

The “Take Two” (2 minutes daily)

Icebox Ultimate Mental Toughness Daily Checklist

Name: _____ Playing venue/opponent/practice: _____ Date: / / / /

Read Daily:

1. Great Athletes and Great Teams commit physically, mentally and emotionally to EVERY practice / game
2. The pain of not achieving our goals will always be greater than the pain it takes to achieve them
3. Before All Clutch Plays
 - Emotional Regulation – Know your ‘number’ and STAY THERE!
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Self Evaluation	1 (low)	10 (perfect)	Comments
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Reaction to Mistakes (positive attitude/words/body language)

Reaction to Teammate’s Mistakes (do you have their back?)

Work Ethic / Intensity

Attitude / Coachability

How do you feel about yesterday’s performance?

If you could play it over, what would you do differently?

If you could play it over, what would you do the same?
