

Top-50 Mental Gym Workouts



Workout Name	Overview	Description
Power Posing	Learn to power pose to boost your confidence and mental state	Body language is important to one's mental and physical state. Power posing is a way to use body language to your advantage. Learn how to Power Pose to become more effective in athletics and other important activities.
Developing A Growth Mindset	Adopt a growth mindset to reach your full potential	Attitudes and mindsets have a great affect on mental and physical toughness. A growth mindset refers to someone who believes that all of their skills and abilities can be improved through hard work and dedication. Learn how having a growth mindset can help you improve your performance in not just athletics, but every aspect of life.
Champions Time: On Time = Early	Champions always arrive early to scheduled events. Learn to make this a life habit	Arriving places early is generally viewed as a sign of respect, discipline, and conscientiousness. Champions reliably arrive early to ensure they are prepared to begin when the event starts to maximize the effectiveness of being there. Developing this habit will benefit one for an entire lifetime.
Your Morning Ritual - Make Your Bed!	A morning routine sets the tone for the whole day, and if you do each day right, you'll do life right	A morning routine sets the tone for the whole day, and if you do each day right, you'll do life right. This habit will help the user develop a personalized morning routine that can set one up for daily and long-term success.
Changing Your Story to Succeed	Change your story in any situation to make it better	Reappraisal involves changing your perception of situations. Those people that can change the way they see things will be able to change frustration triggers and turn them into challenges. This can help provide motivation while also making every situation constructive.
Overcoming Mistakes	Learn the 3 step process to overcoming mistakes	Overcoming mistakes is one of the most important things you can do as an athlete. By releasing, physically resetting, and refocusing an athlete can bounce back quicker from mistakes and have a major advantage over their opponent
Preparation	Think about the details of an anticipated event in order to be fully prepared and set yourself up for success	Some athletes have a tendency to under prepare for important events or do not fully consider critical details. By thinking about how to handle preparation details and what negatives could happen by not preparing for them can motivate an athlete to prepare fully for the events they need to.

Avoidance Conflict	Understand the importance of making hard decisions	People must make decisions on a daily basis. Many of these decisions do not have a clear solution. However, being decisive is important because it can promote self-confidence, confidence, and encourage leadership.
Using Criticism to your Advantage	Learn how to overcome criticism by using it as negative feedback	Overcoming criticism is difficult for many athletes. There is a tendency to take it as personal rather than constructive. By viewing criticism as negative feedback, an athlete can learn how to correct their mistakes which can lead to a behavioral change that can improve future performance.
Understanding Rules	Gain a proper perspective on rules	Many athletes see rules and expectations differently. Some see rules as unnecessary while others are concerned with strictly following each rule. Gaining perspective on rules can help an athlete become a better teammate by seeing others perspectives and not worrying about everybody following rules.
Decision Making- Pros and Cons	Use decision making process to help make quick but effective decisions	Making quick decisions can often lead to not considering consequences or making a poor choice. Using pros and cons to make decisions can allow someone to think of the implications of their choices while not sacrificing on quickness or efficiency.
Conceptual Thinking in Your Sport	Think conceptually about factors in your sport that you want to improve in order to reach your full potential	Conceptualizing certain factors about your sport and how you want to improve them can help facilitate better performance. There are likely many things that an athlete wants to improve on, but it can be hard to improve when practice isn't focused on those factors. Thinking conceptually about things you want to improve on and how they can be improved will help you reach your full potential because you can actually take steps to improve.
Finding Motivation to Improve	Considering how your improvements benefit those close to you can give you extra motivation to succeed	Some athletes care deeply about how their actions affect others. This feeling of caring can often provide extra motivation for them because they can see how a positive change impacts those around them. By recognizing the importance of positive change, you can give yourself extra motivation to improve.
Premack Principle	Apply the Premack Principle to decision making	The Premack Principle states that a person is more likely to perform a less desirable activity first in order to get to the more desirable activity. In the case of two unpleasant tasks, a person may do the undesirable activity first and use the other slightly more desirable activity as reinforcement. This can have an affect on how decisions are made.
Breaking a Bad Habit	Learn the technique for breaking or modifying a bad habit	Bad habits affect most people. However, by practicing being aware of the habit and thinking about how disenchanting it can be, you can break or modify the habit into a behavior that you want. Not being chained down by bad habits can help you reach your

