

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!

Table of Contents

Getting Started with Inspire Mental Fitness	4
Register a New Account	4
Register as an Athlete	4
Register as a Coach	7
Log Into Inspire Mental Fitness	10
Dashboard Overview	12
Mental Fitness Sessions	14
How to Schedule a Mental Fitness Counseling Session?	14
Mental Fitness Training Center	17
Journals	17
Inspire Player Journal Benefits	17
Coach-Player Shared Journal Benefits.....	18
How to Create a Journal?	18
Access Your Journals	19
Sample Journal Prompts	21
Recommended Layout.....	22
The Inspire Learning Library	22
The Inspire Self-Assessment Experience	23
How to Take an Assessment?.....	23

The Inspire Recovery Room.....	24
The Inspired Breathing	25
Inspired Breathing Modes.....	25
How to Start Breathing Exercises?	26
The Inspire Chat	28
The Inspire Arena	29
I. Live Workshops and Masterclasses	29
II. Guest Presentations	30
III. Team Sessions	30
Inspire SEL Gamification	31
Why Inspire Gamification Work?	31
The Core Games	32
Why This Structure Works?	34
InspireFit AI Performance Coaching	35
How InspireFit AI Coaching Works?	35
Meet Your Coaches.....	36
How to Access Your InspireFit Performance Coach?	36
Help and Support	38

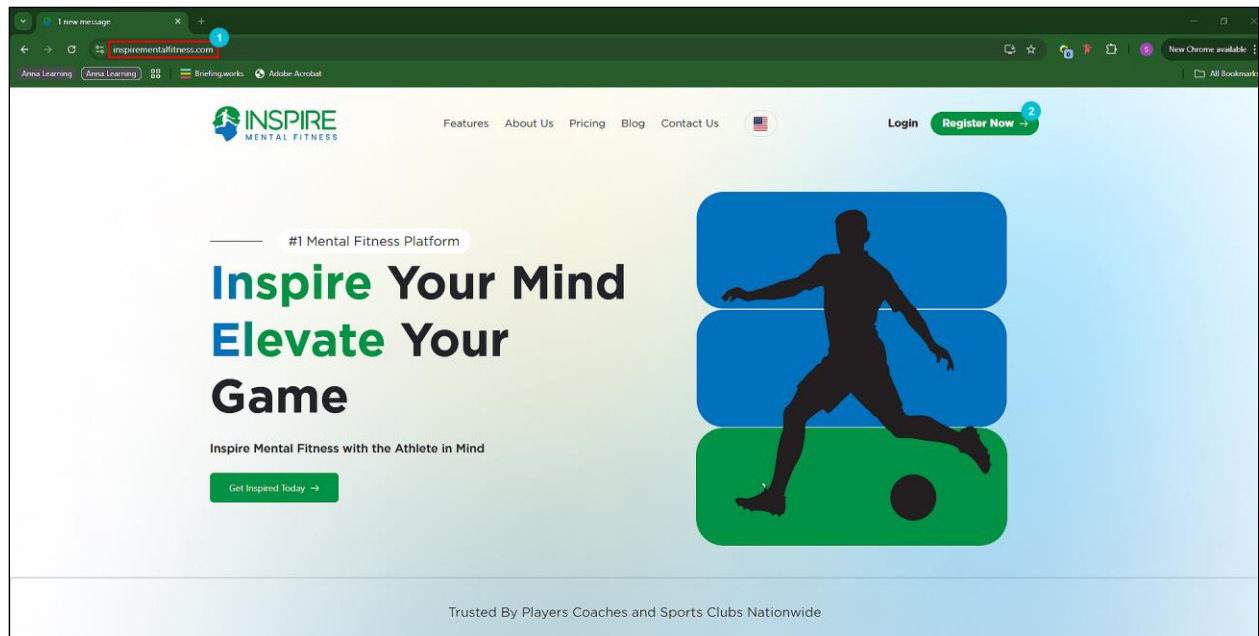
Getting Started with Inspire Mental Fitness

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.

