



EVENT + RESPONSE = OUTCOME

TRAIN THE MIND. BECOME RELENTLESS.

You cannot always control what happens in competition. You can train what you do next. Your response influences your focus, effort, confidence, communication, and the next opportunity.

EVENT

What happened?

RESPONSE

What did I choose next?

OUTCOME

What happened next?

1. EVENT - What happened?

Describe only the facts. Leave out judgment, excuses, and assumptions.

What happened?

Was this event in my control?

☐

Yes

☐

Partially

☐

No

2. FIRST REACTION - What showed up?

Your first reaction may be automatic. Your next response can be intentional.

What was my first thought?

Emotion:

☐

Angry

☐

Frustrated

☐

Nervous

☐

Embarrassed

☐

Disappointed

☐

Afraid

☐

Other:

What did my body want to do?

3. RESPONSE - What did I choose to do next?

Think about your thoughts, body language, effort, communication, and actions.

What did I actually do?

My response was:

Helpful

Neutral

Unhelpful

Did I move me toward the athlete I want to be?

Yes

No

Somewhat

4. OUTCOME - What happened because of my response?

What happened next?

My response helped me:

Reset

Focus

Compete

Communicate

Learn

Recover

Stay confident

Or did my response make the situation harder? How?



BUILD YOUR RELENTLESS RESPONSE

The goal is not to pretend the event did not happen. The goal is to respond in a way that gives you the best chance to compete, recover, and move forward.

RUN IT AGAIN

Replay a difficult moment and practice a stronger response before you need it again.

EVENT	BETTER RESPONSE	POSSIBLE OUTCOME
What happened?	What could I think, say, or do?	What could change?

BUILD YOUR RESET

My reset word or phrase: _____

Examples: Next play. Reset. Breathe. Attack. I'm ready. Let it go.

My physical reset: ☐ Deep breath ☐ Relax shoulders ☐ Reset stance ☐ Fix body language ☐ Eyes on next target

The next controllable action I will take: _____

OLD RESPONSE VS. RELENTLESS RESPONSE

OLD RESPONSE	RELENTLESS RESPONSE
What do I tend to think, say, or do when adversity hits?	What response would help me compete the way I want to?

MY RELENTLESS COMMITMENT

One event that tends to get the best of me: _____

I cannot always control: _____

But I can control: _____

When adversity hits, I will: _____

THE EVENT IS WHAT HAPPENED.
THE RESPONSE IS WHAT YOU CHOOSE NEXT.
THE OUTCOME IS WHAT YOUR RESPONSE HELPS CREATE.
Train the Mind. Become Relentless.

RESET EXAMPLES IN REAL TIME

Mistakes Happen. Champions Reset

Tennis: Player misses an easy shot → turns away from the court/net → adjusts strings or towel → controlled breath → shoulders come back up → returns to the baseline and begins the normal serve/return routine. Tennis is probably one of the best sports for teaching this visually because the reset happens clearly between points. A useful video topic is the classic between-point routine: react briefly, relax/breathe, prepare for the next point, then return to the performance ritual.

Baseball/softball: Infielder makes an error → briefly acknowledges it → taps glove or adjusts hat → exhales → gets dirt/grass back under their feet → immediately returns to ready position. The physical message becomes: “That play is over. I want the next ball.”

Basketball: Player misses a layup/turns the ball over → instead of dropping their head or complaining, they immediately turn and sprint back → find their player → communicate on defense → athletic stance. This is a great example because the reset is action, not standing still and breathing.

Soccer: Player loses possession → quick physical reaction → immediately turns, accelerates back toward the ball, communicates, and gets into defensive position. The reset cue can simply be “Next job.”

Volleyball: Player misses a serve or gets blocked → turns away briefly → breath/exhale → physically reconnects with teammates (high five/huddle) → returns to position with shoulders up and eyes forward.

Football: Quarterback throws an interception or misses a receiver → comes off the field → brief acknowledgment → helmet/chinstrap adjustment or breath → looks at tablet/coaches → transitions from emotional reaction to information gathering.

Golf: Poor shot → brief reaction → club goes back in the bag → deliberate walk → posture returns to neutral → begins the same pre-shot routine at the next ball.

Motocross: Rider makes a mistake, gets passed, or has a bad section → instead of frantic riding, visibly settles their body → resets elbows/attack position → returns eyes farther down the track → resumes normal breathing/rhythm → attacks the next obstacle rather than trying to “make up” the mistake immediately.