

# ACADEMY

TENNIS INNOVATORS

MENTAL STRENGTH & PERFORMANCE



## Monday Motivation

Positive Self-Talk

*"Your mind is always speaking. The question is—are its words coaching you forward or holding you back?"*

– Coach Rej Director of Mental Strength & Performance

*WE. MAKE. PLAYERS.*

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## Mental Strength Exercise

Cue Word Challenge 

- Choose 1–2 short cue words (e.g., “attack,” “relax,” “commit”).
- Use them before every serve or return during practice.
- Track how often you replace negative thoughts with your cue words.

**Goal:** Use your cue words at least 10 times in one practice session.



 Dr. Jarrod Spencer, Sports Psychologist, encourages athletes to create a personalized mantra to increase their positive self talk and help reach performance goals.

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