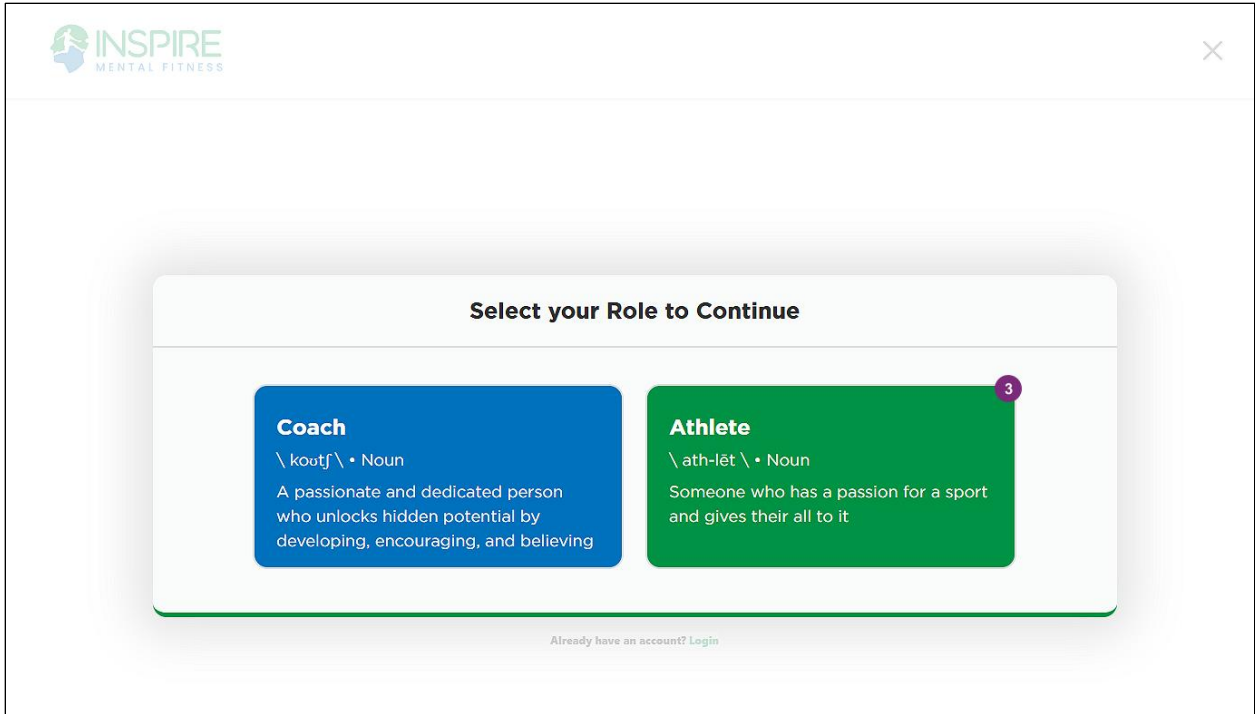
Register a New Account

Register as an Athlete

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



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



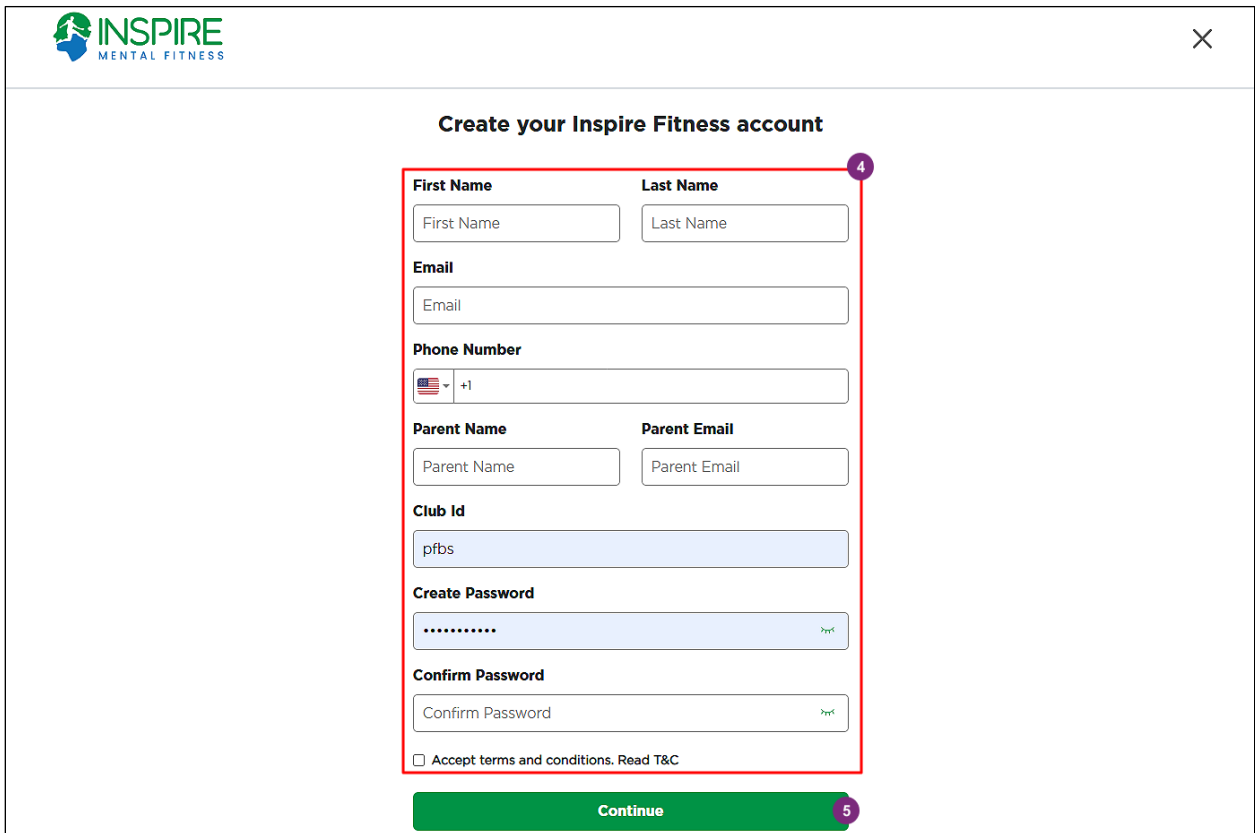
Select your Role to Continue

Coach
\ koutf \ • 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](#)

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



Create your Inspire Fitness account

First Name

Last Name

Email

Phone Number

Parent Name

Parent Email

Club Id

Create Password

Confirm Password

☐ Accept terms and conditions. [Read T&C](#)

Continue

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?](#)

Continue6

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

Choose a Subscription

×

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

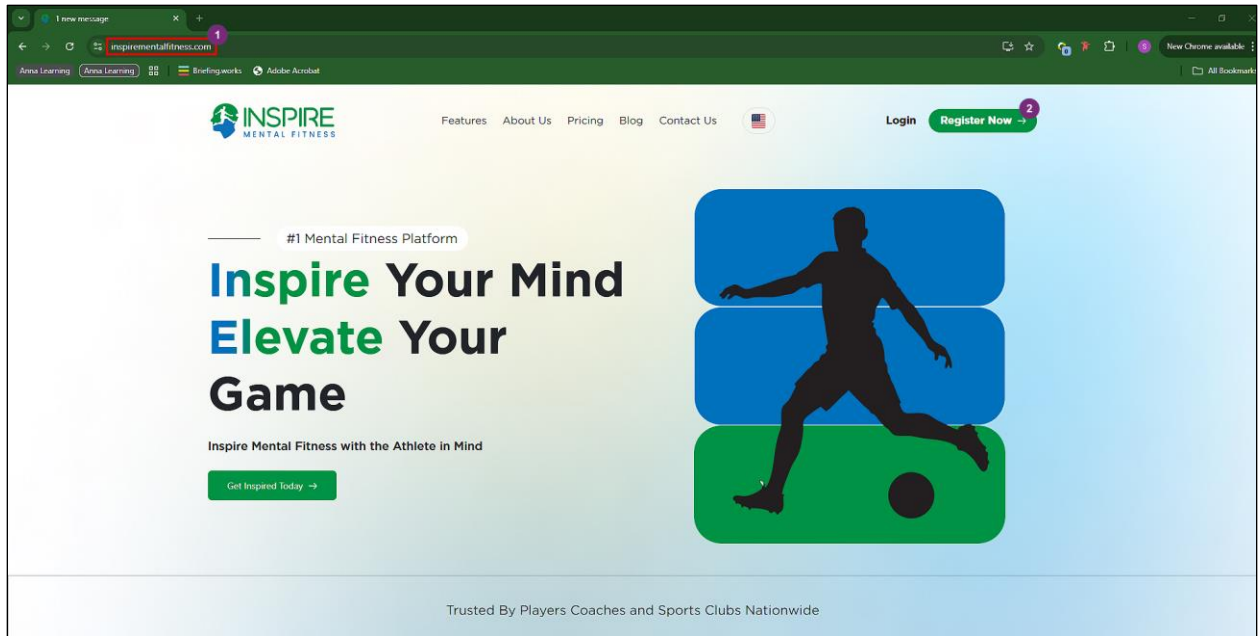
\$120.00 Annually

Get Inspired →

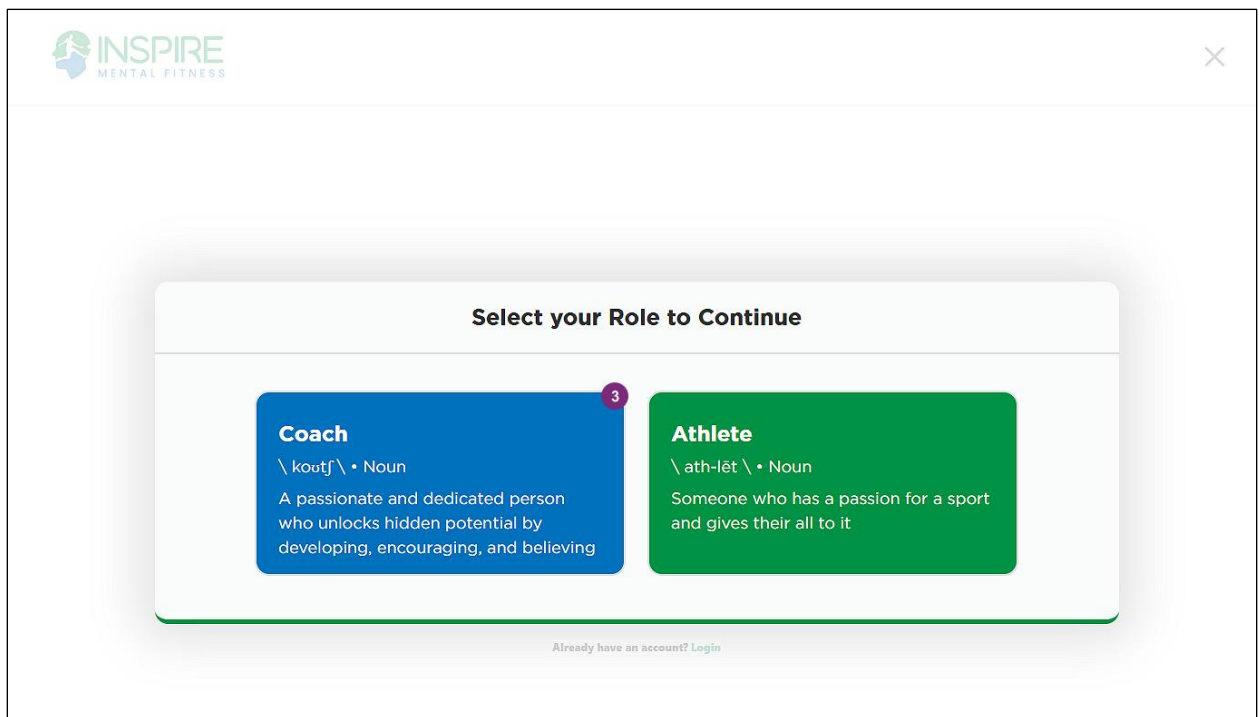
- ✓ All Access to Mental Fitness Fieldhouse
- ✓ Mental Performance Training Center
- ✓ Mental Wellness Library
- ✓ Athletes Journal
- ✓ The Arena for Guest Speakers and Special Presentations
- ✓ One on One Mental Fitness Performance Counseling
- ✓ Special Designed Mental Fitness Programs for the Athlete

