

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE

MONDAY MOTIVATION

MANAGING EXPECTATIONS



— **Coach Rei**
Director of Mental Strength & Performance

“ A MESSAGE FROM COACH REI

*Expectations create pressure.
Standards create growth.*



Being Your Best Mentally During
Match Play - Patrick Mouratoglou



LEARN MORE



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

MENTAL STRENGTH EXERCISE

EXPECTATION RESET

Before practice, write down:

“I don't have to play perfectly today.”

Instead, focus on three standards:

- Compete hard.
- Stay positive.
- Trust my routines.

Whenever perfectionism starts to creep in, reset and return to your standards.

After practice, reflect:

Did I chase perfection, or did I stay committed to my standards?

Goal: Learn to compete freely without the weight of unrealistic expectations.

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