

# MINDFULNESS FOR ATHLETES

## FOCUS ON THE PRESENT

### BECOME ABSORBED IN THE PRESENT

Mindfulness requires a willingness to focus on the moment you are in and move slowly and intentionally through your experience. Allow yourself to become completely absorbed in the moment you are in.

## ACCEPT THE MOMENT

### EMBRACE THE MOMENT YOU ARE IN

Can you be in the present moment and be fully there without wanting to be somewhere else? Practice accept the moment you are in right now without pushing yourself to be different or longing for something else.

## AVOID JUDGING YOURSELF

### JUST NOTICE YOUR EXPERIENCE

Notice what is happening without evaluating it, in other words, without having to label the experience as good or bad. If it helps, focus your mind on simply describing your experience as it is unfolds.

## HAVE A BEGINNERS MIND

### BE A TOURIST TO YOUR OWN EXPERIENCE

Having a beginners mind is quite the mind shift as it requires that you approach the moment you are in as if you are experiencing it for the first time. It would be as if you are a tourist visiting a city for the first time. Open your mind to the experience as if it is novel and new.

## FOCUS ON YOUR BREATH

### USE A FOCAL POINT

To help you practice the above principles choose a focal point and apply each point to your mindfulness practice. For example, set a timer for five minutes and count your breaths from 1 to ten and then start again at 1.