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

First Name


Last Name

Last Name


Email

Email


Phone Number

 +

Create 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?](#)

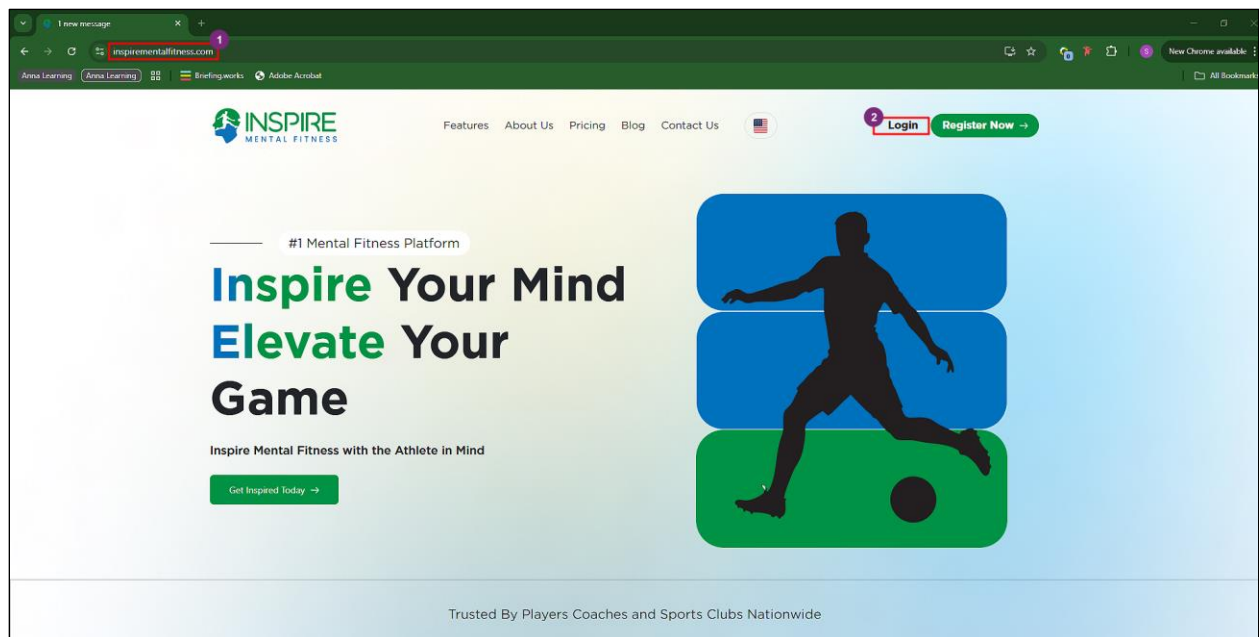
Continue 5

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 3

Password 4
 

☐ **Remember me** [Forgot Password?](#)

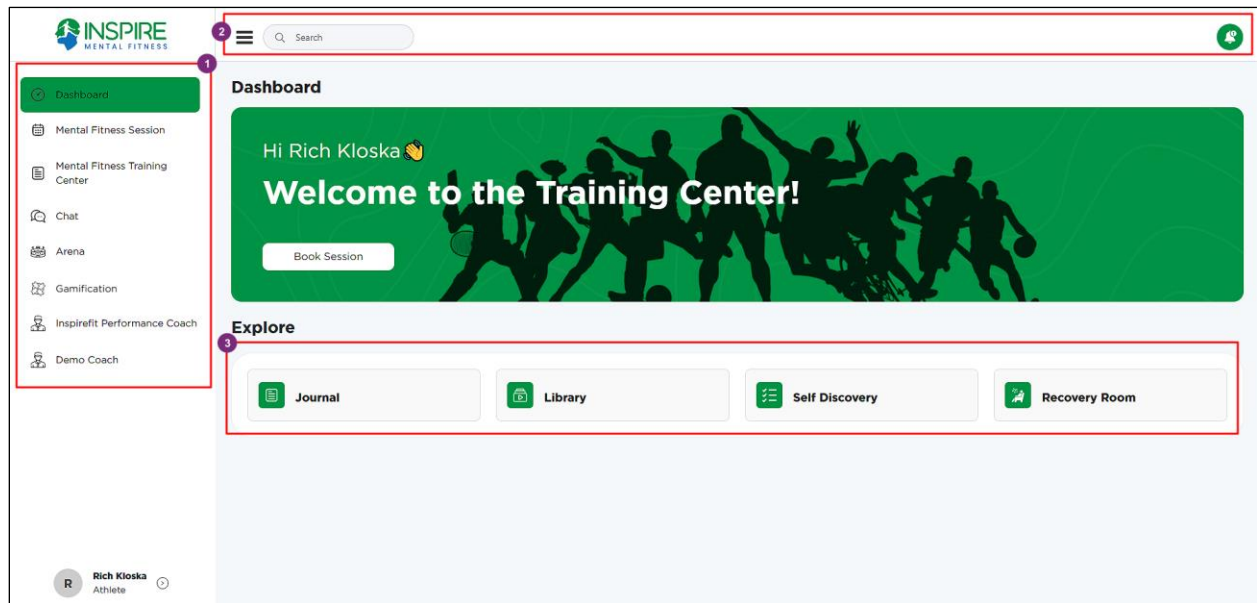
Continue 5

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:

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.

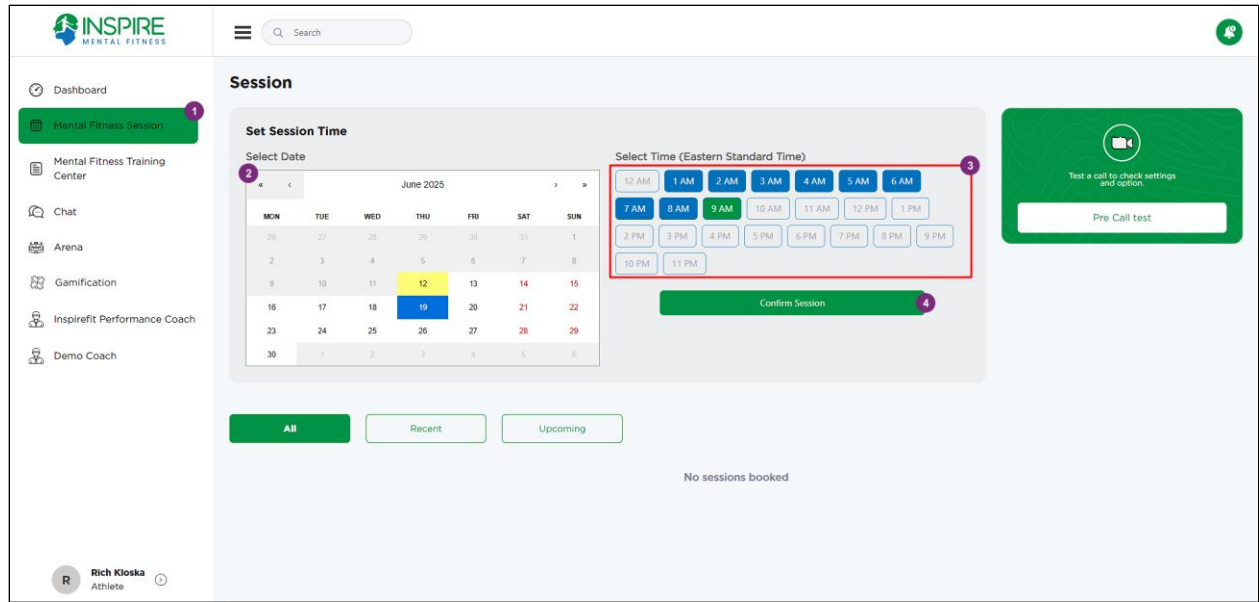
Mental Fitness Sessions

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:

