

THEME: Routine

"The conscious practice of routines leads to the unconscious habits of success."-Gary Mack

How many times have you tried to do something for the first time and filed miserably? Trying to shoot a basketball? How about trying to tackle a big test without REALLY studying the material? In these cases, we may try very hard, but still not get the results that we are really striving for. This is where developing a healthy routine is extremely beneficial to an athlete, a student, or anyone else in the world. Being involved in a healthy routine means preparing yourself in all facets of your task. As an athlete, routines are a means for making sure that you are in the right place at the right time. By developing good routines, you have prepared the proper way over, and over, and over again. Let's apply this to that test that you didn't do so well on because you crammed the night before. If you study that material a little bit each night so it stays fresh in your mind. Suddenly, this material is much easier to recall on test day because you are very **familiar** with it. Likewise, taking the same good swing in practice, using constant positive self-talk, and having a set of habits creates a **familiar** setting for you on the field. It puts you in the best place at the right time. Furthermore, **familiarity** gives anyone a sense of being comfortable. Wouldn't you rather play this difficult game in a comfortable state rather than an anxious and nervous one? As you approach the day and this week, let's see if you can create something that gives you a **familiar** feeling (whether its having the same throwing partner in warm ups, or even chewing sunflower seeds when you hit!). Have a great day!

Some Quotes to Think About:

"Excellence is not a singular act, but a habit. You are what you repeatedly do."
-Aristotle