

STARTT Pitching

9 Traits of Confident, Emotionally Tough Pitchers

CHECKLIST

- 1 Don't Settle for Average
- 2 Self-Awareness
- 3 Makes No Excuses
- 4 Compare Yourself to No One
- 5 Self-Motivated
- 6 Self-Confident
- 7 Intentional, Specific Practice Habits
- 8 Has Dominating Mindset
- 9 Opportunity Seeker