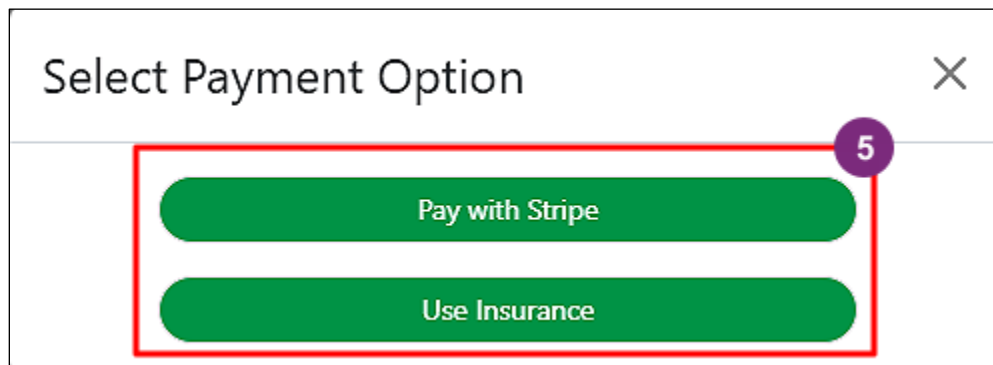
- Anxiety
- Depression
- Motivation Issues
- Performance Stress
- Confidence Building
- Focus and Concentration Challenges
- Emotional Regulation
- Life-Balance and Well-Being

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**.



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)



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.

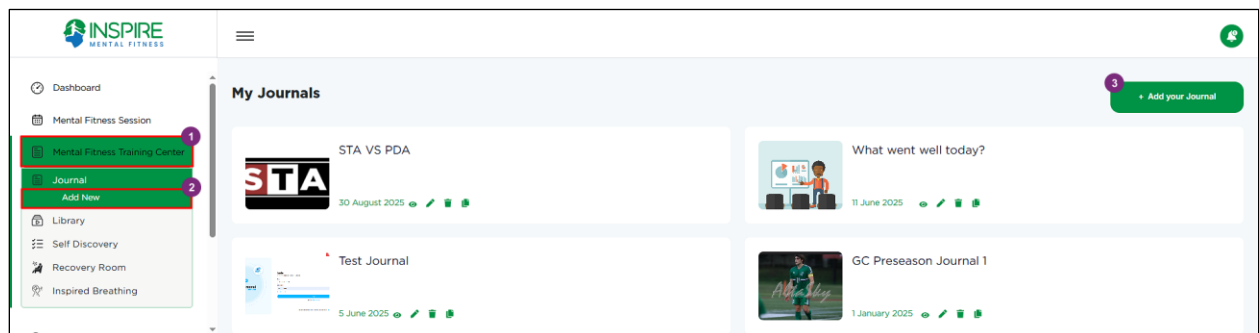
Coach-Player Shared Journal Benefits

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**.

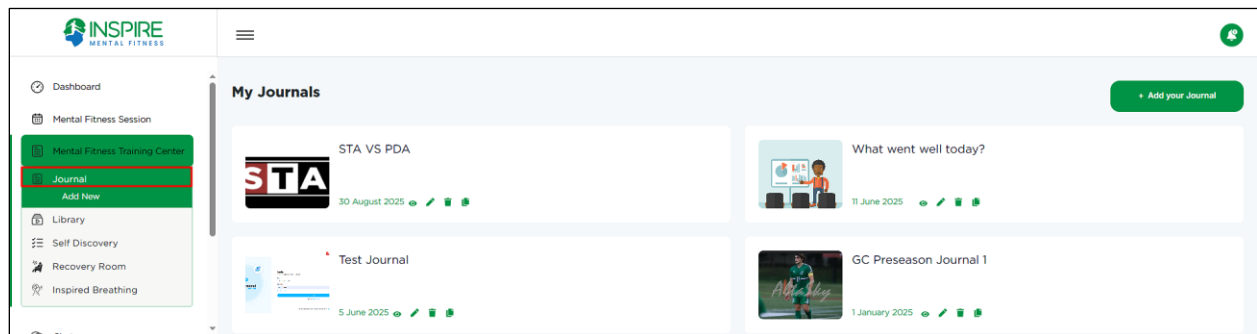


4. Upload an image related to the blog.
5. Enter the blog title.
6. Type whatever you want under the description box.
7. Click on **Add Journal**.



