



PREMIER MINDSET PROGRAM 12-WEEK TRAINING PLAN **M3 & MOORHEAD HOCKEY**

1. SIGN UP

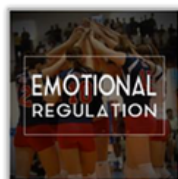
- CLICK THIS LINK: **M3 GROUP SIGN UP**
 - OR GO TO: [HTTPS://WWW.MINDSETPROGRAM.COM/SIGN-UP/M3/?GID=8651&UNGDUPTZ1US](https://www.mindsetprogram.com/sign-up/m3/?gid=8651&ungdulptezius)
- CLICK "JOIN GROUP"
- CREATE YOUR USERNAME AND PASSWORD AND ENTER YOUR CONTACT INFORMATION

2. LOGIN

- GO TO "LOGIN" AT MINDSETPROGRAM.COM
- BEGIN USING THE PROGRAM BY ENTERING THE USERNAME AND PASSWORD YOU CREATED

3. TRAINING PLAN

- 12-WEEK PLAN, TWO 30-MINUTE SESSIONS PER WEEK
- COMPLETE TRAINING ONLINE ON YOUR OWN TIME
- WEEKLY WORKSHEETS AND EXERCISES TO PUT INTO PRACTICE WHAT YOU LEARNED



CONTACT KELLI WITH ANY QUESTIONS



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Director of Curriculum



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FOCUS: WEEK 1

Complete the reading and exercises in each section listed below

COMPLETE

Day 1:

- "Introduction" through "Managing Distractions: Action Plans" sections and exercises

Day 2:

- "Managing Distractions: Relevant and Irrelevant Information" through "Focus to Performance Mindset" sections and exercises
- ** Skip the "Irrelevant and Relevant Exercise"

PUT INTO PRACTICE

- Review your distractions, triggers and action plan from your "Action Plan exercise" worksheet before each of your workouts this week. Try to implement the action plan when you notice yourself getting distracted during your workout.



FOCUS: WEEK 2

COMPLETE

Day 1:

- "Directing Focus: Selective Attention" section and exercises

Day 2:

- "Redirecting Focus: The AAA Model" section and exercises

PUT INTO PRACTICE

- Bring the Focus Window to life. Be present more often during practice and games. When you are present, focus on things that are relevant and controllable.
- Implement the routines and behaviors you identified in the Peak Performance reflection into your practice routine. Consistently perform these routines and behaviors, until it becomes habit.



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WEEK 3: MOTIVATION

Complete the reading and exercises in each section listed below

COMPLETE

Day 1:

- "The Anatomy of Motivation: Vision, Values and Passion" section and exercises

Day 2:

- "The Anatomy of Motivation, Part II: Intrinsic and Extrinsic Motivation" section and exercises

PUT INTO PRACTICE

- At the beginning of practice this week as a part of your pre-practice routine, remind yourself of your "why", your values and your passions. Identify what value/strength you are going to leverage throughout the practice and entire week to stay motivated



WEEK 4: MOTIVATION

COMPLETE

Day 1:

- "Motivational Strategies: Goal Setting" section and exercises

Day 2:

- "Continuing your goal setting" section and exercises

PUT INTO PRACTICE

- Complete the "Goal Setting Check-In WORKSHEET" at the end of each day this week. Follow the instructions on the worksheet to track your progress on your goals.



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WEEK 5: MINDFULNESS

Complete the reading and exercises in each section listed below

COMPLETE

Day 1:

- “Introduction” through the “Mindfulness and Focus” sections and exercises

Day 2:

- “Developing Mindfulness” through the “Mindfulness Practices” sections and exercises

PUT INTO PRACTICE

- Practice noticing your thoughts, emotions, and points of bodily tension. During your warm-up for practice, simply notice any thoughts, emotions, or bodily tension that occur. Then during your cool down, simply take a moment to practice being present and drawing your attention to any sensations your are experiencing without judgement.



