

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE

MONDAY MOTIVATION

EMBRACING
DISCOMFORT



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

“ A MESSAGE FROM COACH REI

Growth begins when you stop expecting competition to feel comfortable.



Novak Djokovic Reveals His Secret for Mental Strength



LEARN MORE



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

MENTAL STRENGTH EXERCISE

THE DISCOMFORT CHALLENGE

During practice this week, intentionally put yourself in uncomfortable situations.

Examples:

- Start a game down 0–30.
- Play against someone whose style bothers you.
- Play points using your less comfortable patterns.
- Play when you're tired.
- Start a tiebreak down 2–5.

When discomfort appears, don't try to escape it.

Tell yourself:

“This is uncomfortable, and I can still compete.”

Then focus completely on the next point.

After practice, rate yourself from 1–10 on how well you competed while uncomfortable.

Goal: Teach yourself that discomfort does not mean something is going wrong. Sometimes it means you're being challenged.

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