

THE MENTAL FITNESS METHOD



CATCH

Catch the thought before it catches you.



CHECK

Check the thought like a witness, not a judge.



CHOOSE

Choose your next play—one small move in the next 10 minutes.



**CONFIDENCE GROWS THROUGH REPS,
NOT MOTIVATION.**

STEP 1 CATCH

Catch the Thought Before It Catches You

Most people don't struggle because they have a toxic thought. They struggle because they never notice it—so they start living from it.

THE CATCH RULE:

You can't change a thought you don't notice.

QUICK CATCH PROMPTS (CIRCLE WHAT FITS)

- I'm replaying something that already happened.
- I'm predicting what someone else thinks ("I think you think...").
- I'm comparing myself to someone.
- I'm spiraling into worst-case scenarios.
- I'm hearing a harsh inner voice that sounds like a fact.
- I'm using: "can't," "I'm not enough," "always," "never," or "they made me..."
- Other: _____

WHAT AM I NOTICING RIGHT NOW?



COACH NOTES

Awareness is step one.

You don't fix what you don't first bring into the light.

CATCH LOG

Write it exactly as it showed up.

Situation (where/when): _____

What happened (facts only): _____

The thought/Voice I heard:

“ _____ ”

What emotion showed up with it? (pick 1–2)

anxious embarrassed angry guilty ashamed

sad overwhelmed numb jealous

other: _____



COACH NOTES

If you don't catch it, you'll believe it.

It's okay to have unwanted emotions, but it's what you do with those emotions that matters next.

STEP 2 CHECK

Check the Thought Like It's a Witness, Not a Judge

Facts don't fight.

Stories create pain.

Your job is to separate the two.

FACT vs. STORY

| FACT (What actually happened) | STORY (What my mind is adding) |
|-------------------------------|--------------------------------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |



COACH NOTES

Write it out. Get it out.

You can't change what you pretend isn't real.

STEP 2 CHECK QUESTIONS

Be honest. No points. No performance.

1. What's another possible explanation?

2. If my best friend had this thought, what would I tell them?

3. Is this thought helping me or hurting me?

4. What would be true even if this thought weren't true?

5. What's one small fact I can focus on right now?



COACH NOTES

You're not trying to feel better yet.
You're trying to get honest.

STEP 3 CHOOSE

Choose Your Next Play

THE “I AM” RULE

I am not what I feel. I’m how I choose to move.

My I Am statement for this moment:

I am _____

MY NEXT PLAY (One small move in the next 10 minutes)

What I will do: _____

When I will do it: _____

Who I can reach out to if I get stuck: _____



COACH NOTES

Small plays. Stack wins.
That’s how you build a new standard.

DAILY PRACTICE

Use this once per day for more if you need it.

CATCH LOG

CHECK SUMMARY

CHOOSE MY NEXT PLAY

WHO DO I NEED TO ADD?



COACH NOTES

Small plays. Stack wins.
That's how you improve through reps.