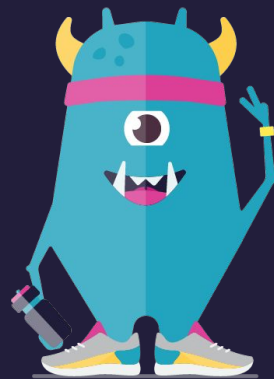


# trainwave

## Mental Performance Training Plan



# Welcome to Trainwave!

## Understanding Mental Performance

Mental performance is all about how our minds help us do our best, especially in sports or other challenging activities. It's not just about winning or getting good results, but also about the process and habits we need to develop to reach those goals. Here are some key parts of mental performance:

- **Staying Focused:** It's important to keep our attention on what we're doing, even when it gets tough or boring. This helps us perform better in both practice and competition.
- **Managing Energy:** We need to balance rest and activity. This means not getting too tired or lazy but finding the right amount of effort to put into our activities.
- **Handling Challenges:** We should be ready to face obstacles and know how to overcome them. This might mean finding new ways to solve problems or staying positive when things don't go as planned.

Humans have evolved to survive, and some of these survival traits can make performing well more challenging:

- **Conserving Energy:** Our bodies naturally want to save energy, which means we might prefer sitting on the couch instead of working out. But to perform well, we need to push ourselves to be active and practice.
- **Seeking Comfort:** We tend to choose easier tasks because they're more comfortable. However, doing harder things helps us improve and reach our goals.
- **Short Attention Span:** Our brains are wired to notice everything around us, which can make it hard to focus on one thing for a long time. Practicing staying focused can help us get better at this.

To become high performers, we have to push ourselves out of our comfort zones, stay focused, and keep practicing, even when it's tough. This helps us get better at whatever we're trying to achieve, whether it's in sports, school, or any other activity. By understanding and improving our mental performance, we can reach higher levels of success and achieve our goals.

## What to Expect with the Program?

This program is designed to help you improve your mental performance and achieve your goals. Over four weeks, you'll learn about your thoughts, emotions, and actions, become more self-aware, build confidence, and apply your training to real-life situations. Here's a brief overview of what each week will cover:

## Week 1: Learning About Being Human 3

<input type="checkbox"/> Day 1	Recognizing the Chain Reaction: Part 1 - Thoughts	3
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<input type="checkbox"/> Day 7	"Aha" Moments of the Week	9

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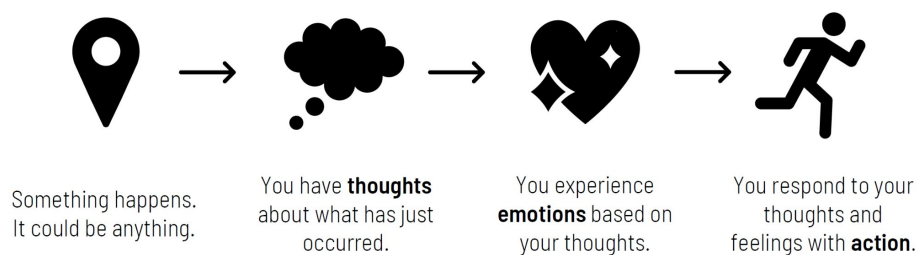
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# WEEK 1 | DAY 1

## Recognizing the Chain Reaction:

### Part 1 - Recognizing Your Thoughts

Here's a model that explains the chain reaction of how humans think, feel, and act in response to a situation. Although this model is a simplified version of what happens to humans, it is very useful in helping us to understand why we think, feel, and act in the ways we do. It also helps us to anticipate our response to future situations. If we don't like what we anticipate, we can prepare to make changes to the chain reaction to help us achieve our goals.



Here's an example of what this can look like in volleyball:

EVENT	THOUGHTS	EMOTIONS	ACTIONS
<i>I hit the belly of the net on a serve during a simple serving drill at practice</i>	<i>"I can't believe I messed that up; I suck!"</i>	<i>I feel... ... embarrassed ... frustrated ... anxious</i>	<i>I tighten up and take an overly cautious approach on my next serve to avoid doing the same thing again</i>

Let's start by identifying the five events (situations) in practice or games that are most likely to create unhelpful thoughts in your mind. Make a list of the five events, and for each one write what thoughts would typically come to mind when you experience that situation.

