

Trust Network I-Exam Action Guide

What you'll learn:

You'll never get a chance to play Professional Baseball alone. Everyone needs support from family, friends and trusted coaches and advisors.

Unfortunately there are times where the people closest to you can be your worst Negative Confidence Trigger.

You know the people I am talking about. They're always negative, always doubting you and telling you that you'll never make it. Many times it's our parents or closest family members.

You can't let their negativity stop you from chasing your Professional Baseball Dream. You have to use them as motivation, but at the same time limit the impact they have on your self-confidence.

I know it's easier said than done. I know sometimes it's hard to ignore all their negativity. But if you focus on building a strong personal network of people you can trust to tell you what you need to hear, not always what you want to hear. You can overcome all the negativity and haters and build your self-confidence so you can reach your max potential as a pitcher and a person.

How to take the I-Exam:

Influence:

Answer Yes or No. Is this specific person a negative influence on my self-confidence?

Important:

Answer Yes or No.

Is the person important to my self-confidence as a pitcher and a person?

Issue:

Answer Yes or No.

Is there an issue or problem with this person that needs to be fixed?

Impact:

Answer Yes or No.

Does this person have a negative impact on your self-confidence as a pitcher and a person?

If Yes, Why?

Describe in a few words the negative impact.

Trigger:

Is this specific person a positive or negative confidence trigger?

Positive Triggers builds your self-confidence.

Negative Triggers ruins your self-confidence.

We will develop a plan to overcome your Negative Confidence Triggers.