WEEK 6: MINDFULNESS

COMPLETE

Day 1:

- “Mindfulness Meditations: Getting Started” through the “Mindfulness Meditations: Guided Meditations” sections and exercises

Day 2:

- “Mindfulness Meditations: Expansive Awareness” through the “Wrap Up” section and exercises

PUT INTO PRACTICE

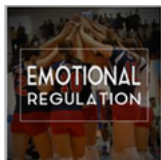
- Start each day with one mindfulness practice or meditation. You can repeat a meditation as many times as you would like, you are simply taking this time to center yourself before you begin your day.



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WEEK 7: EMOTIONAL REGULATION

Complete the reading and exercises in each section listed below

COMPLETE

Day 1:

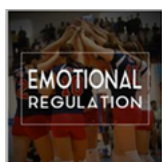
- “Emotional Awareness” through the “Tool #1: Sports Emotions Inventory” sections and exercises

Day 2:

- “Tool #2: The SERR Model” through the “Tool #3: Building Positive Experiences” section and exercise

PUT INTO PRACTICE

- Use the " Emotional Awareness Exercise #1: Emotions Log" to check in with your emotions throughout the week.
- Apply the SERR model in real time whether in practice or during your regular day. Notice your emotions and actively choose the response that will give you the result you want.



WEEK 8: EMOTIONAL REGULATION

COMPLETE

Day 1:

- “Tool #4: Opposite to Emotion Actions” through the “Using Emotions to Prepare for Competition” sections and exercises

Day 2:

- “Managing Activation and Anxiety” through the “Self-Talk” sections and exercises

PUT INTO PRACTICE

- Choose two techniques or tools you learned and apply them this week. For example, try out the breathing exercises to practice calming down or amping yourself up.



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WEEK 9: IMAGERY

Complete the reading and exercises in each section listed below

COMPLETE

Day 1:

- “Imagery: What It Is” through the
- “Imagery: How to Do It, Part I: Creating Effective Imagery” sections and exercises

Day 2:

- “Imagery: How to Do It, Pt. II: Engaging Your Senses” section and exercises

PUT INTO PRACTICE

- Take 5 minutes each day this week to try practicing imagery. Imagine a game scenario or even something unrelated to your sport, but be sure to work on engaging all of your senses. This is like a muscle, keep practicing and you will improve your strength and ability to image.



WEEK 10: IMAGERY

COMPLETE

Day 1:

- “Imagery: How to Do It, Part III: Getting Started” through the “Using Imagery, Pt. IV: Putting It All Together” sections and exercises

Day 2:

- “Imagery: Self-Talk” section and exercise

PUT INTO PRACTICE

- Write your own imagery script to help you in a particular game situation or skill you are hoping to improve. spend at least 5 minutes listening to your script each day.
- Leverage reminders: write out your self-talk statements in your phone, on a note card, piece of equipment, wristband, etc. Read your self-talk phrases before your practice and commit them to memory.



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WEEK 11: CONFIDENCE

Complete the reading and exercises in each section listed below

COMPLETE

Day 1:

- "Confidence" through the "The Relationship Between Feelings and Performance" sections and exercises

Day 2:

- "Constructing Confidence" section and exercises

PUT INTO PRACTICE

- Complete the "Wellness Tracker" worksheet throughout this week to start constructing confidence. No matter how you would rate your current level of confidence, you can always improve and check in on your wellness.



WEEK 12: CONFIDENCE

COMPLETE

Day 1:

- "Maintaining Confidence" section and exercises

Day 2:

- "Overcoming Lost Confidence" through the "Closing Remark" sections and exercises

PUT INTO PRACTICE

- Track your APE score at the end of each day or as a part of your post-practice routine by using the "Daily Confidence Log" worksheet.
- Notice your body language throughout this week and apply the "Act As If" mentality if you notice yourself not feeling confident in a particular moment.