		potential and behave in a way that helps your performance rather than relying on a habit to dictate how you act.
Intrinsic vs Extrinsic Motivation	Learn how to use intrinsic and extrinsic motivation can be used to increase performance	Motivation is a major key to success in athletics. Two types of motivation deal with intrinsic vs extrinsic factors. Intrinsic motivation is motivation driven by the feeling the activity brings you. Extrinsic motivation is motivation driven by rewards. Using both can help you reach your full potential and help assure future success.
Making Effective Goals	Follow the guidelines for effective goal setting in order to set goals and reach your full potential	Sometimes in sport it is easy to lose focus on what you are actually trying to accomplish. Goal setting can help assure you stay motivated and continue to improve by allowing you to focus your efforts. Following guidelines for effective goal setting can make sure that you are getting the most out of your goals and become the best you can be.
Being Competitive	Learn how healthy competitiveness can help you be a better athlete	Competitiveness is more than a desire to win. The best competitors want to beat the best and always improve upon their last performance. Rather than focusing only on outcomes, effective competitiveness draws upon your own motivations for competing and feelings in order to allow you to bounce back from failure quickly and always be present in the moment.
4 Steps to Resiliency	Develop resiliency to bounce back quicker after adversity strikes	Adversity is unavoidable in competition. Many times, it is the team or player who bounces back quicker after mistakes that will win. Those with more resiliency will be able to maintain a positive outlook and learn in all circumstances so that they are able to handle adverse situations in the future. This activity teaches you the four steps to developing resiliency so you can reach your full potential and have future success.
Controlling Your Emotions	Learn the 4 steps to controlling your emotions	Emotional events happen in all sports. The athlete who can control their reaction is the one who will be more successful going forward. This activity will teach you the 4 steps to controlling emotions so that you can respond in a positive way and use it to increase your performance rather than letting your emotions control you.
Locus of Control	Learn how to apply locus of control to your sport	Athletes can have different perspectives on the outcomes in their life. Some believe they can control their future while others see it as predetermined. This activity will teach you how to identify your mindset and how it may be changed in order to give you a better chance of success in the future.
10 Traits all Good Teammates Have	Discover the 10 traits that all good teammates have	One important key to success in any sport is teamwork. Many athletes want to be good teammates but have trouble balancing this desire and their desire to be the best athlete they can be. This skill will show them the 10 traits that all good teammates have and how they can use these traits to achieve success.

<p>Using Imagery to Succeed</p>	<p>Learn how imagery works and how you can use it to help your performance</p>	<p>Using visualization or mental imagery is important for establishing the mind-body connection as well as increase coordination and confidence. Being able to see a play develop before it happens will give you a big advantage over your competition. This activity will teach you how imagery works in the brain and the technique you can use in order to use visualization effectively.</p>
<p>Distinguishing Different Types of Goals</p>	<p>Distinguish between the five major types of goals</p>	<p>Using goals is an effective way to increase motivation and directionalize your effort. There are many different types of goals that you can use so that you are always working towards something and reaching your full potential. This workout will teach you the difference between all types of goals and how they can be used differently to help you improve.</p>
<p>Self-Talk in 4-Steps</p>	<p>Develop positive self-talk in 4 steps</p>	<p>Our realities are a product of our thoughts. When we think positively about ourselves it will have a positive effect on our athletic performance. Consequently, negative thoughts turn into poor performances and a low self-esteem. Learn how to develop positive self-talk through 4 steps to reach new heights in your performances.</p>
<p>Attention To Detail</p>	<p>Focus on fundamentals by being thorough, accurate, and consistent in your training</p>	<p>Many athletes tend to focus too much on their big picture goals and improvements. However, in order to achieve these goals, one must master the small fundamental details that are required for success. Having attention to detail means being thorough, accurate, and consistent in your training to reach the top of your game.</p>
<p>Overcoming The Ironic Error</p>	<p>Learn about the ironic error effect and how to overcome it</p>	<p>The ironic error is the idea that what we try to avoid is what we end up doing. Athletes tend to focus on what they do not want to do instead of concentrating on what they want to accomplish. By changing the language of your self-talk and goals, you can change the result. This skill teaches you how what the ironic error is and how you can use it to improve.</p>
<p>Break Through Mental Barriers: The 40% Rule</p>	<p>Discover your body's true capacity for pain and effort</p>	<p>Many athletes experience mental barriers at some point. Whether it is during a hard workout or a difficult practice, you may feel as though you have nothing left in the tank. The 40% rule can help you get passed this point and devote more effort to your athletics. This skill teaches you what the 40% rule is and how you can use it to reach your full potential.</p>
<p>Importance of Sleep</p>	<p>Learn the benefits of sleep</p>	<p>Training is an important part of improving and becoming the best athlete you can be. However, one neglected aspect of training is getting enough sleep. Sleep deprivation can have many negative effects on athletic performance, including impaired judgement and slower reaction times. This activity will teach you how important sleep is as well as what you need to do in order to be the best you can be.</p>

