



# **Play Your Best: How To Be The Athlete You Want To Be (Volume 1)**

*Jeremy Boone*

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# Play Your Best: How To Be The Athlete You Want To Be (Volume 1)

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What if you could more consistently play your best? What if you could develop a better mindset to take advantage of all of the hard work you put in practice everyday? Imagine the kind of athlete you could be if you learned how to leverage your love for your sport and believe in yourself when it counts the most? The world's best athletes know what it takes to consistently be their best and now you can too with the help of Play Your Best. This uniquely designed interactive journal will guide you through a twelve step system to develop the mindset you need to more consistently play your best. After working through each of the twelve steps you will: -Learn why your self-identity is the single most important mental quality for athletes - Discover the TRUTH about what it takes to improve mental toughness -Learn how to master your self-confidence in any situation -Discover the 4 stages that EVERY athlete must go through in order to be your best -Learn the critical conversations you need to have to give yourself a competitive edge In Play Your Best author Jeremy Boone goes beyond the traditional Sports Psychology approach to improving your mental game and gives you a blueprint that shows you HOW to develop a winning athletic mindset based on Sports Axiology, the science of human value and decision making in sports. This journal is part of the 'Your Best' Series that also includes the books Coach Your Best, Parent Your Best, and the Swim Your Best Journal in an effort to help clubs, schools, and other organizations build winning cultures.

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