

ADP Mindset: Inner game of tennis review and building consistency

Please list the **3 most valuable aspects** of the Inner Game of Tennis as it relates to your game: Please be specific and explain how you will apply these aspects as part of your game.

- 1.
- 2.
- 3.

Producing consistency through a consistent mindset:

Preparation and routine have long been associated with being consistent. Why?

In order to become truly consistent we must develop consistency in our thoughts. The best way for a goalie to develop a consistent mindset is through an approach I have been working on for years. It involves 3 aspects:

Preparation: Create a consistent routine

Action: What is your consistency mindset during play? Your inner game?

Response: One of the most important factors because it has a significant impact on the moment is how we respond to negative moments, goals, mistakes, and poor performances. Our reaction must become consistency.

The good news: you can choose. Free will. Belief systems and your personal world view will have a significant impact on your consistency.

Developing your mindset is easy on paper, but much harder in the moment.

Step 1. Decide in advance how you are going to react to negative outcomes. Be clear and direct

Step 2. Stick with it! Be consistent with your mind and you will be consistent with your play. Be patient.

Step 3. Balance your emotions with consistent thoughts and feelings about your game. Remember, you CHOOSE how you react. Empower yourself, only you can!