



3 Mental Game Habits to Start Today

Real habits from the 8th Day training floor. Print this page and put it in your bag.

The best players we have coached were not always the most talented. They were the most consistent between the ears. These are three mental habits straight out of the 8th Day program. Build them on purpose and pressure stops being the other team's advantage.

HABIT 1

The Pre-Pitch Reset

Before every pitch, in the cage or in a game: one breath, one word that is yours, eyes to the mound. Same routine whether you just struck out or just hit a bomb. WHY IT MATTERS: Have a short memory. Play the game one pitch at a time. Heads up, mind clear, eyes forward.

HABIT 2

Handle Failure on Purpose

After every 0-fer or bad outing this week, write one sentence: what actually happened, no excuses, no self-pity. Then move on before the next rep. WHY IT MATTERS: You will fail. Get over it. It does not define you, your response to it does.

HABIT 3

Ask the Four Core Questions

Once a week, alone, answer honestly: Who do you think you are? Who are you really? Who do you want to become? What are you going to do to get there? WHY IT MATTERS: The game is a conduit to life. Life applies to baseball and baseball applies to life. This is where character gets built, not on the field.

"Walk by faith, not by sight." — 2 Corinthians 5:7

Want the full system? The 8th Day approach to the mental game and faith runs deeper than these three habits, covering identity, competing under pressure, and what it means to represent a brand and not just yourself. Find our training guides at 8thdaybaseball.com/shop, or book 1-on-1 and small group training at 8thdaybaseball.com/baseball.

"Print. Press. Pray."

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