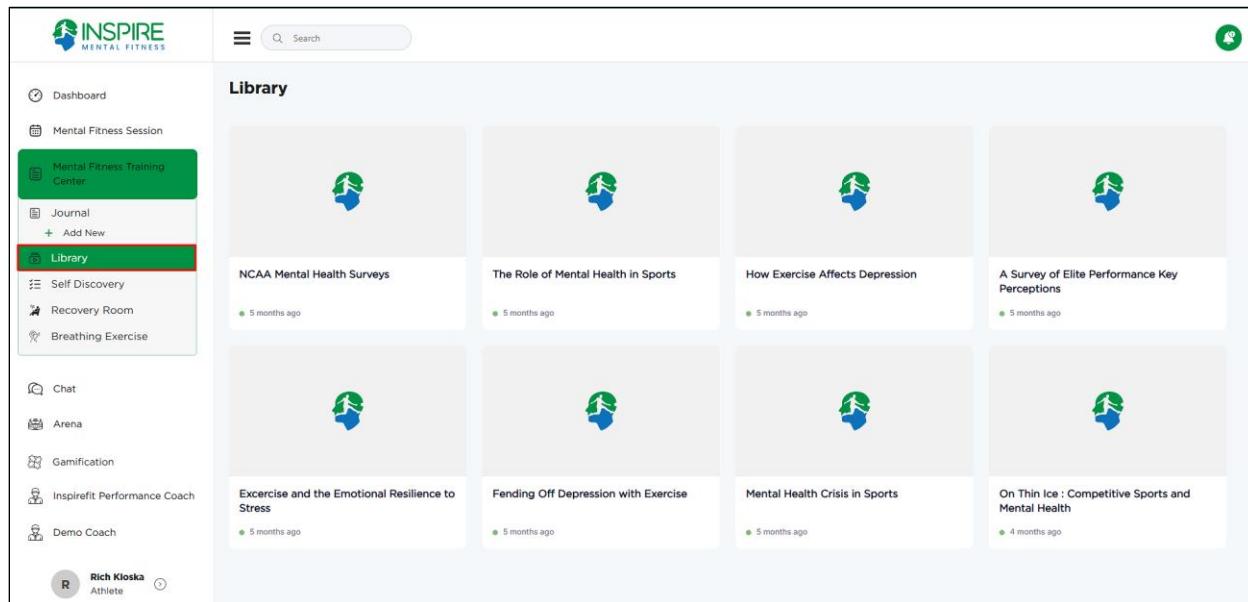
Recommended Layout

Try to follow the following layout while journaling, so it can help you stay motivated and focused on your short and long-term goals as an athlete:

- Date and Activity
- Quick Wins
- Challenge/Frustration
- Emotional Check-In
- Key Takeaway
- Tomorrow's Focus

The Inspire Learning Library

The Inspire Learning Library provides you access to expert articles, the latest research, and practical guides all in one place. You can utilize this library to enhance your understanding of mental health and sports performance at your own pace and on your own schedule. To access it, simply click on the **Library** option under the **Mental Fitness Training Center** tab.



The screenshot shows the Inspire Learning Library interface. On the left, there is a sidebar with various options: Dashboard, Mental Fitness Session, Mental Fitness Training Center (which is highlighted with a green box), Journal, Add New, Library (which is also highlighted with a green box), Self Discovery, Recovery Room, Breathing Exercise, Chat, Arena, Gamification, Inspirefit Performance Coach, Demo Coach, and a user profile for Rich Kloska, Athlete. The main area is titled "Library" and displays a grid of eight articles, each with a small profile icon and a timestamp of "5 months ago". The articles are: "NCAA Mental Health Surveys", "The Role of Mental Health in Sports", "How Exercise Affects Depression", "A Survey of Elite Performance Key Perceptions", "Exercise and the Emotional Resilience to Stress", "Fending Off Depression with Exercise", "Mental Health Crisis in Sports", and "On Thin Ice : Competitive Sports and Mental Health".