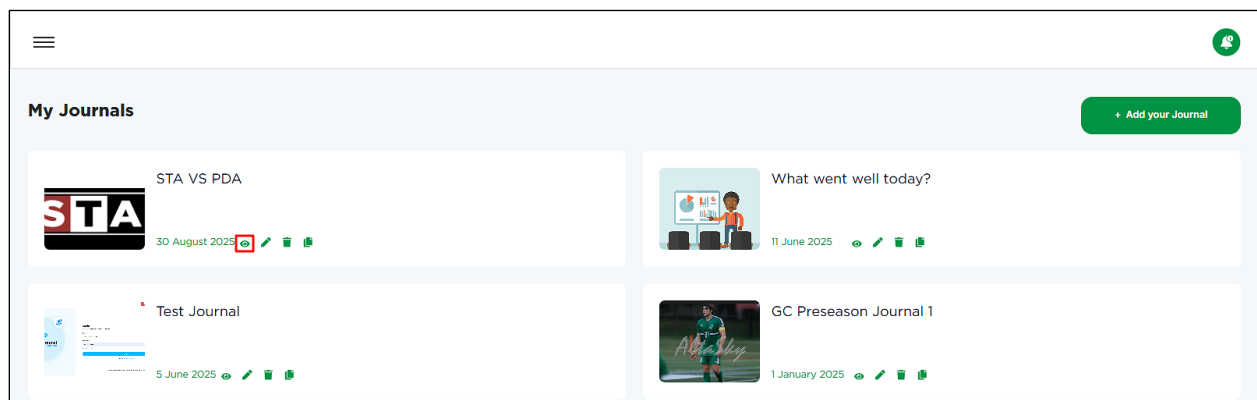
Access Your Journals

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



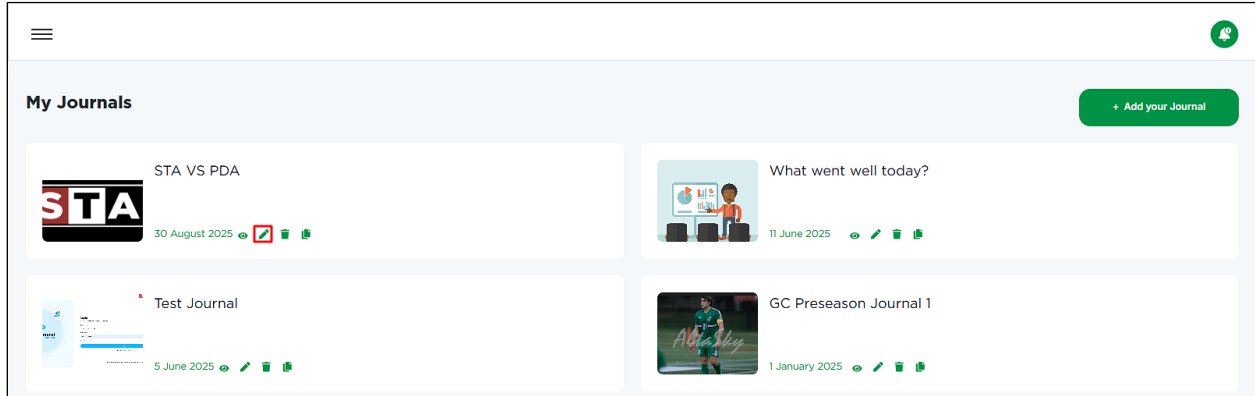
View Journal

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



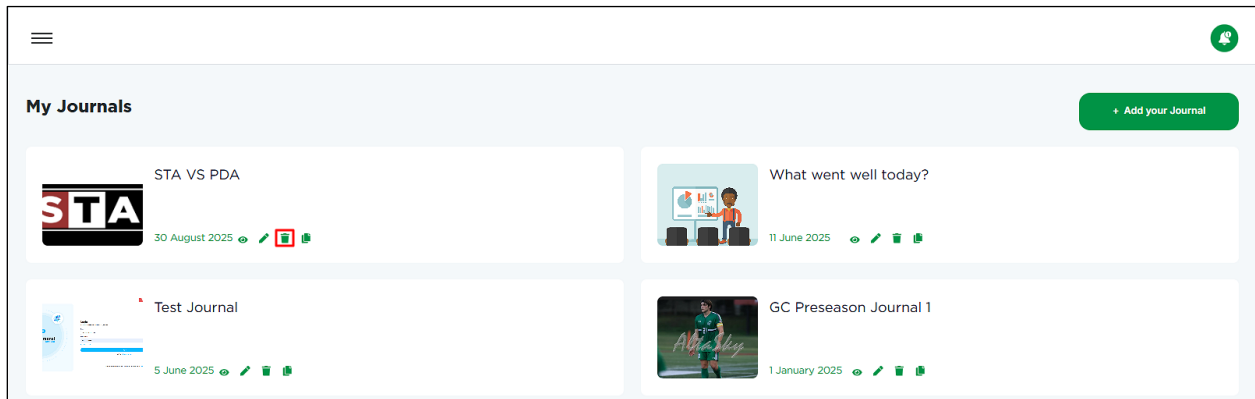
Edit a Journal

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



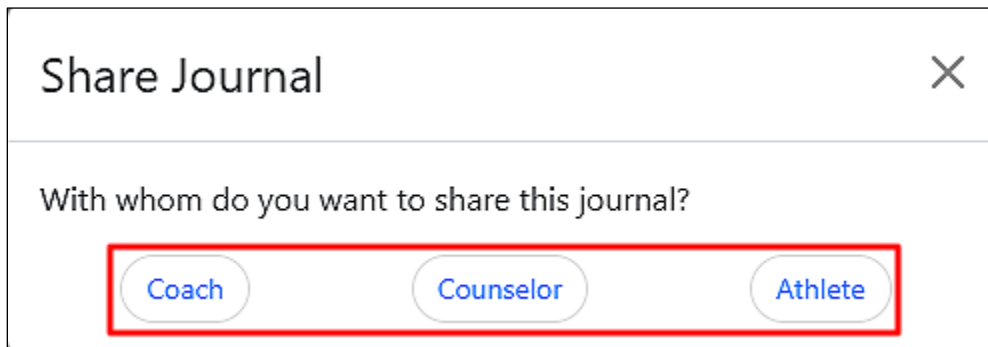
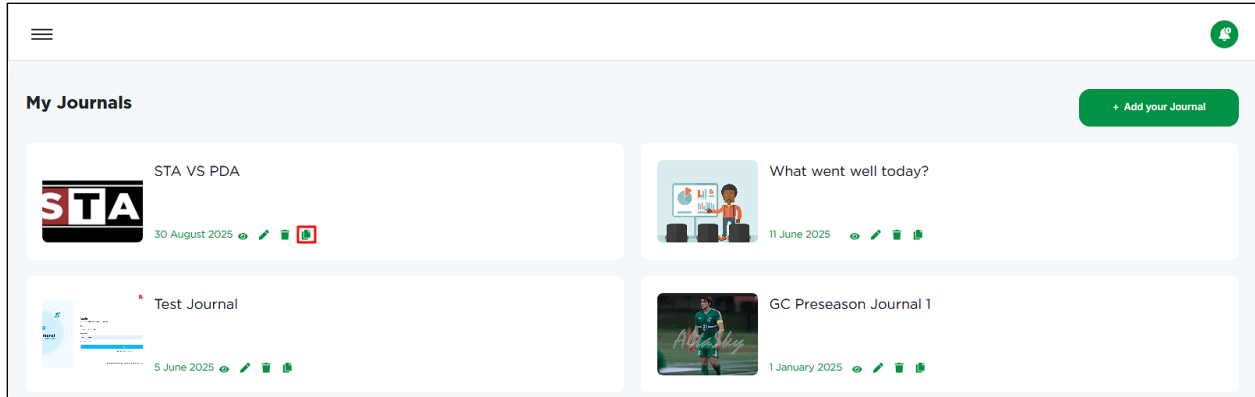
Delete a Journal

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



Share a Journal

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



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?

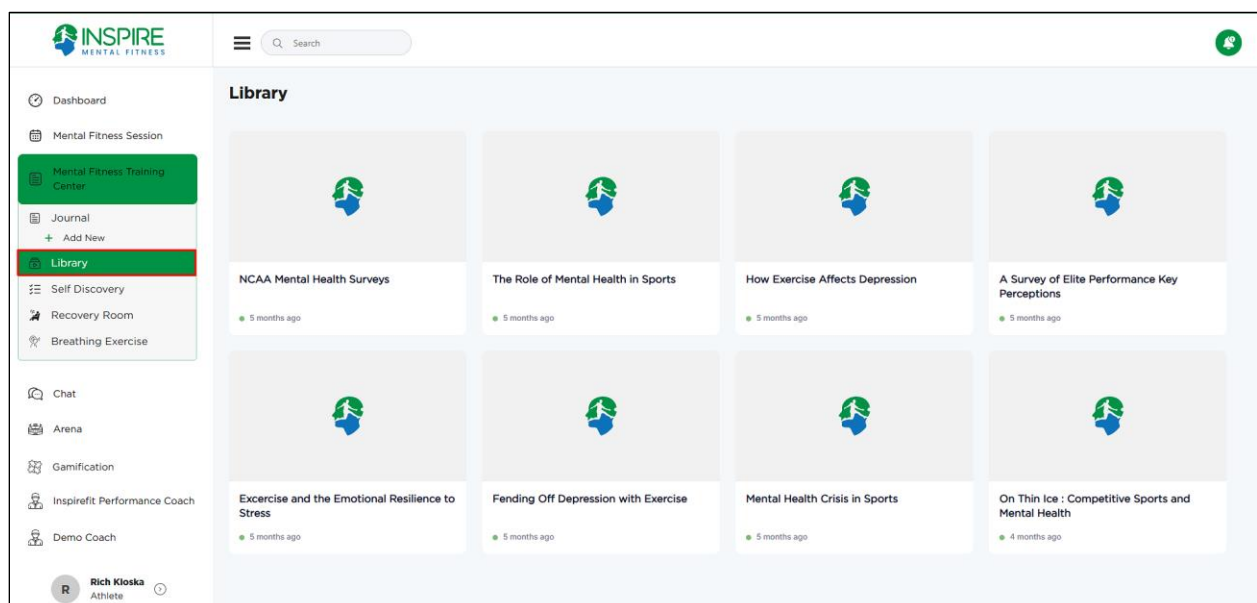
Recommended Layout

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.