**Events:**

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**Thoughts:**

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# WEEK 1 | DAY 2

## Maintaining Productive Thoughts

Given the events you listed on Day 1 will most likely always be part of your experience in volleyball, it will be important that you find productive ways to respond to them. Elite performers work hard to make sure the thoughts that come to their minds in challenging situations are productive and help them to continue to grind and commit to performing to their potential.

In the spaces below, rewrite the five events you listed on Day 1, and for each one write what thoughts would be most productive and helpful to you when you experience that situation.

**Events:**

**Productive Thoughts:**

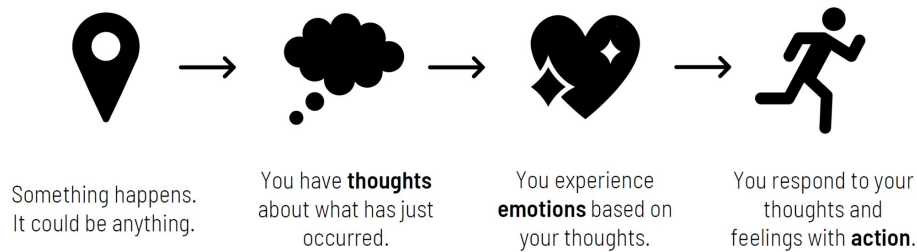
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<hr/>	<hr/>
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<hr/>	<hr/>

# WEEK 1 | DAY 3

## Recognizing the Chain Reaction:

### Part 2 - Recognizing Your Emotions and Feelings

Once again, here's the model that explains the chain reaction of how humans think, feel, and act in response to a situation:



Now that we have spent two days learning about the connection between the situations we are in and our thoughts, let's move onto the next part of the chain reaction: the impact our thoughts have on our emotions and feelings. In the spaces below, rewrite the five events and thoughts you listed on Day 1, and for each grouping write what emotions or feelings you would typically have when you experience that situation/have those thoughts.

**Events → Typical Thoughts:**

**Emotions/Feelings:**

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# WEEK 1 | DAY 4

## Maintaining Productive Emotions

Emotions are often misunderstood which leads many people to mismanaging their emotions and not benefiting from their emotional experiences. Here are a few important things to know about emotions:

- Emotions are built-in alarm systems to keep us safe and to help us learn
- All emotions are important and can be beneficial to our performance and wellness
- We need to learn to listen to them so we can correctly interpret what they are telling us
- Some emotional reactions are “false alarms”, but we need to verify that to move on
- There are five core emotions, each with a unique message to share with us:

1. Happiness: “You are achieving your goal – do more of that.”
2. Sadness: “You have or are about to experience a loss – stop and reflect.
3. Anger: “You are being wronged; there has been an injustice – fight back or fix it.”
4. Fear: “There is uncertainty and potential risk/danger – slow down; be careful.”
5. Disgust: “There’s an unpleasant disruption in pursuing your goal – avoid.”

Managing your emotions involves the following three-step process:

1. Label your emotion/feeling
2. Identify what triggered your emotion/feeling
3. Reflect on what you can learn from your emotion (Do I need to take action in some way?)

In the spaces below, list the situations you experience in volleyball that most often lead to you feel the five core emotions (or versions of them). Once you identify the situations, reflect on what you can learn from these emotions in those situations and what actions you could take in support of managing those emotions.

**Events** (that lead to the core emotions):

**Learnings/Actions:**

Happiness: \_\_\_\_\_

Sadness: \_\_\_\_\_

Anger: \_\_\_\_\_

Fear: \_\_\_\_\_

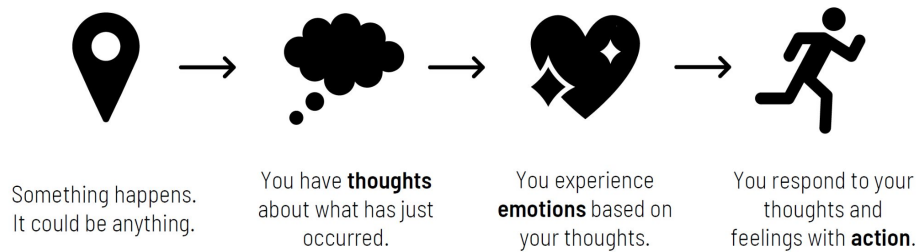
Disgust: \_\_\_\_\_

# WEEK 1 | DAY 5

## Recognizing the Chain Reaction:

### Part 3 - Recognizing Your Actions

Once again, here's the model that explains the chain reaction of how humans think, feel, and act in response to a situation:



