

BRAIN TRAINING

Focus. Confidence. Motivation. Attitude.

**TRAIN
YOUR
BRAIN**

12 WEEK MENTAL PREPARATION PROGRAM :

Athlete edition

A workbook designed to help you develop the basic mental skills for your next BIG performance.

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Peakperform.ca



PROGRAM GUIDE

This program is designed to help you self-coach yourself through the next 3 months. There are no short-cuts; you have to put in the work if you want to get a mental edge over your opponents.

Every 2 weeks you will be introduced to a new mental skill, along with the matching tools and strategies that will help you develop the skill of the week. You will then have 14 days to practice and complete the exercises before you move on to the next chapter and mental skill.

Note that even though you are learning new tools and strategies every chapter, it will be important to keep practicing what you've been learning from the very beginning. I'll guide you with journaling prompts during the whole program, which will help you practice your reflection skills, develop your self-awareness, and ultimately help you make it a solid habit throughout the program.

As mentioned previously, practice is important, so you must make the time to do your Brain Training homework. Following the program in real time will help you practice the strategies often enough in order to create new habits and start shifting your mindset.

At the end of each chapter, you'll see a summary of your Brain Training homework which will help you plan the upcoming weeks of practice. Have fun, keep an open mind, and don't be shy to make the exercises your own by putting an individual twist to it!



Coach's Tip:

Schedule 1 hour per week for your Brain Training and plan for 15 minutes per day to put what you learn into practice!





ABOUT COACH CAM

Since the age of 5, I've been a competitive athlete. Sport is a big part of my life and it was only natural for me to pursue a career in this world. After finishing my Physical Health and Education degree at McGill University in 2013, I started a Masters in Sport Management at the University of Ottawa, still unsure of what exactly I wanted to do in the realm of sport. While in a class with students from the performance psychology program, my 'Aha' moment came when my professor started talking about his research and experience working with professional athletes all around the world, teaching them mental skills. I was mind blown. Never in my whole athletic career did I know that training your brain was something that you could do to play better. How did not one coach or athlete tell me about this? Would I have been a better athlete if I trained my brain from the very beginning? The answer is YES, but I can't turn back time. From that day on, I made it my personal mission to help athletes, like YOU, learn the mental skills that I wish I had learnt from the very beginning. I switched programs and finished with a Masters in performance psychology in 2015 while playing varsity rugby. Now with over 6 years of experience working with athletes, coaches, musicians, dancers, and other high level performers, I've created a 12-week program with all the mental skills tools and practices you need to start getting your mindset to the next level. I hope you find tools that will help you both in and out of the sport arena, just as I have!

COURSE SCHEDULE



WEEK 1&2 SELF - AWARENESS

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COURSE SCHEDULE



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POSITIVE PERSPECTIVES

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PERFORMANCE PLANNING

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NEXT STEPS

YOU'RE DONE! NOW WHAT?

