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## MENTAL FITNESS GAME PLAN

→ Quick Start Guide to Training Your Brain Like a Muscle

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### Why Mental Fitness Matters

In sport, you wouldn't expect an athlete to perform without training their body. In business, we expect high performance without training the mind – and that's the real gap.

Mental fitness is your capacity to respond to life's challenges with a positive (growth) mindset instead of stress or sabotage. It's what keeps you resourceful under pressure, focused in the fog and resilient through setbacks.

This guide helps you:

- *Recognise when your Saboteurs are running the show*
  - *Switch to your Sage Powers under pressure*
  - *Build daily habits that strengthen your mental 'muscle'*
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### Five Mental Fitness Triggers That Keep You Strengthening Your Brain (Mind)

#### 1. PQ Reps

Short, 10-second sensory exercises that quiet the mind and shift you into the present.

→ *Use during stress spikes or before key moments.*

#### 2. Name the Saboteur

Catch negative patterns in the act. Label them to loosen their grip.

→ *Common Saboteurs: Judge, Controller, Hyper-Achiever, Pleaser.*

#### 3. Shift to Sage

Ask: What's the gift or opportunity here?

→ *Trains your brain to reframe challenges into creative responses.*

#### 4. Micro-Reflections

End your day with 2 minutes reviewing wins, lessons, and moments of presence.

→ *Builds gratitude and clarity.*

#### 5. Body-Mind Sync

Engage your body to settle your mind – slow breathing, stretching, mindful walking.

→ *Helps reset your nervous system.*

### Three Core Conditions for Mental Fitness

- Awareness → Know your Saboteurs and your Sage Powers.
- Practice → Daily reps to build neural pathways for resilience.
- Recovery → Mental rest through mindfulness, disconnection, and play.

### Your Quick Start Mental Fitness Plan

Mon-Fri:

- 3 × 10-second PQ Reps spaced through the day.
- Spot and label Saboteurs in real time.
- Reframe at least one challenge using Sage perspective.

Sat:

- Longer reflection session (10-15 mins) on week's wins and lessons.
- Light mindfulness practice.

Sun:

- No mental 'work'. Play, create, explore.
- Set intentions for the week ahead from a Sage state.

### Next Step: Activate Your Performance Engine™

Mental Fitness is one of three pillars in your Performance Engine™.

When you combine it with Flow and Recovery, you don't just perform – you thrive under pressure.

👉 Step 1 > Take the free 5-minutes [Saboteur Assessment](#).

NB: Pls select "Yes" to the question "Were you referred by a coach?"

*It's revealing, insightful, and usually sparks some big "aha" moments around the mental patterns that may be quietly holding you back.*

👉 Step 2 > Let's decode your top Saboteurs on a complimentary [Saboteur Discovery Session](#).

👉 Step 3 > [Activate Your Performance Engine](#)

