

# ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



## Monday Motivation

Confidence Through Action

*"Confidence doesn't come before action  
— it comes because of it. The swing  
builds the belief."*

– Coach Rei

Director of Mental Strength & Performance

*WE. MAKE. PLAYERS.*

## Mental Strength Exercise

*Small Wins Journal* 📖

*Confidence isn't built overnight—it's built on  
the little things you do right, day after day.*

- After each practice or match, write down 3 small wins—whether it's effort, focus, or execution.
- Review your list before your next session.
- Over time, you'll see your confidence grow—built on evidence, not just feelings.



▶ [Rafa Nadal: How do you mentally train?](#)

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

LEARN MORE >