<p>Don't Hesitate: How to Overcome Doubt</p>	<p>Learn how to use your doubts as sources for motivation</p>	<p>Doubt can have a negative effect on your performance. It can cause you to avoid things that would otherwise allow you to improve in some way. This activity will teach you how to handle feelings of doubt and use it to use your advantage so that you can improve and reach your potential.</p>
<p>Being Coachable</p>	<p>Discover the 5 traits that all coachable athletes have in common</p>	<p>Being coachable means having the ability to listen to what you coach instructs and changing your behavior based on the instructions. Understanding that you can not fully improve on your own is an essential part to reaching higher levels of success. Do this activity to learn what it means to be coachable and what 5 traits you need to becoming your best.</p>
<p>Performance Anxiety: Turning Stress into Success</p>	<p>Learn the steps to overcoming performance anxiety to succeed</p>	<p>Performance anxiety affects athletes of all sports and skill levels. For some, this has a major effect on their ability to play up to their potential. Overcoming this anxiety is essential to playing your best no matter the competition. This activity will teach you how to recognize and then combat this anxiety so that you are ready to compete at the highest level.</p>
<p>Energy Management 1 Basics of Breathing</p>	<p>Learn a deep breathing technique to renew your energy</p>	<p>Situations both in sport and in life can cause anxiety and keep you feeling fatigued. However, deep breathing allows cells in your body that may not get enough oxygen under stress to receive the nutrients needed to operate. This activity will teach you a breathing technique that will relax the body, renew your energy, and give your body the oxygen it needs.</p>
<p>Energy Management 2 4-7-8 Breathing</p>	<p>Learn a breathing technique to relax and refocus</p>	<p>Breathing is essential to energy and focus. If you get anxious or nervous, you may start taking quicker shallower breaths and sacrificing the amount of oxygen your body receives. This exercise will help you recover the oxygen that your body needs while relaxing you and restoring the energy you need to compete.</p>
<p>Energy Management 3 Abdominal Breathing</p>	<p>Utilize your diaphragm while breathing</p>	<p>Breathing is an important part of everyday life as well as athletics. Utilizing your breath can help you be focused as well as renew your energy. This activity will teach you a new technique for breathing that allows maximum air flow and relaxation.</p>
<p>Superstitions and Rituals</p>	<p>Learn how your rituals can help you achieve success</p>	<p>Everyone has seen athletes perform rituals or superstitions. Many times, we just brush it off as odd behavior. However, rituals can have a powerful effect on performance. This activity will teach you why those rituals or superstitions you actually can increase your performance.</p>

