

# TOTAL ATHLETE DEVELOPMENT

## Week One Notes

**What does it take to become elite (your initial opinion, no wrong answers)?**

**What are three characteristics of your favorite player?**

1)



2)

3)

**What do you feel like when everything is going great (what does the best version of you look like)?**

**What are you BIG, AMBITIOUS GOALS?**

1)

2)

**List 2-3 smaller, short term goals that will put you on the right path**

1)

2)

3)

**What do you think are your SUPERPOWERS?**



## **Program Overview: Sessions by week**

- 1) Nonnegotiable character traits
- 2) Process of technical mastery
- 3) Confidence as a skillset
- 4) Progression stacking
- 5) Cues, affirmations, and practice standards
- 6) Transition from practice to game
- 7) Supercharging your performance through lifestyle choices
- 8) Film Study: Becoming a master poker player



### **NOTES:**

Email [mike@process2perform.com](mailto:mike@process2perform.com) w/ any questions before 1v1 session

Check out [www.process2perform.com/podcast](http://www.process2perform.com/podcast) to listen to player development podcasts. This week aligns with season 1, episode 2.

Fill out the Markers PDF – reference yourself against the best in the business!

Fill out your calendar spreadsheet with trainings, studies, sleep, and extra-curriculars. Be honest and as specific as you can.

