

ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE

MONDAY MOTIVATION

MENTAL
COURAGE



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



A MESSAGE FROM COACH REI

Courage isn't playing without fear.
Courage is choosing the right action
even when fear is telling you not to.



I Always Doubted Myself
Rafael Nadal



LEARN MORE



Mental strength isn't built when everything is easy. It's built when things get uncomfortable and you keep competing.

MENTAL STRENGTH EXERCISE

THE BRAVE DECISION

During a practice match, identify three moments when you feel tempted to play safe because you're afraid of missing.

Maybe it's:

- Attacking a short ball.
- Going after your first serve.
- Moving forward.
- Taking the ball early.
- Using the pattern you've practiced.

When that moment comes: Recognize the fear → Choose the right play → Commit 100%.

It doesn't matter whether you make the shot.

Afterward, ask: “Did I make the courageous decision?”

Not: “Did I win the point?”

Goal: Teach yourself that courage is measured by your commitment to the challenge—not the outcome.

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