<p>Using Cue Words to Refocus</p>	<p>Learn how to make a cue word and use it to refocus during competition</p>	<p>Sometimes in the midst of competition we can tend to lose focus in the most critical periods due to mistakes or fatigue. However, this doesn't have to be the case. Cue words can help you remain focused on the task at hand and become the athlete that you want to be. This activity will teach you how to make an effective cue word and use it during competition to refocus and succeed.</p>
<p>Deliberate Practice</p>	<p>Change your mindset about practice to achieve success and avoid complacency</p>	<p>Everyone has experienced practices that seem to never end. In those circumstances, it is easy to do the least amount of effort possible to get it over with. This activity will teach you how deliberate practice can help avoid moments of complacency and give you the mindset you need to in order to improve each practice rather than getting stuck in mediocrity.</p>
<p>5 Keys to Mental Toughness</p>	<p>Increase your mental toughness to succeed in any situation</p>	<p>Mental toughness not only involves breaking bad habits, but developing new ones. Incorporating specific behaviors into your everyday life can help you overcome any situation and make sure that you are always improving to become the best you can be. In this activity, you will learn the 5 behaviors mentally tough people practice each day to reach their full potential and succeed no matter the circumstance.</p>
<p>Power of Positivity</p>	<p>Discover how positivity can change influence your performance</p>	<p>Positivity has the ability to affect your thoughts, feelings, and actions. While it is better to be positive rather than negative, it takes effort and practice to replace negativity with positivity. This activity will teach you the science behind positivity and how you can increase it in your own life.</p>
<p>6 Strategies for Building Confidence</p>	<p>Learn strategies to increase your confidence</p>	<p>Confidence plays a key role in athletics. Those who have it, play harder and rely on instincts. Those who don't, second guess themselves and hope something good happens rather than making it happen. This activity will teach you different ways to build confidence so that you are ready to compete and win.</p>
<p>Make Any Situation More Enjoyable</p>	<p>Discover how you can make any situation enjoyable</p>	<p>Many people assume that the circumstance you are in affects your emotions. However, it is actually your interpretation of the situation that affects your mood and emotions. Taking control of your thoughts can enhance your ability to see the bright side and find any situation more fun and enjoyable. This activity will teach you the 3 questions to ask yourself in any unpleasant situation that will make it more fun enjoyable.</p>
<p>How Did Sports Originate?</p>	<p>Learn two theories on how sports originated</p>	<p>Sports is something that many of us partake in each and everyday. And yet, many of us do not know how sports originated. This activity teaches you the two main schools of thought that explain how sports came into what we know today.</p>

Why Are Sports Important?	Answers the question what is the value of sport or athletics to society	There are many reasons to participate in sports. These can shape the reasons why we play and the role that sports play in our lives. This activity explains 6 theories as to what the value of sports are to society to give you a different perspective on sport.
Is More Better? The Effects of Burnout	Discover why you may be feeling unmotivated in your sport	Burnout is prevalent among student-athletes today because of all of the pressure to win and specialize in sport. However, this can backfire and cause athletes to lose motivation and ability. This activity will teach you what burnout is and how you can fight it to stay at the top of your game no matter if you are in-season or out of it.
Mental Gym Orientation	Learn how to use the Mental Gym	The Mental Gym will be able to take you to new heights of success that you never thought were possible. Addressing the mental side of athletics can teach you how to have a champion's mindset so that you can improve and reach your fullest potential. This activity will teach you how to use the Mental Gym to your advantage and apply it to your own life.
Relaxation 1 - Relaxed vs Tense	Recognize when your body is relaxed and when it is tensed	Relaxation is important to recovery fully as well as getting the most out of other techniques such as imagery. This activity will teach you how to scan your body and relax your muscles when they might otherwise be tensed.
Relaxation 2 - 3 Steps to Deep Muscle Relaxation	Develop the relaxation response	Controlling your bodies automatic processes like heart rate and breathing are essential to allowing your body to be completely relaxed. This response of relaxation can then help you overcome pressure, stress, and anxiety in your sport. This activity teaches you how to develop the relaxation response so you can use it in your own life.
Relaxation 3 - Immediate Relaxation	Learn how to quickly trigger your relaxation response	Being relaxed in any situation is important for handling pressure, stress, and anxiety that many athletes feel before, during, or after competition. This activity will teach you how to quickly become relaxed just by thinking so that you can remain calm and ready to compete.
Positivity and Optimism	Always think positive and be optimistic. Learn to make this a life habit	Thinking positive and being optimistic makes you more successful in life. An athlete who thinks positively rather than negatively will show more improvements and have the ability to bounce back after adversity, Having the habit of positive thinking will help you not only in your sport, but in the classroom and your job/career as well.