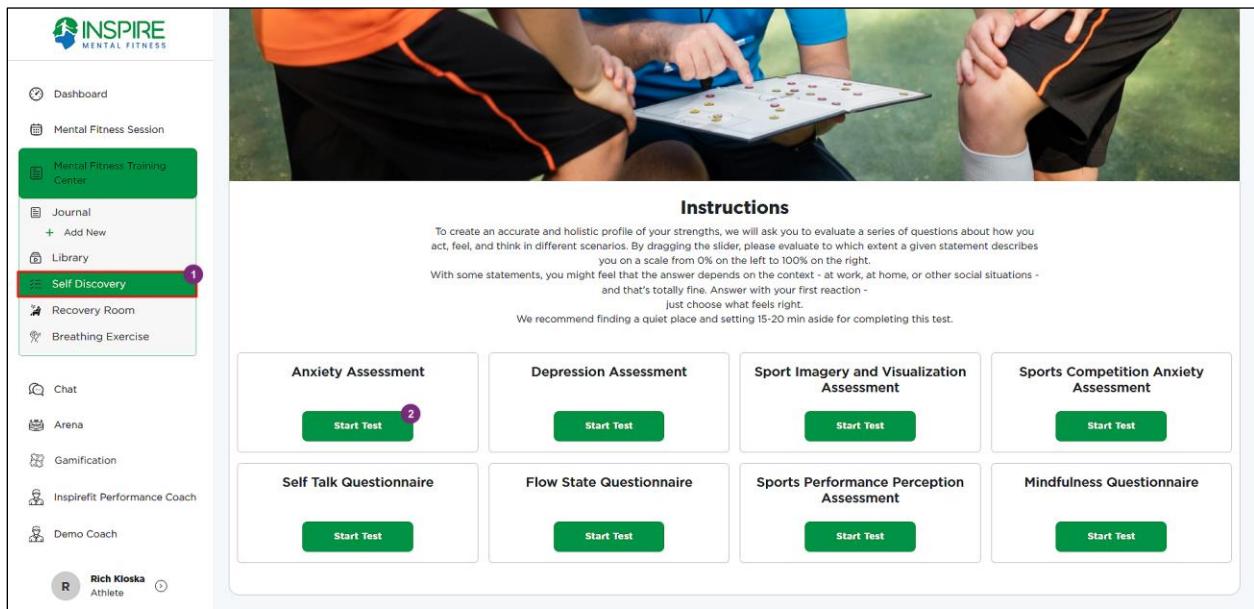
The Inspire Self-Assessment Experience

The Inspire Self-Assessment experience is designed to help you identify your strengths and weaknesses yourself. It consists of several quizzes and questionnaires with multiple questions to assess different aspects of your mental health. The answers you provide help Inspire build a personalized growth plan and guide to future development.

How to Take an Assessment?

Before starting an assessment, ensure that you are in a quiet place and have at least 15-20 minutes to complete it.

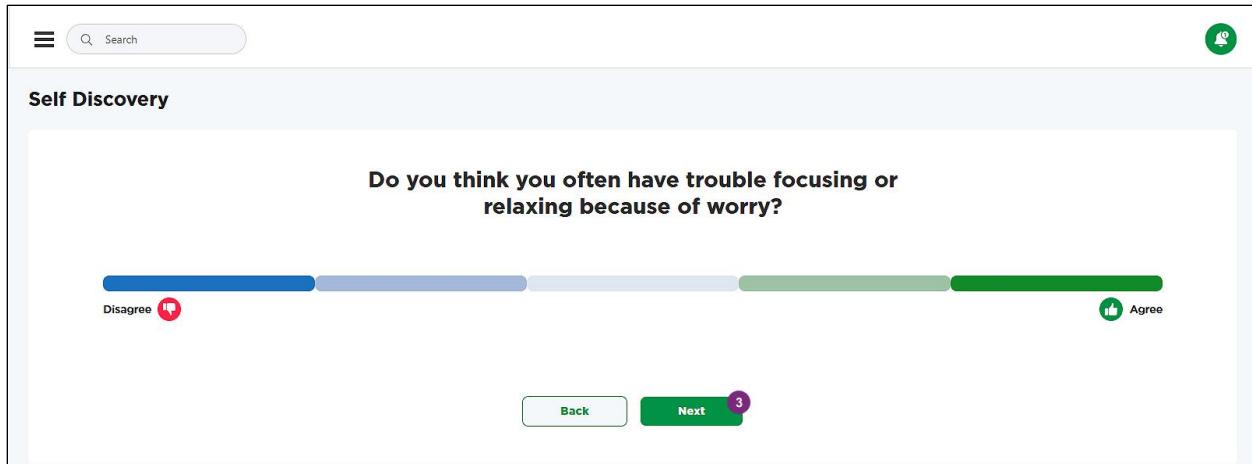
1. Click on the **Self Discovery** tab under the **Mental Fitness Training Center**.
2. Click on the **Start Test** button under **Anxiety Assessment**.



The screenshot shows the Inspire Mental Fitness mobile application interface. On the left, a vertical sidebar menu lists various features: Dashboard, Mental Fitness Session, **Mental Fitness Training Center** (selected), Journal (+ Add New), Library, **Self Discovery** (highlighted with a red box and a circled '1'), Recovery Room, Breathing Exercise, Chat, Arena, Gamification, Inspirefit Performance Coach, Demo Coach, and a user profile for Rich Kloska, Athlete. The main content area displays a photograph of two people sitting outdoors, one holding a clipboard with small items. Below the photo is a section titled **Instructions** with text about evaluating statements on a scale from 0% to 100%. It also includes a note about context and a recommendation to find a quiet place. A grid of eight assessment options is shown in boxes with 'Start Test' buttons:

Anxiety Assessment	Depression Assessment	Sport Imagery and Visualization Assessment	Sports Competition Anxiety Assessment
Start Test (circled '2')	Start Test	Start Test	Start Test
Self Talk Questionnaire	Flow State Questionnaire	Sports Performance Perception Assessment	Mindfulness Questionnaire
Start Test	Start Test	Start Test	Start Test