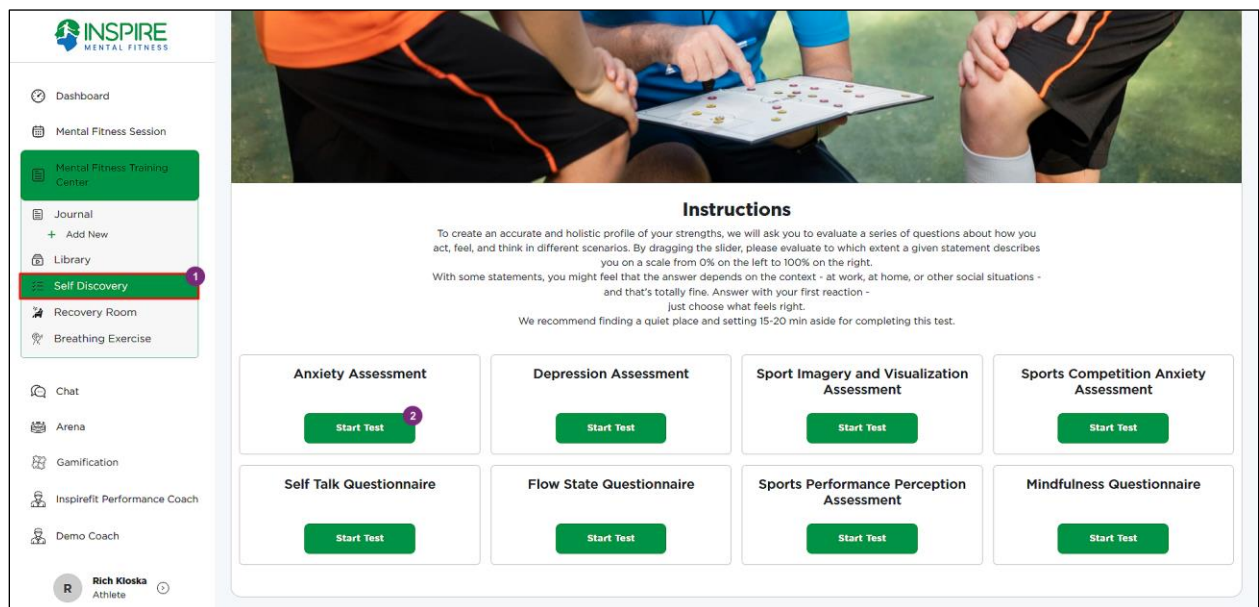
The Inspire Self-Assessment Experience

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.

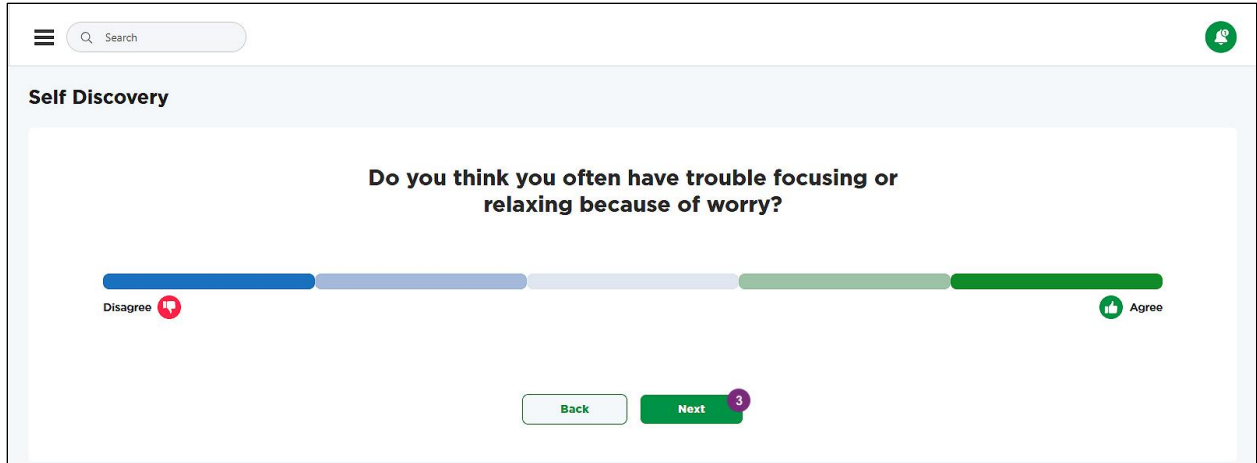
How to Take an Assessment?

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**.



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

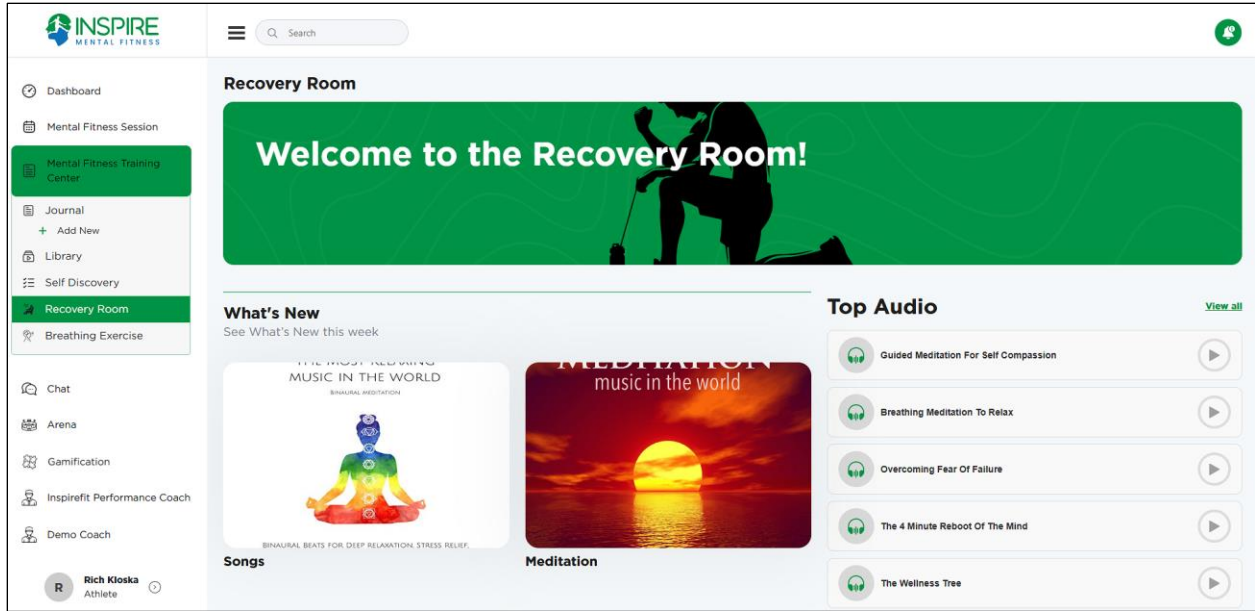
The screenshot shows a web interface for a "Self Discovery" assessment. At the top, there is a search bar and a user profile icon. The main heading is "Self Discovery". The assessment question is "Do you think you often have trouble focusing or relaxing because of worry?". Below the question is a horizontal slider with five segments. The first segment is blue and labeled "Disagree" with a red thumbs-down icon. The last segment is green and labeled "Agree" with a green thumbs-up icon. At the bottom, there are "Back" and "Next" buttons. The "Next" button is green and has a purple circle with the number "3" next to it.

