



10-Minute Mindfulness Pre-match Routine

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Spend 3 minutes reflecting on 3 things you are grateful for in your recent tennis journey. (Remember, you can't be grateful and fearful at the same time)

1.-----

2.-----

3.-----

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Spend 3 minutes visualizing yourself on the court, as vividly as possible, what color is the court?, what surface is it? Is there a scent?

Visualize executing your strategies, patterns, and controlling the environment with positive body language. The more details you can visualize and activate your senses with, the more the mind will bring it to life!

(Remember, the brain doesn't know the difference between what's real and what we create in our mind)

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Spend 3 minutes going through the specific goals you want to achieve in your match. High first serve percentage, being more aggressive/patient, starting strong. Focus on intention and effort, not outcome.

(Remember, we can shoot our arrow, but we can't control the wind)

1.-----

2.-----

3.-----

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