3. Answer the questions honestly and move to the next assessment.

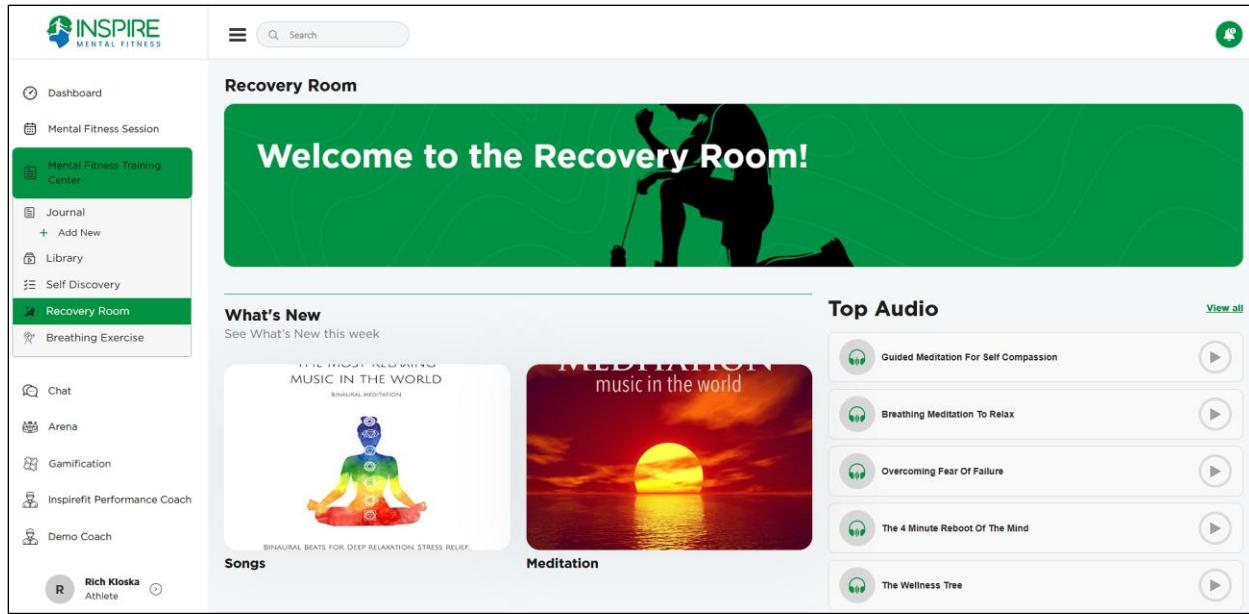


To create an accurate and holistic profile of your strengths, attempt all the assessments. We recommend that after a team presentation on any assessment-related topic, the athlete visit the self-assessment area and takes the assessment.

The Inspire Recovery Room

If you feel anxious before a performance or want to relax after delivering a superb performance, the Inspire Recovery Room is what you need. The resources in this tab help you reset your mindset before or after the competition. It includes:

- Guided Meditations & Visualizations
- Motivational or Relaxation Music
- Breathwork Exercises



The screenshot shows the 'Recovery Room' section of the platform. On the left, there's a sidebar with various navigation options: Dashboard, Mental Fitness Session, Mental Fitness Training Center (which is highlighted in green), Journal, Library, Self Discovery, Recovery Room (highlighted in green), and Breathing Exercise. Below these are Chat, Arena, Gamification, Inspirefit Performance Coach, Demo Coach, and a user profile for Rich Kloska, Athlete. The main content area has a green header with the text 'Welcome to the Recovery Room!' and a silhouette of a person stretching. Below this, there's a 'What's New' section with a 'Songs' thumbnail (featuring a colorful meditating figure) and a 'Meditation' thumbnail (featuring a sunset over water). To the right, there's a 'Top Audio' section with five items: 'Guided Meditation For Self Compassion', 'Breathing Meditation To Relax', 'Overcoming Fear Of Failure', 'The 4 Minute Reboot Of The Mind', and 'The Wellness Tree'. Each item has a play button icon.

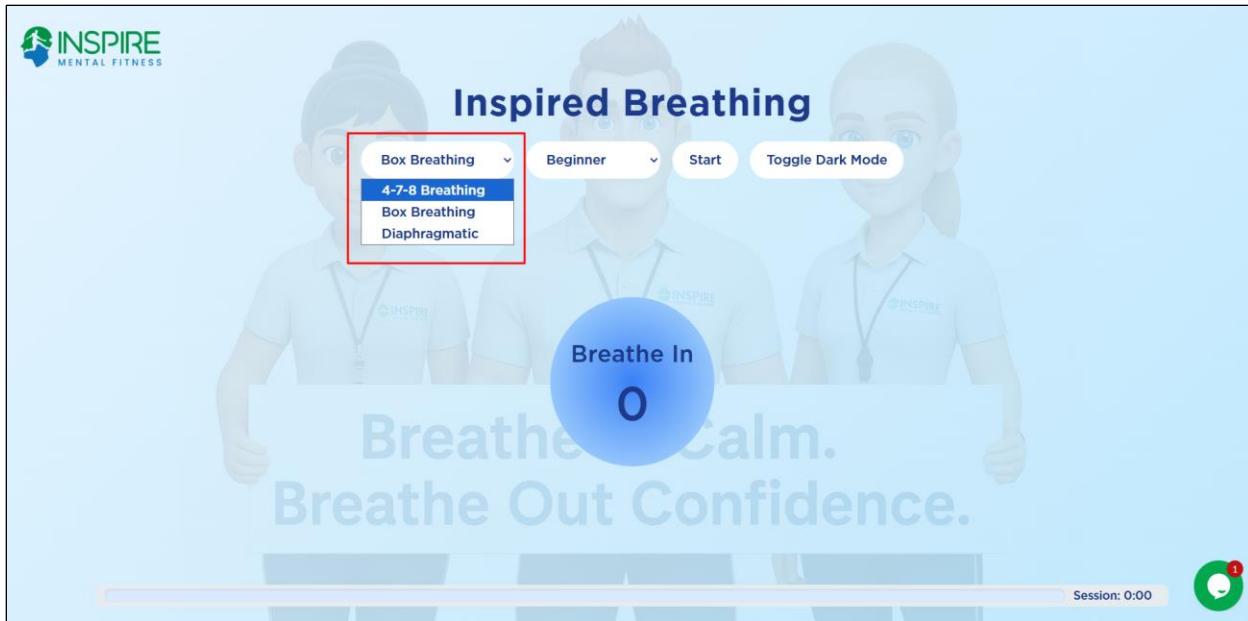
The Recovery Room helps you improve focus, reduce stress, and support emotional balance.

