

One Pitch Warrior



One Pitch At A Time



**Act
Different
Than How
You Feel**



Measurement

=

Motivation



Play vs. Yourself & The Game



Confidence Is A Choice



Good or Bad

VS.

Good & Bad



Perfection

VS.

Excellence



Rearview Mirror vs. Windshield



Win The Day



Dugout Noise vs. Intent



Control Freaks



GET BITTER
OR
GET BETTER



Be First



**The Best
Team
Never Wins**



**Turn
Have To
Into
Want To**



Turn Pressure Into Pleasure



So What!

Next Pitch



FUNCTION

FEELING



LEARNER

LOSER



PROCESS

OUTCOME



WILL SKILL



PLAYER

STARTER



**Be Comfortable
Being
Uncomfortable**



DESTINATION DISEASE



ATTITUDE IS A DECISION



**BE
UNCOMMON**



The Journey Is The Reward



200 FT AT A TIME



WATCH OUT FOR IMPOSTERS



Trust Your ROUTINE



ACT BIG
BREATHE BIG
COMMIT BIG



TBT

Thoughts

Become Things



Forget About vs. Accept



Have A Good Bad Day



Train Your Relaxation Response



**The Time
Is Now,
The Place
Is Here**



4 RIP 3
Routine
Recognize
Release
Refocus
Imagery
Present
Process
Positive



86,400



PRESENT
:30 Second Drill
Concentration
Grids
5-4-3-2-1
Be First



**Today + Today
+ Today
= Our Season
& My Career**



**Don't Count
The Days, Make
The Days Count**



**Leave This
Place Better
Than You
Found It**



**Be Quick
Don't Hurry**



Work With A Sense of Urgency



It's The Start That Stops Most People



TERMOSTAT

TERMOMETER



GET BIG



There's No End In Sight



QUIET MIND STRONG BAT



QUIET MIND STRONG ARM



MIND CONTROL
BODY
CONTROL
PITCH.BAT
CONTROL



Don't Confuse Activity With Productivity



SPEND

VS.

INVEST



