

## 9 Traits of Confident, Emotionally Tough Pitchers

### What is a Confident, Emotionally Tough Mindset?

A Confident Mindset is a Fearless, Go for it, Nothing to Lose elite pitcher mindset that eliminates your fear of failure and sets your mind free so you can emotionally, mentally and physically pitch with supreme confidence.

The one unique trait that separates you from every other pitcher in the world is your mindset. Nobody else thinks, feels or acts exactly like you do.

You have the ability to develop your own personal emotionally tough mindset.

The question is, do YOU have the desire, motivation and determination to emotionally, mentally and physically do the hard work it takes to reach your max potential?

Master these 9 traits and I promise you will already be miles ahead of every other pitcher in the world.

### 1. Don't Be Average

Most pitchers will never throw an 80 mph fastball because they refuse to separate themselves from what the average pitcher is doing.

**Don't ever, ever, ever settle for average.**

Having a confident, mentally and emotionally tough mindset demands that you push yourself to do what nobody else is doing.

70 to 80 mph pitchers look for the easy way.

90 to 100 mph pitchers look for the smart, fearless and most confidence building way.

## **2. Self-Awareness**

Winning pitchers with a confident, emotionally tough mindset focus solely on what they can control.

Your only focus should be preparing, practicing and pitching.

You have to take complete ownership and control of your pitching process.

**Winning is important and is your personal responsibility.**

Elite Pitchers take complete responsibility for winning.

There is no shortage of whiners and losers. Don't be one.

You must rid yourself of the concept of losing can ever be accepted in any way. Never give excuses for losing. Playing the blame game will crush your ability to develop an emotionally tough mindset for yourself. Blaming a single thing or person for losing will dramatically increase your chances of quitting and ultimately being forgotten.

## **3. Don't Make Excuses**

Don't ever make excuses. Excuses are a sign of weakness.

Excuses are never really the reason you did or didn't do something.

They are just crutches that temporarily help yourself feel better about what happened (or didn't).

Winning pitchers hate excuses and never blame others for their actions.

Anyone who makes excuses for losing will never have long-term success in baseball or life. It only cripples your soul.

#### 4. "No Comparison Rule"

Comparing yourself to other pitchers is a confidence killer.

Your goals and talents are yours and yours alone.

Any comparison would only set you up for failure.

You will learn and grow from your preparation, practice and experience.

You can model and learn specific traits of Major League Pitchers.

But don't try to mimic Major League pitchers; you will never be exactly like them. And you don't want to!

Learn, Grow and Become the best pitcher you can be.

#### 5. Self-Motivated

All your life you have been repeatedly warned about setting your expectations too high. **You must completely ignore all those warnings.**

The truth is average expectations makes for average pitchers and we don't want average. Most average pitchers set their expectations too low. Average pitchers make it too easy to reach their expectations.

But the facts are, low expectations don't motivate and average pitchers with low expectations quit at the first sign of resistance or struggle.

**Their expectations weren't valuable (Motivating) enough to go through and grow through the ups and downs that it takes to develop into an elite pitcher.**

The road to pitching with supreme confidence is paved with setbacks and mini failures. If you aren't failing then you aren't trying or pushing yourself hard enough. You can't grow if you aren't failing. Failing is good, quitting is bad.

Don't hold anything back and fearless pitchers aren't afraid to make mistakes. They learn from them.

## **6. Self-Confidence.**

Confidence, not cockiness is the heart and soul of being emotionally tough.

If you don't pitch with confidence then you are stuck in the average zone only doing what's comfortable for average pitchers.

**Pitching is a high risk, high reward extreme action sport athletic activity.**

Building a confident, emotionally tough mindset requires you to expand your confidence zone, not live in the average zone.

The average zone is where "the easy way" pitchers go to watch their pitching careers die.

Becoming an elite pitcher is not easy or comfortable.

The pitchers who are continuously growing and expanding their pitching confidence zone are the pitchers who get college and professional opportunities.

I guarantee you the amount of confidence you develop and pitch with will be the key to your long-term pitching success.

## **7. Specific, Intentional Practice Habits.**

Most pitchers practice just enough to make it feel like practice.

Elite pitchers know that practice is the time for hard work and that dominating in championship games under extreme pressure is the reward.

Most pitchers only put in enough effort to get by and keep the coach off their back.

**But most professional pitchers know that practice is really a gift.**

**Professional pitchers know that there are no short cuts to long-term success.**

If you want to pitch in a real Major League Game someday then it is critical to develop preparation and practice habits that constantly demand that you push yourself to get better.

## **8. Dominating Mindset.**

Having a confident, emotionally tough mindset is not just about being competitive, it's about dominating.

Winning pitchers do things that losing pitchers won't.

Major League Pitchers do things that high school and college pitchers won't.

All your preparation and practice is so you will be dominating in the biggest games.

Dominating doesn't mean perfect, it means you are able to pitch and execute today's game plan in big games under extreme pressure and stress.

## **9. Opportunity Seeker.**

Once you develop a Confident, Emotionally Tough Mindset, don't ever stop, keep the momentum going.

By going "**All In**" Pro Scouts and College Coaches will know that your sole focus is on preparing and practicing for your opportunity to play college and professional baseball and that you are ready for the challenge.

Remember, you never know who is watching. College Coaches and Pro Scouts watch you warm up, watch how you treat your teammates and look for leadership qualities in the pitchers that they are recruiting and scouting.

When the College Coaches and Pro Scouts start coming to watch you it's the most amazing feeling.

You will know that all the years of hard work and sacrifice was worth it.

Your self-awareness, self-motivation and self-confidence will give you the perseverance to guide you along every step of the way.