The Inspired Breathing

The **Inspired Breathing** tab helps you rediscover the natural rhythm and power of your breath. Whether you're beginning your journey toward mental clarity or deepening an existing practice, these breathing exercises are designed to help you reduce stress and restore balance.

Inspired Breathing Modes

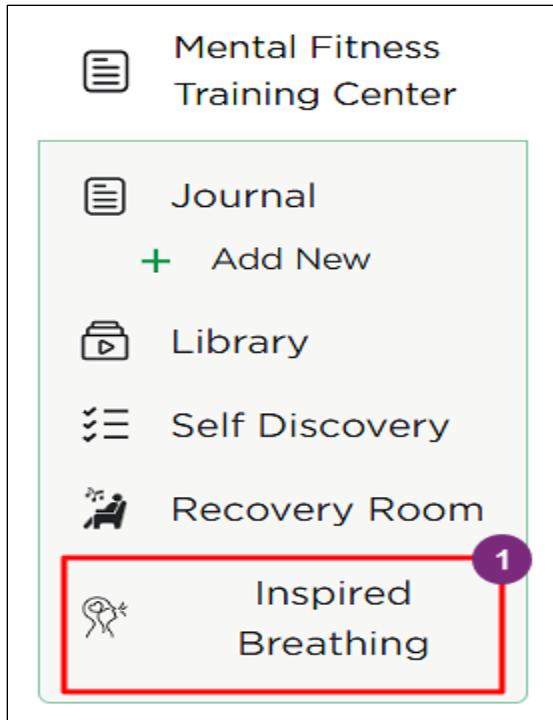
Under Inspired Breathing, you have 3 modes to choose from:



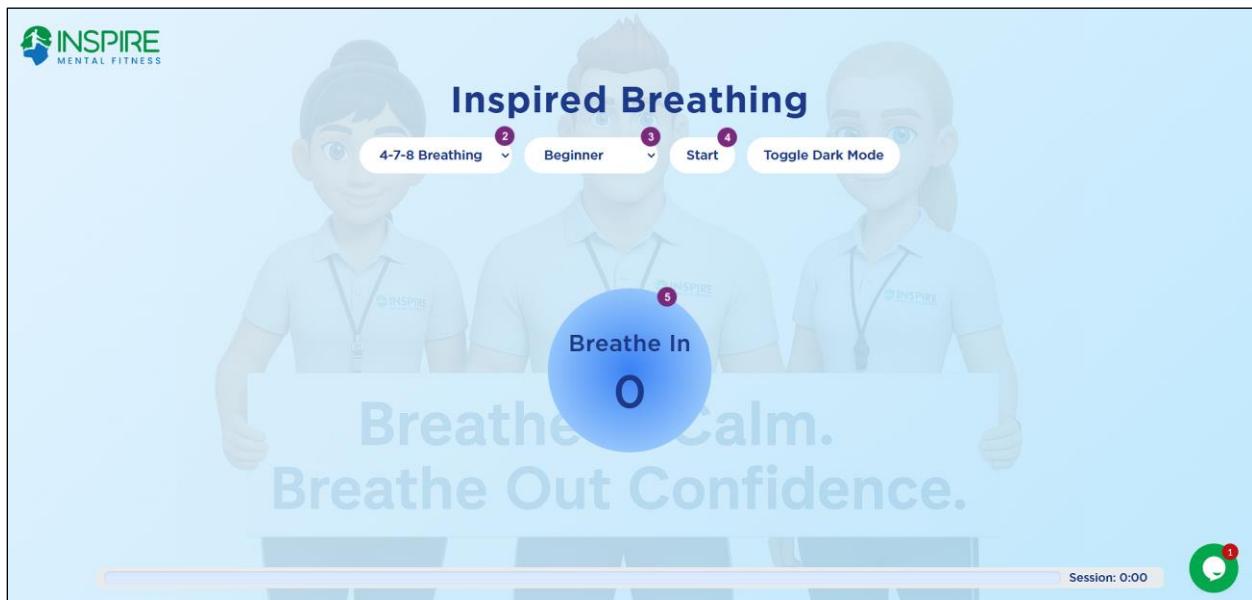
- **4-7-8 Breathing:** A simple yet powerful breathing exercise used for relaxation, stress relief, and good sleep. In this mode, you inhale with your nose for 4 seconds, hold your breath for 7 seconds, and exhale from your mouth for 8 seconds.
- **Box Breathing:** This technique helps to calm your mind and body. In this mode, you inhale, hold, and exhale for the same amount of time.
- **Diaphragmatic:** In this technique, your diaphragm does most of the work while breathing. It is widely known as **Belly Breathing**.

