

MISTAKE RITUALS

Our partners at Positive Coaching Alliance use the term Triple Impact Competitor® to talk about an athlete who “works to improve oneself, one’s teammates, and the game as a whole.” We call this being a “Full Count Kid” – and developing a mistake ritual helps you make a “triple impact” all at one time.

DO YOU GET UPSET WITH YOURSELF WHEN YOU MAKE A MISTAKE?

Mistakes in sports are inevitable. Athletes at all levels make mistakes, from youth to professional players. What makes good athletes stand out is how they deal with those mistakes. A player who can't bounce back from mistakes will not be capable of refocusing on the most important play - the next play. This is true in life as well.

WHAT IS A MISTAKE RITUAL?

A mistake ritual is an action and a shift in mindset that helps you be ready for the next play or activity after a mistake.

MISTAKE RITUAL EXAMPLES

- Brush your shoulder off after missing a ground ball or a strikeout
- Crumple up an imaginary piece of paper and throw it far away into the wind
- If you like humor, make a flushing gesture to flush away your mistake
- Or use your imagination to come up with your own...

MY MISTAKE RITUAL

Draw or write your mistake ritual in this box

I WILL SHARE MY NEW MISTAKE RITUAL WITH

Write the names of individuals special to you with whom you will share your mistake ritual

POSITIVE THINGS I HAVE LEARNED AFTER MAKING A MISTAKE

Remember a mistake you have made in the past where you learned something positive and share

WATCH MLB MANAGER DUSTY BAKER TALK ABOUT FAILURE

<https://youtu.be/bIcrCKA3p2I>