

Self-Awareness I-Exam Action Guide

What you'll learn:

Everything you do when it comes to pitching will be based on how well you handle the things that are within your control. The pitchers that have the self-awareness and understand what they can control and can't control are smarter, fearless and more confident pitchers.

Your confidence will decide how far you go in baseball. Without self-awareness, self-motivation and self-confidence you will never be able to handle the stress and extreme pressure of playing against the best baseball players in the world.

So you must understand where confidence comes from and how to develop it yourself. I guarantee it is the most important baseball related training you will ever do. When you get the confidence training right, your opportunity to play College or Professional Baseball will be all within your control.

How to take the I-Exam.

In Control:

The first thing you must understand is what you CAN and CAN'T control. Everything that's within your control will be the determining factor in your pitching career, all your preparation and practice habits and eventually your opportunity to play Professional Baseball.

Your confidence as a pitcher will be evaluated by the Pro Scouts by how **you act** towards things you can control and how **you react** to the things you can't control.

Honestly answer Yes or No if you're "In Control" of the key emotional, mental and physical aspects of your pitching mindset. Everything you do from this point forward needs to focus on the things that you can control.

Important:

Answer Yes or No if you believe that this specific subject or aspect of your mindset is important to your self-confidence.

Issue:

Answer Yes or No if you have an issue or problem with this specific subject or aspect of your mindset. You must be completely honest if you want to reach supreme self-confidence in yourself.

Impact:

Answer Yes or No, Is this specific subject or aspect of your mindset having a negative impact on your self-confidence?

If Yes, Why?

Describe in a few words the negative impact. You will address the negative impact in a lot deeper detail later in your Short-term Improvement Plan (S-T.I.P.)

Trigger:

Is this specific subject or aspect of your mindset a positive or negative confidence trigger?

Positive Triggers builds your self-confidence.

Negative Triggers ruins your self-confidence.

You must have a plan to overcome your Negative Confidence Triggers.