How to Start Breathing Exercises?

1. Click on the **Inspired Breathing** tab under **Mental Fitness Training Center**.

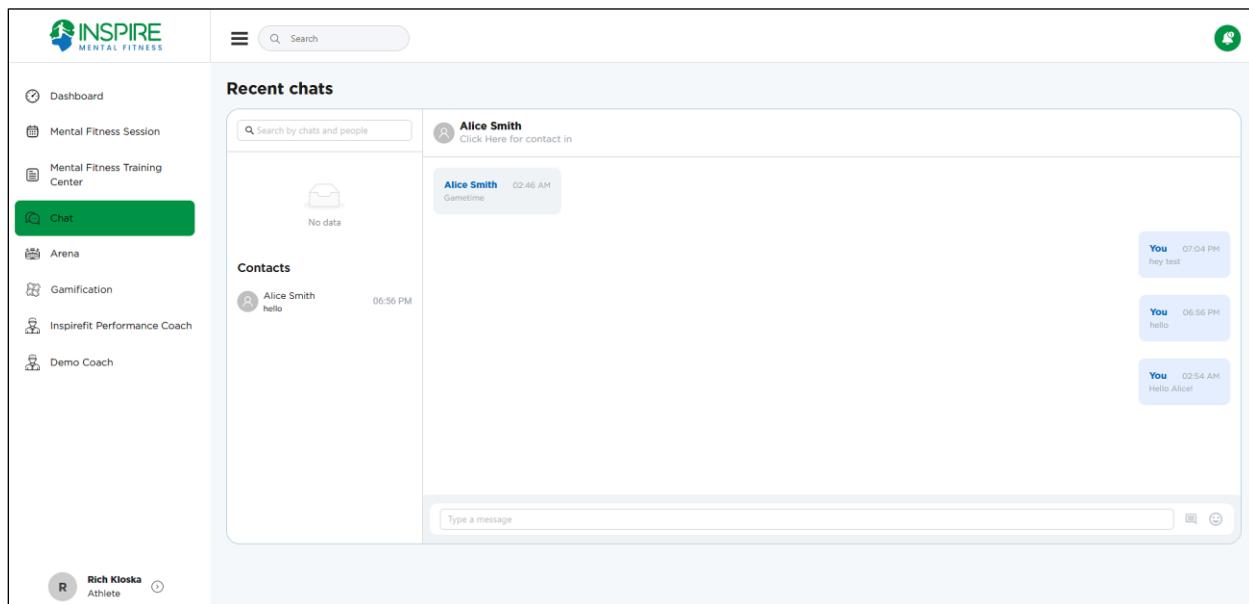


2. Select a mode.
3. Select your level.
4. Click on the **Start** button.
5. Now follow the on-screen instructions unless your session completes.



The Inspire Chat

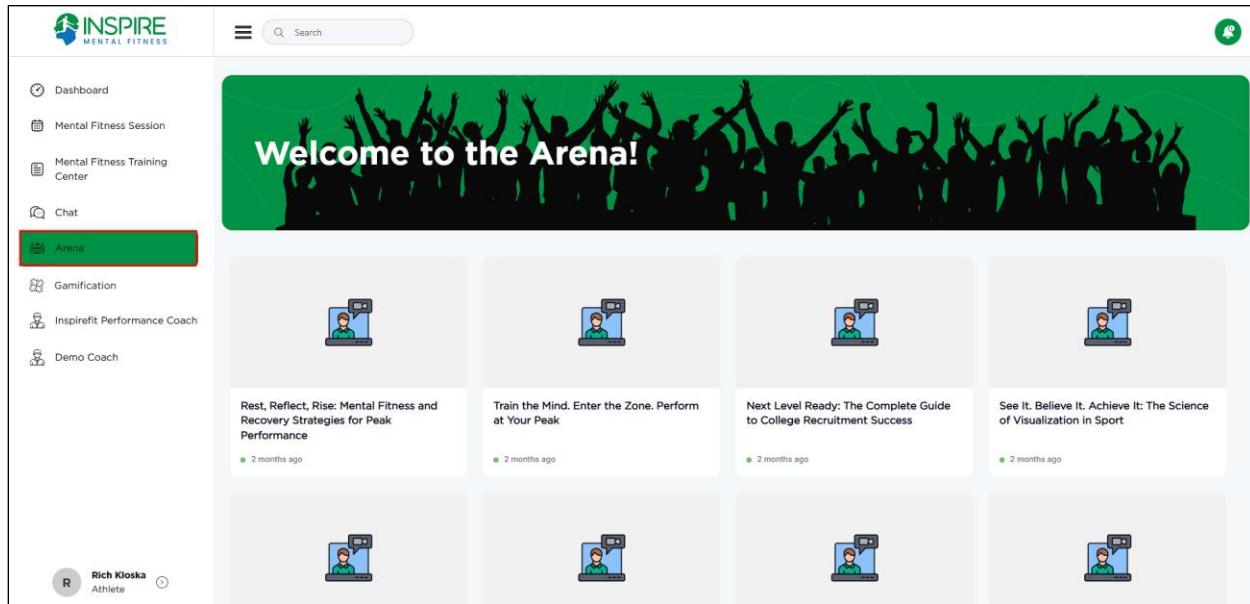
The **Chat** feature on the Inspire Mental Fitness platform is designed for teams, enabling you to collaborate with your team members and coaches. You can send text messages and emoticons to your teammates via the **Chat** tab. Simply select a person, type your message in the message box, and hit **Enter** to send the message.