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



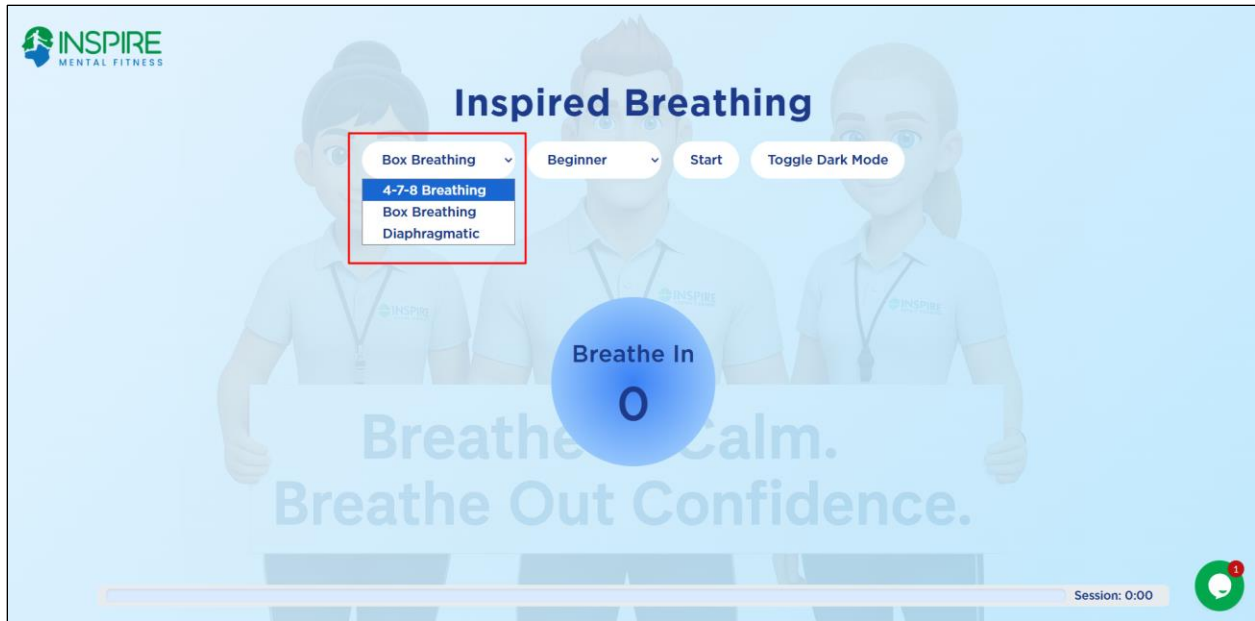
The Recovery Room helps you improve focus, reduce stress, and support emotional balance.

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

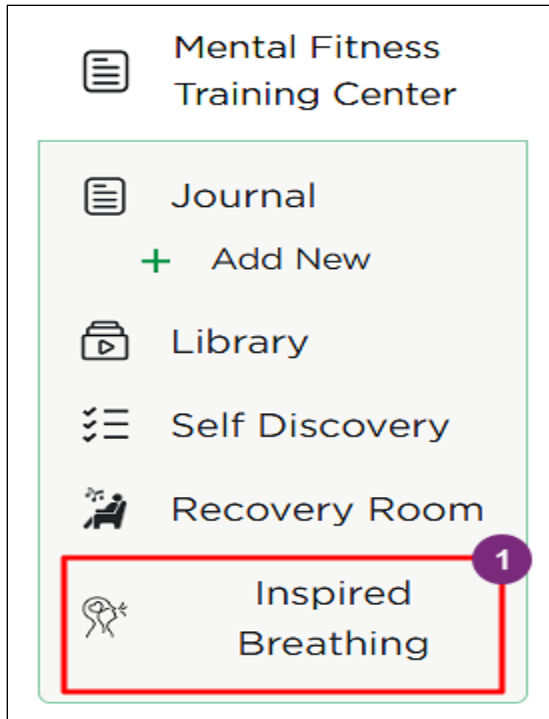
Under Inspired Breathing, you have 3 modes to choose from:



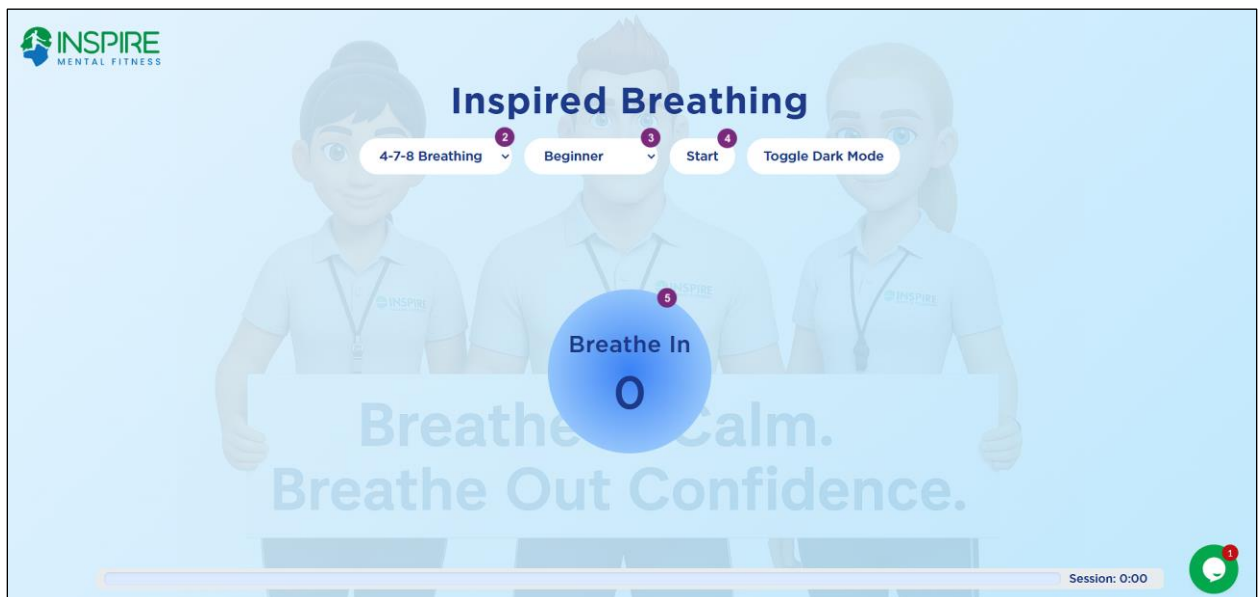
- **4-7-8 Breathing:** A simple yet powerful breathing exercise used for relaxation, stress relief, and good sleep. In this mode, you inhale with your nose for 4 seconds, hold your breath for 7 seconds, and exhale from your mouth for 8 seconds.
- **Box Breathing:** This technique helps to calm your mind 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**.

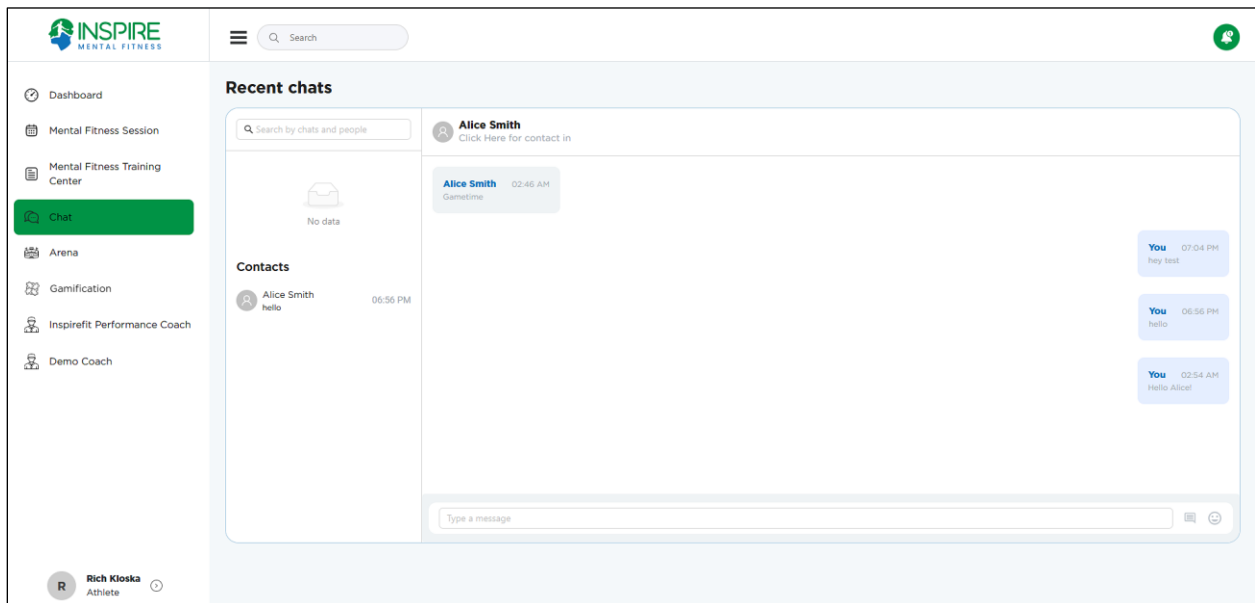


2. Select a mode.
3. Select your level.
4. Click on the **Start** button.
5. Now follow the on-screen instructions unless your session completes.