Now that we have spent two days learning about the connection between our thoughts and emotions, let's move onto the last part of the chain reaction: the impact our emotions have on our actions. In the spaces below, rewrite the five events, thoughts (Day 1) and emotions (Day 3) you listed in previous activities, and for each grouping write what actions you would typically have when you experience in response to that chain reaction.

**Events → Typical Thoughts → Emotions:**

**Actions:**

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<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
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# WEEK 1 | DAY 6

## Maintaining Productive Actions

Not only do elite performers work hard to make sure their thoughts are productive and helpful in challenging situations, but they also train to make sure their actions are not disrupted by the obstacles they face on a daily basis. You do so by anticipating these challenges and identifying productive ways of responding to them with concrete actions.

In the spaces below, rewrite the five events you listed on Day 1, and for each one write what actions would be most productive and helpful to you when you experience that situation.

**Events:**

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**Productive Actions:**

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# WEEK 1 | DAY 7

## “Aha” Moments of the Week

Congratulations on completing Week 1 of the training program! You worked through a lot of content related to **Learning About Being Human**. To help you get the most out of the work you put in this week and extract the key learnings, here are a few final reflections for the week.

Things I didn't know before completing Week 1 of the program:

How will the information / activities from Week 1 help me to better perform?

What is one thing I absolutely want to incorporate into my habits moving forward?

# WEEK 2 | DAY 1

## What is the Best Version of You?

### Part 1 - Your Personal Values

In addition to understanding the chain reaction of our minds, becoming a better performer also requires that we develop a better understand of ourselves: what motivates us... our likes, dislikes... what are strengths and weaknesses are... etc. A good starting point is figuring out our “why”. Why are you motivated to participate in sport? Why is it important? Why do some things matter more to you than others? The answer to these questions link to our personal values - the pillars that shape our character and motivate our actions.

Make a list of 10 values that are important for you and/or that regularly guide your actions and decisions. Take your time when putting together your list. It will require that you look inwards to reflect on what truly matters most to you in life. You will find a collection of values below to help guide your reflections, but please do not limit your list to the values presented below.

MY LIST OF 10 VALUES	
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Accountability  
Achievement  
Ambition  
Awareness  
Boldness  
Bravery  
Calmness  
Candor  
Caring  
Challenge  
Character  
Collaboration

Commitment  
Communication  
Community  
Competence  
Competition  
Composure  
Confidence  
Consistency  
Courage  
Decisiveness  
Determination  
Efficiency

Empowerment  
Excellence  
Family  
Fortitude  
Gratitude  
Growth  
Individuality  
Innovation  
Integrity  
Intensity  
Kindness  
Knowledge

Leadership  
Learning  
Loyalty  
Mastery  
Mindfulness  
Openness  
Passion  
Professionalism  
Resilience  
Respect  
Teamwork  
Trust

## WEEK 2 | DAY 2

# Taking Action With Your Values

From your list of 10 values, carefully select the three values that stand out as being most important and meaningful for you - at the core of who you are and how you want to live your life. For each of your three core values, describe what it means to you/how you define it. Also, take time to reflect on and document the reasons for why you believe these values have become so important and meaningful to you - where along the way did you learn to prioritize these values?

**Value 1:** \_\_\_\_\_

Description/Rationale:

What Actions Reflect This Value?

**Value 2:** \_\_\_\_\_

Description/Rationale:

What Actions Reflect This Value?

**Value 3:** \_\_\_\_\_

Description/Rationale:

What Actions Reflect This Value?

WEEK 2 | DAY 3

What is the Best Version of You?

Part 2 - Describe You At Your Best

The next step in helping you to train to be the best version of you more often is to take time really understand what that version of you looks like, sounds like, and feels like. Start by making a list of 10 words that describe you at your best - when you are most proud of yourself or when you are performing at your best. What words come to mind?

