

MENTAL FITNESS

NEXT PLAY KIT

— A PRIVATE MENTAL FITNESS —
TRAINING SYSTEM

Next Play.
Next Choice.
Next Level.

INSIDE THIS SYSTEM:

- ✓ ANXIETY REFRAME
- ✓ CATCH → CHECK → CHOOSE
- ✓ TOXIC THOUGHT RESET
- ✓ URGE PROTOCOL
- ✓ RELATIONSHIP MAP
- ✓ IDENTITY TRAINING



TRAIN
YOUR MIND



CONTROL
YOUR EMOTIONS



MAKE
BETTER DECISIONS



BUILD
RESILIENCE



STRONGER MIND.
STRONGER LIFE.

A TRAINING SYSTEM BY MENTAL FITNESS

WHAT'S INSIDE

Your Mental Fitness training system is organized into four training blocks. Each block builds on the one before it.



TRAINING BLOCK 1

PRESSURE + ANXIETY

Learn why anxiety is a meaning alarm, how pressure affects performance, and how to respond without spiraling.



TRAINING BLOCK 2

CATCH → CHECK → CHOOSE

A practical system for recognizing unhelpful thoughts, evaluating them, and making better decisions.



TRAINING BLOCK 3

TOXIC PHRASES + URGES PROTOCOL

Identify language patterns that create stress and learn a simple response plan for difficult moments.



TRAINING BLOCK 4

RELATIONSHIPS + IDENTITY

Strengthen your circle, improve communication, and become intentional about the words that follow “I am.”

THIS ISN'T INFORMATION.
THIS IS TRAINING.

Use it.
Practice it.
Repeat it.

That's how skills become habits.

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.

WHEN THE URGE HITS


You don't have to win the day.
 You just have to survive the moment.

 <p>10 SECONDS Pause.</p> <hr/> <ul style="list-style-type: none"> <input type="checkbox"/> Breathe <input type="checkbox"/> Name it <input type="checkbox"/> Notice it 	 <p>90 SECONDS Ride the wave.</p> <hr/> <ul style="list-style-type: none"> <input type="checkbox"/> It will rise. <input type="checkbox"/> It will fall. 	 <p>2 MINUTES Use a tool.</p> <hr/> <ul style="list-style-type: none"> <input type="checkbox"/> Move. <input type="checkbox"/> Splash cold water. <input type="checkbox"/> Call. 	 <p>10 MINUTES Choose a direction.</p> <hr/> <ul style="list-style-type: none"> <input type="checkbox"/> Walk. <input type="checkbox"/> Journal. <input type="checkbox"/> Reach out. <input type="checkbox"/> Review your "I Am" statement.
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 **TEXT SCRIPTS (COPY / PASTE IF NEEDED)**

- "Hey, I'm not in a good spot right now. Can you talk?"
- "I need a reset. Can I call you?"
- "I'm having a hard time and don't want to make a bad decision."

 **IF YOU ARE IN DANGER: 911 / 988**

 **COACH NOTES**

Urges are temporary. Decisions can be permanent.
 You don't have to trust the urge.
 You only have to outlast it.

THE 7 TOXIC PHRASES

Words shape thinking.
Thinking shapes behavior.

✘ STOP	✔ SWAP
✘ I Can't	✔ How Can I?
✘ I Need To	✔ I Want To / I Choose To
✘ They Made Me	✔ I Chose My Response
✘ I Have To	✔ I Get To
✘ Always / Never	✔ Sometimes / Right Now
✘ Should / Shouldn't	✔ Could / Prefer To
✘ It Happened To Me	✔ What Can I Learn From This?

OWNERSHIP LANGUAGE

Instead of:

✘ "They made me angry."

Try:

✔ "I felt angry when that happened."

Instead of:

✘ "My anxiety ruined everything."

Try:

✔ "I noticed anxiety show up."

Instead of:

✘ "I can't do this."

Try:

✔ "I don't know how yet."

DAILY CHECK

Which toxic phrase do I use most often?

What could I replace it with?

What would change if I practiced that replacement for 7 days?



COACH NOTES

The goal isn't perfect language.

The goal is more ownership.

Small changes in words create big changes in thinking.



YOUR BRAIN BELIEVES WHAT YOU REPEAT.

Choose your words carefully.