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1-Pitch Warrior Mentality – Developing a Solid Mental Game

- 1) Failure/Adversity
 - a) React vs. Respond
- 2) Act Differently Than You Feel
 - a) Practice Mental Toughness Daily
 - i) #1PW30DayChallenge
- 3) Perspective
 - a) Cory Hahn
 - b) Poster
 - c) H^3
- 4) Present Moment
 - a) Focus Test
- 5) Routines
 - a) Focal Point
 - b) Get B.I.G.
 - c) Pitch/Swing Thought
- 6) Recognize
 - a) Build Awareness
- 7) Release
 - a) What is your plan when #@\$% hits the fan?