

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE

MONDAY MOTIVATION

SEPARATING
PERFORMANCE FROM
SELF-WORTH



— Coach Rei
Director of Mental Strength & Performance

“ A MESSAGE FROM COACH REI

A bad match says something about your performance today. It says nothing about your value as a person or your potential as a player.”

Roger Federer:
"It's only a point"



LEARN MORE



Mental strength is a journey, not a destination. It's forged each Monday, week after week. Let's begin.

MENTAL STRENGTH EXERCISE

PLAYER VS. PERFORMANCE REFLECTION

After one practice match this week, divide your reflection into two categories:

Performance Today

- What went well?
- What needs improvement?
- What did I learn?

Then write:

Me as a Competitor

- One quality I showed regardless of the result.
- One reason I'm proud of my effort.
- One thing I will bring into my next match.

Finish with:

"Today's result is information, not my identity."

Goal: Learn to evaluate performance without allowing one result to define your confidence or identity.

This is particularly important for developing players. [USTA](#) guidance emphasizes long-term development and reminds juniors that ranking and individual results should not define who they are. See [Mental Health: Your Child and Tennis](#)

TIAcademies.com



NEW ROCHELLE

55 Quaker Ridge Road | 914.484.8441



WHITE PLAINS

110 Lake Street | 914.428.2444