

# ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE

## MONDAY MOTIVATION

PLAYING FEARLESSLY



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

### “ A MESSAGE FROM COACH REI

*Fear disappears when commitment becomes bigger than doubt.*



One of Novak's Biggest Mental Strength Lessons



LEARN MORE



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

## MENTAL STRENGTH EXERCISE

### COMMITMENT CHALLENGE

During practice, identify five opportunities to play aggressively.

#### Each time:

- Commit completely to your decision.
- Accept the outcome immediately.
- Never judge yourself by whether you made or missed the shot.

#### After practice, ask yourself:

Did I lose the point because I missed... or because I hesitated?

**Goal:** Build confidence through full commitment—not perfect execution.

### THE FILL PILLARS OF MENTAL STRENGTH



POSITIVE  
BODY  
LANGUAGE



RESILIENCE



EMOTIONAL  
CONTROL



CONFIDENCE



MENTAL  
TOUGHNESS

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