ME AT MY BEST:	
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

What does you at your best **look** like?

What does you at your best **sound** like?

What does you at your best **feel** like?

# WEEK 2 | DAY 4

## What is the Worst Version of You?

### Part 1 - Describe You At Your Worst

Although it can be quite uncomfortable, creating a stronger connection to the best version of you is easier when you can contrast it with the worst version of you. Having clarity of what the worst version of you looks like, sounds like, and feels like can help you recognize when you are slipping into it. Make a list of 10 words that describe you at your worst - when you are least proud of yourself or when you are performing at your worst.

ME AT MY WORST:	
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

What does you at your worst **look** like?

What does you at your worst **sound** like?

What does you at your worst **feel** like?

## WEEK 2 | DAY 5

# What is the Best Version of You?

## Part 3 - Your Strengths

Many elite performers spend considerable time reflecting on the strengths that help them to perform to their potential in and outside of sport. It's far too easy (and common) for people to forget what makes them great when they are struggling and experiencing challenges. Often, the easiest way to get back on track is to lean back into your strengths.

Let's start with your strengths outside of volleyball. What are your top 3 personal strengths:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How can you optimize these strengths?

Let's move on to your strengths in volleyball. What are your top 3 athletic strengths:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How can you optimize these strengths?

## WEEK 2 | DAY 6

# What is the Worst Version of You?

## Part 2 - Your Weaknesses

Unfortunately, most people have a blindspot when it comes to their weaknesses, and as a result they inadvertently and unnecessarily continue to bump into them in and outside of sport. When avoided and left unaddressed, these weaknesses will continue to interfere with your ability to perform to your potential and achieve your goals. Not only is it important know what your weaknesses are, it's also important to plan to best manage them.

Let's start with your weaknesses outside of volleyball. What are your top 3 personal weaknesses:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How can you manage these weaknesses/limit the impact they have on your performance?

Let's move on to your weaknesses in volleyball. What are your top 3 athletic weaknesses:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How can you manage these weaknesses/limit the impact they have on your performance?



## WEEK 2 | DAY 7

### “Aha” Moments of the Week

Congratulations on completing Week 2 of the training program! You worked through a lot of content related to **Becoming More Self-Aware**. To help you get the most out of the work you put in this week and extract the key learnings, here are a few final reflections for the week.

Things I didn't know before completing Week 2 of the program:

How will the information / activities from Week 2 help me to better perform?

What is one thing I absolutely want to incorporate into my habits moving forward?

## WEEK 3 | DAY 1

# Building Confidence Using Your Words

## Part 1 - Using Affirmations

Among all of the things that interfere with performance, doubt is perhaps the most common and disruptive obstacle that elite performers need to learn to manage and overcome. To be at your best and perform to your potential, you must believe in yourself, your skills, and your ability to achieve your goals. Doubt (uncertainty) is to belief (certainty) what darkness is to light. Elite performers train to be good at recognizing when doubt/uncertainty is present and replacing it with belief/certainty. They practice doing so using their words (e.g., affirmations and keywords) and thoughts (e.g., imagination and memory).

Let's start with using your words to build confidence. More specifically, let's practice using affirmations - positive statements that instill a sense of belief and empowerment. Most inner thoughts of doubt sounds something like, *"I don't know if..."* or *"I'm not sure I will be able to..."*. A great way to replace the doubt that comes from those thoughts is to remind yourself of what is certain / things you do know to be true in those moments. These statements are can be referred to as "I know" statements. For example, *"I don't know if I will perform at my best today"*, but *"I know have trained very hard for this competition and I have performed very well under pressure in the past"*. Write 10 "I know" statements in the space provided.

I know: \_\_\_\_\_

I know: \_\_\_\_\_

I know: \_\_\_\_\_

I know: \_\_\_\_\_

I know: \_\_\_\_\_

I know: \_\_\_\_\_

I know: \_\_\_\_\_

I know: \_\_\_\_\_

I know: \_\_\_\_\_

I know: \_\_\_\_\_

## WEEK 3 | DAY 2

# Building Confidence Using Your Words

## Part 2 - Using Keywords and Phrases

It is important to know that intrusive thoughts that lead to doubt are to be expected, and they will continue to show up even with training (albeit less frequently). Because of this, another way of managing doubt and steadying your confidence is to practice keeping your attention and thoughts focussed on your performance and connected to the task at hand. Elite performers will often make use of keywords or phrases to remind themselves of what's important to focus on or the feelings they want to stay connected to during their performance - for example, "*commit*", "*slow and smooth*", "*keep communicating*", and "*I can do hard things*".

