

Tips on Mental Training and Confidence

Mental Training Skills

Many athletes and coaches talk about the importance of the mental game; and rightly so, your mind controls your body. Athletes spend a lot of time training their bodies and their skills, but many don't know how to train their mind. Mental skills training will unlock performance potential that can't be achieved by physical and skills training alone.

Lucid's approach to mental training highlights three specific mental skills.

1. **WIN:** What's Important Now - the irony of winning is that you can't control results and outcomes. Learning to focus only on what you can control is the foundation of mental training. You can control your attitude, effort, and focus.
2. **Play Present:** The only time you can act is in the present moment. You cannot change the past or predict the future. If your mind isn't engaged in this moment right now, where is it?
3. **Next Play Speed:** Playing Present isn't easy. There are many reasons our minds wander out of the present moment. Next Play Speed is your ability to refocus fast and engage in the present moment.

Start training your mind today. Mind right, game tight. [Get Lucid!](#)

Confidence is an Action

How do you build supreme confidence in all situations? You get your mental training reps in. Whenever we begin something, our confidence is shaky and based on whether we are successful or not. When you get your mental training reps in, you begin to realize that you can build confidence by taking confident action, not because you know you will be successful, but because you know you have the skills you need to succeed in any situation you find yourself in. You can feel the fear, but act with confidence and trust your process without worrying about results. Lucid helps athletes separate confidence from their feelings. You can be confident no matter how you feel because confidence is an action, not an emotion.

If you want to build supreme confidence, start training your mind today with Lucid. Train your mind like you train your body. Mind right, game tight. [Get Lucid!](#)

These tips brought to you by Lucid: Mental Training for Athletes