The screenshot shows the Inspire Mental Fitness platform's interface. On the left is a sidebar with icons for Dashboard, Mental Fitness Session, Mental Fitness Training Center, Chat (which is highlighted in green), Arena, Gamification, Inspirefit Performance Coach, and Demo Coach. Below the sidebar is a user profile for Rich Kloska, Athlete. The main area is titled "Recent chats" and features a search bar. It shows a contact list with Alice Smith and a message history between the user and Alice Smith. The message history includes three messages from the user: "hey test" at 07:04 PM, "me too" at 06:56 PM, and "Hello Alice!" at 02:54 AM. There is also a message from Alice Smith at 02:46 AM that says "Game time". A "Type a message" input field is at the bottom of the chat window.

The Inspire Arena

The Inspire Arena is your interactive hub for live and recorded events. You can sign up for an event conducted by a trained professional to help you improve your mental fitness and enhance your focus.



It includes:

I. Live Workshops and Masterclasses

The live workshops and masterclasses help you:

- Gain Confidence
- Build Resilience
- Enhance Focus
- Improve Stress Management
- Recover from Failures or Bad Performances



II. Guest Presentations

In guest presentations, the expert and professional athletes share their real-world experiences.

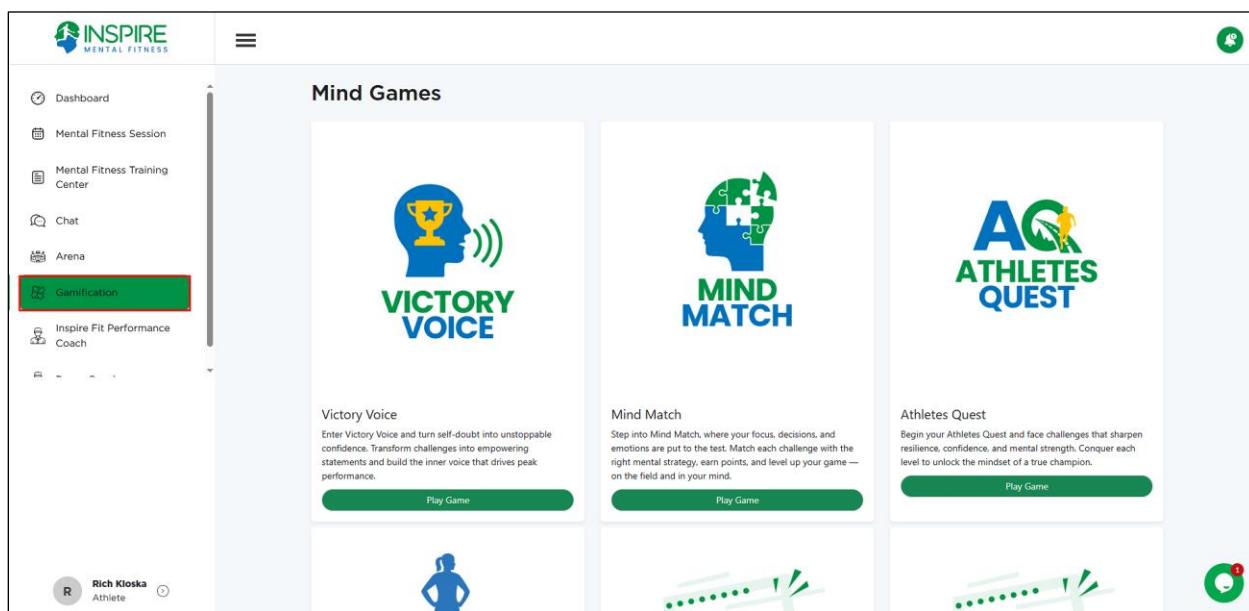
III. Team Sessions

Team sessions are designed to enhance team cohesion with InspireFit coach-led workshops.

These events are held on Zoom. If you miss an event, you can watch its recording available in Arena.