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WORKSHEETS

PRINT THESE OUT & REUSE

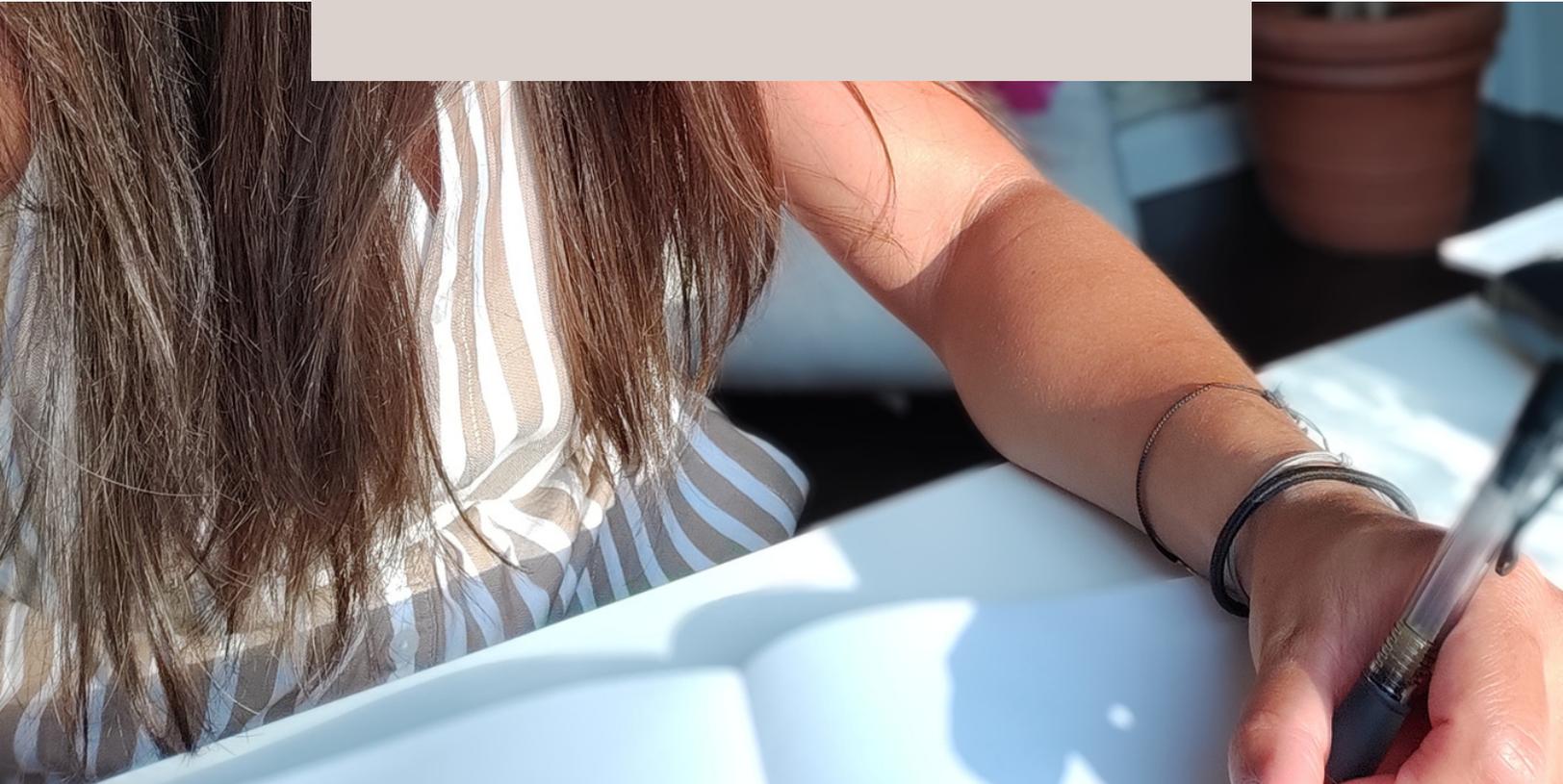
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RESOURCES

FIND USEFUL INFORMATION HERE

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WEEK 1 & 2



SELF - AWARENESS

In order to be a better athlete, you first need to be self-aware of what needs to be worked on. You won't always have a coach or teammate by your side to give you constructive feedback, so it's important that you learn to do that on your own.

Adopting a growth mindset will be the key to unlocking your success. This means, learning not only to recognize your successes, but also knowing how to see every opportunity as a learning experience. Only the best athletes know how to keep moving forward, and that starts with self-awareness.

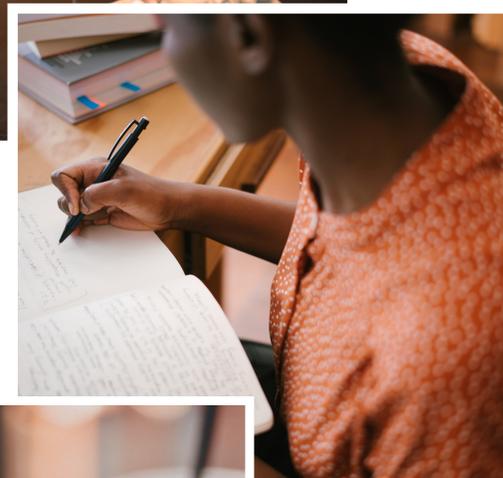
How to develop Self-awareness

I've worked with many athletes, and one thing I know for sure is that everyone is different. One strategy that works for one person, may not work for the other. The first thing I do with athletes that I meet is ask questions and help them develop their reflection and self-awareness skills in order to understand how they think, and what works for them.