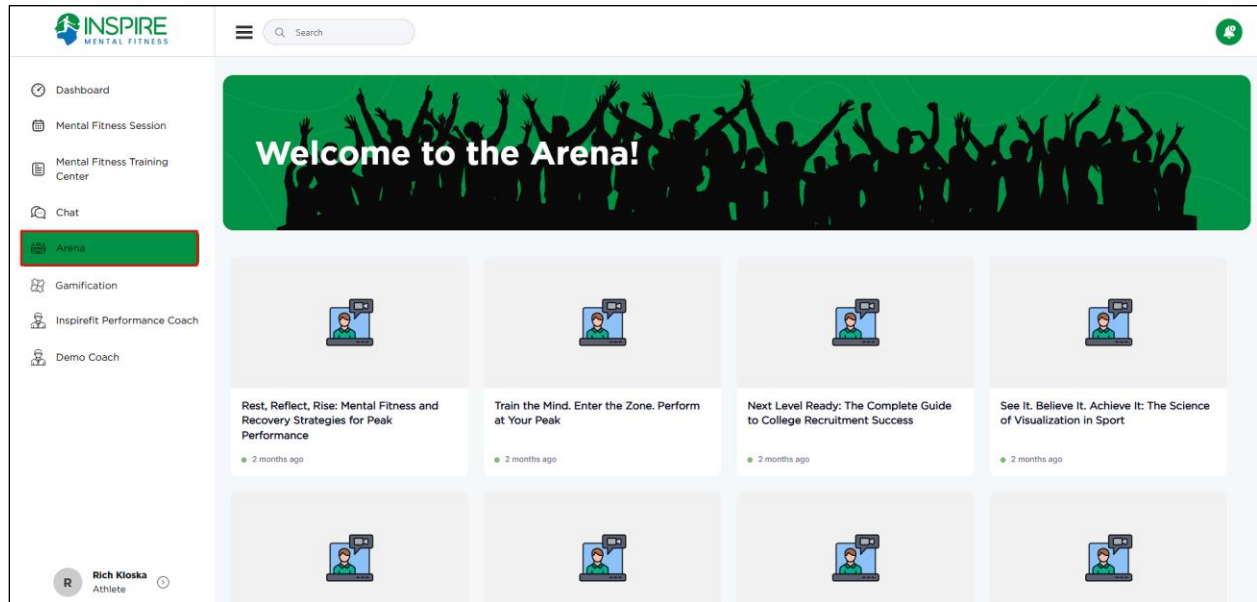
The Inspire Chat

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 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.

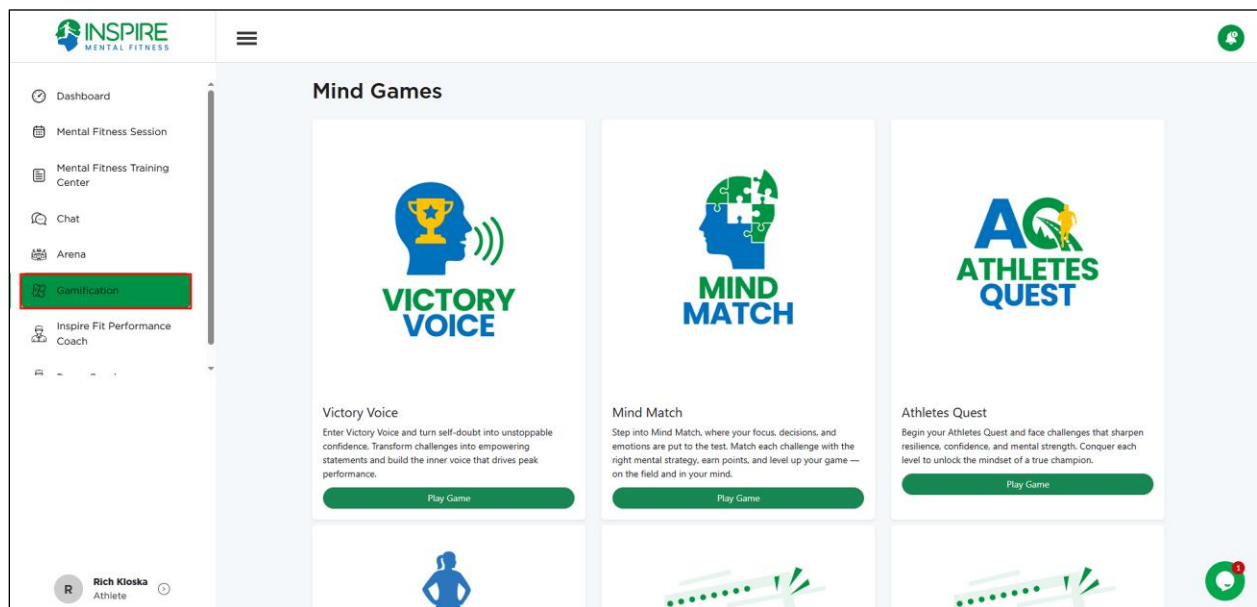
III. Team Sessions

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.



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:

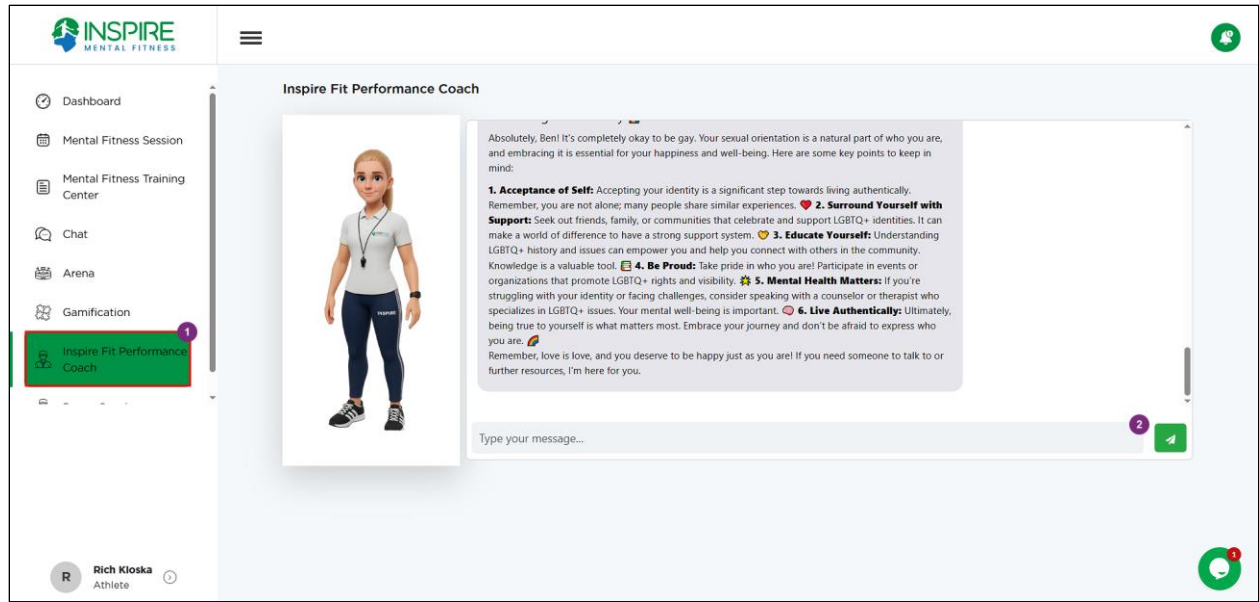


- ❖ **Kevin & Zoey**- High energy, motivational
- ❖ **Zach & Maya**- Compassionate, calm
- ❖ **Will & Maggie**- Disciplined, tough
- ❖ **Ricardo & Katie** - Analytical, strategic

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.



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](#).