Inspire SEL Gamification

Inspire SEL Gamification is designed to help you improve your mental health in a more engaging and interactive way. Therefore, we have designed mind games that not only help you improve your focus and strengthen your mind but also help you spend your time doing something productive and beneficial.



The screenshot shows the Inspire Mental Fitness platform's interface. On the left, there's a vertical sidebar with icons for Dashboard, Mental Fitness Session, Mental Fitness Training Center, Chat, Arena, and Gamification (which is highlighted with a green background). Below that is the Inspire Fit Performance Coach. At the bottom of the sidebar is a user profile for Rich Kloska, Athlete. The main area is titled "Mind Games" and features three game cards: "Victory Voice" (blue silhouette of a head with a trophy inside), "Mind Match" (blue silhouette of a head with puzzle pieces), and "Athletes Quest" (blue silhouette of a person running). Each card has a "Play Game" button at the bottom. The "Athletes Quest" card also shows a progress bar with three segments and a green circular icon with a '1' in it.

Why Inspire Gamification Works

Traditional mental performance programs often rely on lectures or one-time sessions that athletes quickly forget. Our approach uses gamification to make mental fitness something athletes want to engage with, over and over.

Here's why it works:

- **Game-Based Engagement** – Athletes feel like they're playing, not sitting through another class.
- **Instant Feedback** – Decisions have immediate in-game results, reinforcing learning.

- **Repetition Built In** – Skills are strengthened through consistent, structured play.
- **Motivation & Reward** – Levels, badges, and storylines create excitement and drive.
- **Emotional Safety** – Athletes explore real challenges in a safe, relatable environment.

This approach turns mental performance training into a living, breathing skill set that sticks for life.

The Core Games

Inspire is built around three immersive games, each focused on a specific area of mental fitness.

Athletes **must complete one game before advancing to the next**, allowing for deep skill development and true mastery at each stage.

Each game takes **significant time and repetition** to complete, ensuring athletes truly absorb and integrate the skills they're learning before moving forward.

1. Victory Voice

Mastering the Power of Self-Talk

In high-pressure moments, an athlete's inner voice can either lift them up or tear them down. Victory Voice trains players to recognize negative self-talk and replace it with strong, positive, and focused language.

Gameplay Example:

- Athletes are presented with in-game scenarios, like missing a big shot or hearing criticism.
- Two speech bubbles appear: one negative, one positive.
- Choosing the positive option powers up the athlete's "voice meter."

Time to Complete:

Victory Voice takes approximately **6–7 weeks** to fully complete. This timeframe allows athletes to practice and repeat each skill until it becomes automatic. Once completed, they unlock the next game: **Mind Match**.

Goal: Build a habit of choosing empowering thoughts, even under intense pressure.

2. Mind Match

Staying Calm & Composed in Chaos

Sports are unpredictable — a bad call, a teammate meltdown, or a last-second shot can shift everything.

Mind Match helps athletes **reset quickly and stay composed**, no matter how chaotic the situation.

Gameplay Example:

- A chaos prompt appears — like a ref's bad call or a loud, hostile crowd.
- The athlete must select the right Calm Reset combo (breath, movement, statement) before the timer runs out.
- Each correct answer resets and restores clarity to the game world.

Time to Complete:

Mind Match takes approximately **6–7 weeks** to complete.

This extended period of repetition ensures that athletes build **automatic reset skills** they can rely on in real competition.

Once completed, players advance to the final stage: **Athlete's Quest**.

Goal: Develop quick, repeatable reset tools that athletes can use instantly in games and high-pressure moments.

3. Athlete's Quest

Developing Leadership & Emotional Skills

Athlete's Quest is a **long-term adventure game** focused on personal growth, leadership, and social-emotional intelligence.

It gives athletes the tools to become not just better players, but better teammates and leaders.

Gameplay Example:

- Weekly missions explore gratitude, empathy, and conflict resolution.
- Role-play quests challenge athletes to solve real-world team situations.
- Progress is tracked through XP, badges, and milestone achievements.

Time to Complete:

Athlete's Quest takes up to **8 weeks** to complete.

This longer timeframe provides athletes with **ample opportunities to build and apply leadership and social-emotional skills**, while reinforcing everything learned in the previous games.

Goal: Shape athletes into well-rounded individuals who thrive on and off the field.

Why This Structure Works?

Each stage of Inspire's system is intentionally paced to create lasting change:

- 1. Victory Voice (Weeks 1-7):** Build self-talk habits and confidence through structured, repeated practice.
- 2. Mind Match (Weeks 8-14):** Strengthen focus and emotional control by mastering calm-reset techniques.
- 3. Athlete's Quest (Weeks 15-22):** Develop leadership, empathy, and team-building skills to complete the mental fitness journey.

By requiring significant time in each phase, athletes don't just rush through skills — they master them.

This step-by-step progression creates a lasting transformation that carries into every practice, game, and life challenge.

InspireFit AI Performance Coaching

Besides the trained and professional human coaches, Inspire also provides you with AI-driven performance coaching that utilizes artificial intelligence to assess your current mental health stage using an ASCI discovery test and generate a personalized plan to help you improve it. You can also ask questions to these AI coaches and get trained at any time. Moreover, the Inspire Fit Performance Coaches can generate responses in text-to-speech or speech-to-speech format.