Through Mental Skills logging, journalling, and reflection exercises, you'll start to be aware of patterns of behavior that you didn't realize were both harmful and helpful.

I encourage you to:

- observe rather than judge
- make regular entries
- be honest & curious
- be ready to make changes
- practice patience



Mental Skills Logging

In order to grow and improve as an athlete, it's important to first be able to reflect and understand your strengths and weaknesses.

Use the *Mental Skills Logging* worksheet to reflect on your overall focus, motivation, confidence, positive attitude, and stress-management skills. Rate each on a scale from 1 to 5 (5 being the best). Mental skills can be applied to all aspects of life, but for the purpose of this program, make sure to think about each skill in relation to how you show up in your sport (training and competition). Check-in by visiting the table weekly to keep track of your mindset and progress.

This reflection process will help you be more aware of where you stand now, as well as what skills you may want to prioritize in the future.

Mental Skill	Rating from 1-5					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Focus						
Motivation						
Confidence						
Positive attitude and self-talk						
Stress and emotion management						

Mental Skill	Rating from 1-5					
	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Focus						
Motivation						
Confidence						
Positive attitude and self-talk						
Stress and emotion management						



Coach's Tip:

Take the time to think about what each number of the scale represents to you.



Best vs. Worst Performances

Another important self-awareness exercise is reflecting on your best performances and worst performances. It's not always about re-inventing the wheel; during your best performances, you're doing something that works.

Use the *Best vs. Worst Performance* worksheet to help you think about what strategies you've used in the past - what worked, what didn't? Make a list of actions and thoughts that made you feel focused, motivated, and confident in past performances. Are you implementing the tools and strategies that work on a regular basis? If not - get to it! Performing well is about being consistent, and that starts by using what works during your training sessions.

Me, taking a fall after missing a snatch attempt during a weightlifting competition in 2020.

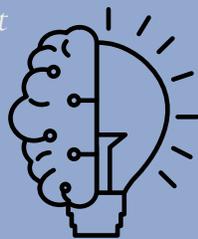
Smile, learn, and get back up!



Reflection Writing

It's important to have a growth mindset throughout these next 12 weeks, since you'll be trying to implement new tools and strategies to your mental skills toolbox.

Growth mindset is a term coined by Dr. Carol S. Dweck that means believing that you have the ability to learn more, and viewing challenges and failures as opportunities for improving and learning skills. In order to grow from these opportunities, it's important that you begin to reflect after each training session.



You can't change or grow if you're not aware of what exactly needs to be improved. On the other hand, you can't continue to succeed if you don't know what you're doing well.

Today is Day 1 of *Reflection writing*. After each training session, reflect by writing down 1-2 things that can be improved with your performance (consider mental, physical, tactical, and strategical aspects), and 3 things that you did well – these are your wins for the day. If it's a day off, you can simply reflect on your rest and recovery.

Use the template *Post-training Reflection* to help guide your daily reflection. Print out 14 sheets so you have one for each day, whether it's a training day or rest day.

Coach's Tip:

Take your reflection a step further by creating an Action Plan in connection with the points that you want to improve.





Summary

Mental skills are just like any other skill, which means they have to be practiced in order to become automatic. Your goal for the next 2 weeks is to get into the habit of daily reflecting writing. Over time, you'll see that this type of reflection will become so automatic, that you won't even have to write it down as often. Check-in with yourself each day, as well as try to continue to implement tools that have worked for you in the past.

Happy writing!



TRAIN YOUR BRAIN

- Mental Skills Logging weekly to develop self-awareness and track your mindset progress
- Complete Best vs. Worst Performance so you can start to use what works right now!
- Complete Post-training Reflection daily to recognize both harmful and helpful behaviors and habits