Write 10 keywords or phrases that can help keep you focussed on what's most important in your performance and can help refocus you when doubt creeps in.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## WEEK 3 | DAY 3

# Building Confidence Using Your Imagination

## Rewriting Past Experiences

Imagery involves creating imaginary experiences, that incorporate one or many senses, in your mind. Elite performers benefit from using imagery in a number of ways. For example, imagery is often used to help learn or refine a skill or tactic, increase motivation or engagement, and to attain their desired level of activation (e.g., to help get pumped up or to calm down). Imagery can also be used to build confidence by revisiting past performances and 'fixing' the mistakes or errors that occurred. It's common for people to replay the mistakes they make or failures they experience over and over in their minds. This type of imagery often undermines one's confidence. Instead, a more helpful way to use imagery (and much less common) is to replay your the situations in which you made mistakes or failed and 'rewrite' how you performed or responded to the challenge you faced.

Complete the following steps to re-write a recent performance error, and turn it into a great performance, using imagery:

Identify a situation in which you made a mistake, underperformed, or failed.

What went wrong? Why did it go wrong?

What would it have looked like, sounded like, and felt like to perform better? Take a moment to imagine the rewritten experience.

## WEEK 3 | DAY 4

# Building Confidence Using Your Memory

## Your 'Top 10' Athletic Moments

It feels good to think about your athletic accomplishments and successes. The “feel good” part of remembering the highlights comes from the confidence that quickly appears and expands throughout your thoughts when remembering these, often emotional and satisfying, moments.

To help you capitalize on this strategy, make a list of your “Top 10” volleyball moments. This list can include your top plays, most memorable wins, and best performances. Try your best to rank your entries with #1 being the top moment of all your volleyball experiences. Be descriptive to make the moment as vivid and real as the day it happened. The list is meant to be an evolving document. Whenever something great happens during practice or competition, make sure to update your list.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## WEEK 3 | DAY 5

# Building Confidence Using Your Actions

## Acting Confident to Feel Confident

Often, the easiest and quickest way to change what you're thinking and how you're feeling is to take action and change your behaviour. The change reaction you learned in Week 1 works both ways. Not only do your thoughts lead to emotions and feelings which in turn influence your actions, but your actions also impact your emotions, feelings, and thoughts.



Equipped with this understanding, another great way to build confidence is to practice acting confidently. To help you identify how to act confidently, complete the activity below.

When you are most confident, what does it **look like** (how do you act)?

When you are most confident, what does it **sounds like** (how do you talk)?

WEEK 3 | DAY 6

Preparing For Confidence Obstacles

What Challenges Your Confidence?

A final strategy to help you maintain high levels of confidence in practice and competition is to become aware of the situations and moments that create the biggest obstacles to your confidence. For example, for many elite performers, making repeated unforced errors is an obstacle to maintaining high levels of confidence. Not only is it important to anticipate these obstacles, but it is perhaps more important to prepare to overcome them with solid solutions. Please complete the table below to help you identify common obstacles and effective solutions.

LIST OF OBSTACLES	LIST OF SOLUTIONS
Obstacle 1	Solution 1
Obstacle 2	Solution 2
Obstacle 3	Solution 3
Obstacle 4	Solution 4

## WEEK 3 | DAY 7

### “Aha” Moments of the Week

Congratulations on completing Week 3 of the training program! You worked through a lot of content related to **Building Confidence and Believing in Yourself**. To help you get the most out of the work you put in this week and extract the key learnings, here are a few final reflections for the week.

Things I didn't know before completing Week 3 of the program:

How will the information / activities from Week 3 help me to better perform?

What is one thing I absolutely want to incorporate into my habits moving forward?