How InspireFit AI Coaching Works?

- Take the ASCI Discovery Test at www.inspirementalfitness.com.
- The AI generates a report that you receive via email.
- Now, choose an AI coach.
- Start your personalized plan.

The monthly updates are provided to you to ensure progress alignment.

Meet Your Coaches

Under the InspireFit Performance Coaching, you have the following coaches to choose from:

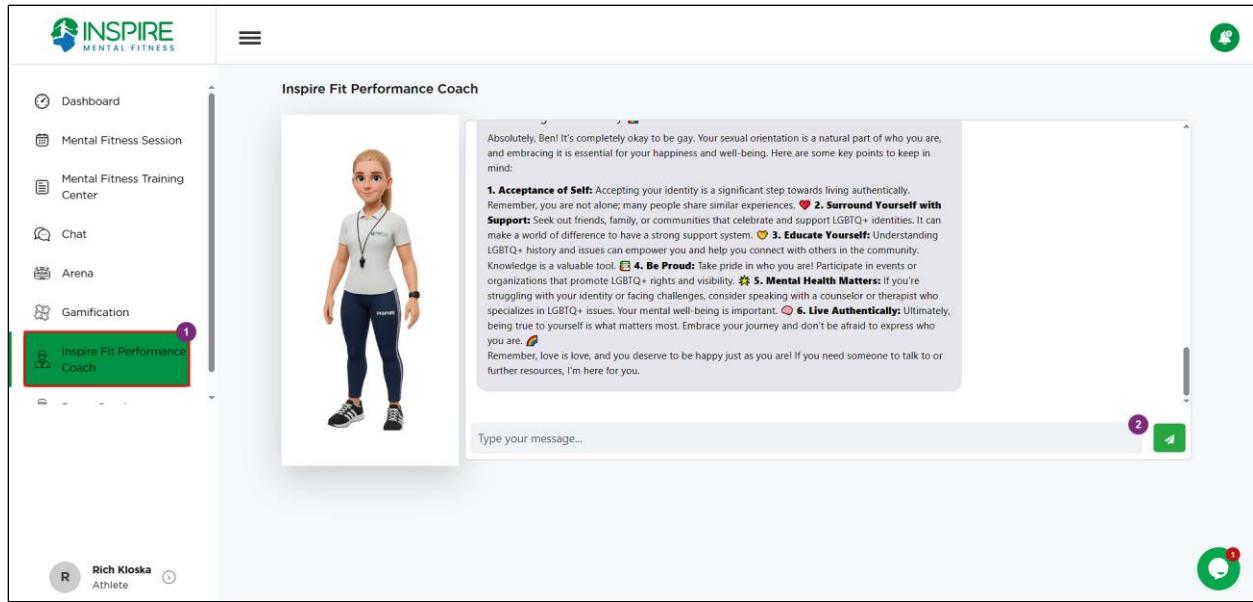


- ❖ **Kevin & Zoey**- High energy, motivational
- ❖ **Zach & Maya**- Compassionate, calm
- ❖ **Will & Maggie**- Disciplined, tough
- ❖ **Ricardo & Katie** - Analytical, strategic

Remember that each coach has their strengths and a unique personality.

How to Access Your InspireFit Performance Coach?

1. Click on the **InspireFit Performance Coach** tab.
2. Type your message or prompt and press **Enter** to begin interacting with your coach.



Absolutely, Ben! It's completely okay to be gay. Your sexual orientation is a natural part of who you are, and embracing it is essential for your happiness and well-being. Here are some key points to keep in mind:

- 1. Acceptance of Self:** Accepting your identity is a significant step towards living authentically. Remember, you are not alone; many people share similar experiences.
- 2. Surround Yourself with Support:** Seek out friends, family, or communities that celebrate and support LGBTQ+ identities. It can make a world of difference to have a strong support system.
- 3. Educate Yourself:** Understanding LGBTQ+ history and issues can empower you and help you connect with others in the community. Knowledge is a valuable tool.
- 4. Be Proud:** Take pride in who you are! Participate in events or organizations that promote LGBTQ+ rights and visibility.
- 5. Mental Health Matters:** If you're struggling with your identity or facing challenges, consider speaking with a counselor or therapist who specializes in LGBTQ+ issues. Your mental well-being is important.
- 6. Live Authentically:** Ultimately, being true to yourself is what matters most. Embrace your journey and don't be afraid to express who you are.

Remember, love is love, and you deserve to be happy just as you are! If you need someone to talk to or further resources, I'm here for you.

When interacting with the AI coach, ensure you are specific, provide context, and reflect on past advice.

Sample Prompts

You can use prompts like:

- How can I calm my nerves before games?
- What's a good way to bounce back from mistakes?
- What could I do to improve my mindset?
- Can you provide details on goal setting?
- I need more detail on
- How do I improve my:
 - Focus
 - Mindset
 - Confidence
 - Resilience

Help and Support

Thank you for using the Inspire Mental Fitness platform. Your journey to mental strength starts here. If you encounter any difficulties using the platform, please don't hesitate to [contact us](#).