# WEEK 4 | DAY 1

## Applying Mental Performance Training

### Part 1: Preparing For a Practice

Elite performers integrate their training activities into their daily habits to help them be more like the best version of themselves more often in an effort to consistently perform to their potential. Here's an example of reflective questions you can use to help you prepare for a practice. Feel free to practice completing the activities even if you're not practicing today.

How am I feeling before practice? Circle all of the emotions/feelings that apply.

Grateful	Calm	Nervous	Angry	Happy	Excited
Indifferent	Sad	Tired	Stressed	Bored	Confident

Why do I think I'm feeling this way?

What learnings/actions can come from these emotions/feelings?

What's my priority goal for practice? \_\_\_\_\_

What will I do to accomplish my goal?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# WEEK 4 | DAY 2

## Applying Mental Performance Training

### Part 2: Learning From a Practice

Once practice is over, your opportunity to learn and grow begins. If you want to accelerate your rate of improvement, you will need to get good at extract as much learning and value from your time practicing as possible. Here's an example of questions you can use to help you reflect on a practice. Feel free to practice completing the activities even if you didn't practice today.

How am I feeling after practice? Circle all of the emotions/feelings that apply.

Grateful	Calm	Nervous	Angry	Happy	Excited
Indifferent	Sad	Tired	Stressed	Bored	Confident

Why do I think I'm feeling this way?

What learnings/actions can come from these emotions/feelings?

Did I achieve my priority goal for practice?

**YES** or **NO**

What are two things I did well at practice?

1. \_\_\_\_\_
2. \_\_\_\_\_

What is something controllable I could have done better/will do better next time?

\_\_\_\_\_

## WEEK 4 | DAY 3

# Applying Mental Performance Training

## Part 1: Preparing For a Game

Here's an example of reflective questions you can use to help you prepare for a game. Feel free to practice completing the activities even if you're not playing a game today.

What's my inner voice telling me about today's game?

What would I benefit most from hearing (what advice could I give myself)?

What have I done to best prepare for today's game?

What three words best describe how I want to perform today?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What's the single most important thing I will do today to succeed?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# WEEK 4 | DAY 4

## Applying Mental Performance Training

### Part 4: Learning From a Game

Here's an example of reflective questions you can use to help you reflect on and learn from a game. Feel free to practice completing the activities even if you did not play a game today.

How am I feeling after the game? Circle all of the emotions/feelings that apply.

Grateful	Calm	Nervous	Angry	Happy	Excited
Indifferent	Sad	Tired	Stressed	Bored	Confident

<p>Why do I think I'm feeling this way?</p>          	<p>What learnings/actions can come from these emotions/feelings?</p>          
---	--

Did I achieve my single most important priority for the game? **YES** or **NO**

What are three things I did well/I'm most proud of from my performance?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What is the single most important thing I could have done better/will do better next time?

## WEEK 4 | DAY 5

# Applying Mental Performance Training

## Part 5: Preparing For a Competition

Here's an example of reflective questions you can use to help you prepare for a competition. Feel free to practice completing the activities even if you're not planning for an upcoming competition.

What are three things I'm going to do to help me stay connected to the best version of myself in preparation for/during the competition?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What am I going to do to keep my confidence high during the competition?

Any last minute things you need to do this week to prepare for competition?

What are my competition goals?

# WEEK 4 | DAY 6

## Applying Mental Performance Training

### Part 6: Learning From a Competition

Here's an example of reflective questions you can use to help you reflect on and learn from a competition. Feel free to practice completing the activities even if you did not compete this week.

How am I feeling after the competition? Circle all of the emotions/feelings that apply.

Grateful	Calm	Nervous	Angry	Happy	Excited
Indifferent	Sad	Tired	Stressed	Bored	Confident

What are three things key learnings/takeaways from my experience at the competition?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What are three things I did well/I'm most proud of from my performance?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What are three things I will do better next time in preparation for/during competition?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## WEEK 4 | DAY 7

### “Aha” Moments of the Week

Congratulations on completing Week 4 of the training program! You worked through a lot of content related to **Applying Your Training**. To help you get the most out of the work you put in this week and extract the key learnings, here are a few final reflections for the week.

Things I didn't know before completing Week 4 of the program:

How will the information / activities from Week 4 help me to better perform?

What is one thing I absolutely want to incorporate into my habits moving forward?