

# THE SOFTBALL MINDSET



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A WORKBOOK FOR STRENGTHENING BELIEFS AND  
BEHAVIORS THAT MAXIMIZE YOUR POTENTIAL  
FOR SUCCESS: ON AND OFF THE FIELD



THIS WORKBOOK  
BELONGS TO:

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DATE STARTED:

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# THE SOFTBALL MINDSET WORKBOOK

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# THE SOFTBALL MINDSET

## WORKBOOK

## WELCOME!

This workbook is your guide to developing the right mindset and actions that will help you succeed in softball and beyond.

Remember, we're all unique, so find what works best for  
*you!*

Each step and exercise in this workbook is designed to help you recognize and change any habits that may be holding you back from your full potential.

Take your time, be honest, and dive into each section with focus and determination.

## Let's get started!

MAKE SURE TO REQUEST YOUR DIGITAL BONUSES ON PAGE 96!

# THE SOFTBALL MINDSET WORKBOOK

"Believe in yourself, work hard, and never give up.  
The only limit is the one you set for yourself."

-JENNIE FINCH

## WHAT IS A FIXED MINDSET?

Having a fixed mindset in softball is like thinking you are stuck in one spot on the field and you can't move. It's believing that you are either good or bad at something and there's no room for improvement. But, just like you can move around the field to catch a ball, you can also learn and grow your softball skills by believing that with practice and effort, you can improve your skills and become even better.

### STEP #1-A SHIFTING WHAT WE CURRENTLY THINK IS MOST IMPORTANT

#### LESS IMPORTANT

SMARTS and ABILITIES: It's not about being the best; it's about trying your best.

PERFECTIONISM: There's no such thing as "perfect". Strive for improvement.

PLAYING IT SAFE IN OUR COMFORT ZONE: There will be more rewards when you take risks and challenge yourself.

CHASING WHAT'S SHINY OR NEW: Focus on learning the basics before trying more advanced moves.

INSTANT GRATIFICATION: You don't have to do it/get it right now. Good things come to those who are persistent and work hard.

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"If you think you can, you can. If you think you can't, you can't. Either way you are right."

-UNKNOWN

## WHAT IS A GROWTH MINDSET?

Having a growth mindset means believing that your abilities can improve with effort and practice. It's like knowing that every time you practice throwing, catching, or batting, you're getting better—even if it feels hard at first! With a growth mindset, you see mistakes as opportunities to learn and grow, rather than as failures. Remember, even the best players started somewhere and got better by staying determined and never giving up!

## STEP #1-A SHIFTING WHAT WE CURRENTLY THINK IS MOST IMPORTANT MORE IMPORTANT

**EFFORT & CONSISTENCY:** Keep showing up and trying your best, even when it is hard.

**LEARNING FROM MISTAKES:** It's never truly a "mistake" if we learned something.

**TRYING NEW THINGS:** Don't be afraid to try a new skill or try a new position. This is how you learn and grow.

**DOING WHAT'S HARD OR BORING:** Practice new moves even if they aren't fun yet. Mastering skills takes lots of repetitions.

**DELAYED GRATIFICATION:** Be patient! Some skills take more time. Keep practicing and you'll continue to improve.



# THE SOFTBALL MINDSET WORKBOOK

"Doing your best is more important than being the best."

-UNKNOWN

## ADOPTING A GROWTH MINDSET

A growth mindset means believing that you can get better at softball with practice and hard work. Instead of avoiding challenges or getting upset about mistakes, you see them as chances to learn and improve. By welcoming feedback and putting in consistent effort, you become a stronger, more skilled player. Embrace obstacles as a way to exciting opportunities!

### STEP #1-B SHIFTING FROM FIXED TO GROWTH MINDSET

#### FIXED MINDSET

BELIEVES IS NEGATIVE  
AND CRITICISM

FEEDBACK

AVOIDS & RUNS AWAY

CHALLENGES

SEES AS SOMEONE  
ELSE'S FAULT-  
LACKS RESPONSIBILITY

MISTAKES

BELIEVES IS NOT  
HELPFUL AND  
UNNECESSARY

EFFORT

DISPLAYS SLOUCHED  
POSTURE, AVOIDS EYE  
CONTACT AND USES  
NEGATIVE LANGUAGE

ATTITUDE

#### GROWTH MINDSET

BELIEVES IS HELPFUL  
AND CONSTRUCTIVE

EMBRACES &  
WELCOMES

SEES AN  
OPPORTUNITY TO  
LEARN & GET BETTER

BELIEVES IS PART OF  
THE PROCESS

MAKES EYE CONTACT,  
STANDS TALL, AND  
SPEAKS WITH  
ENTHUSIASM & OPTIMISM

# THE SOFTBALL MINDSET WORKBOOK

## STEP #2-A BE AWARE OF YOUR WORDS - REFRAME

<i>Instead of...</i>	<i>Say...</i>
I can't / I don't know how to do this...	I will learn how to do this!
I am not good at X	I am not as good at X as I want YET, but I am in the process of getting there.
I can't make mistakes...	I am aiming for progress not perfection. Mistakes help me improve and grow.
Everyone is better than me...	I am proud of how far I've come. I'm excited to keep improving and inspired by others.

### PRACTICE REFRAMING INTO A GROWTH MINDSET

Instead of: I'm just not a natural athlete like some of my teammates.

SAY: \_\_\_\_\_

Instead of: I always strike out when the pressure is on.

SAY: \_\_\_\_\_

Instead of: I'll never be as good as XYZ at (pitching, batting, etc.)

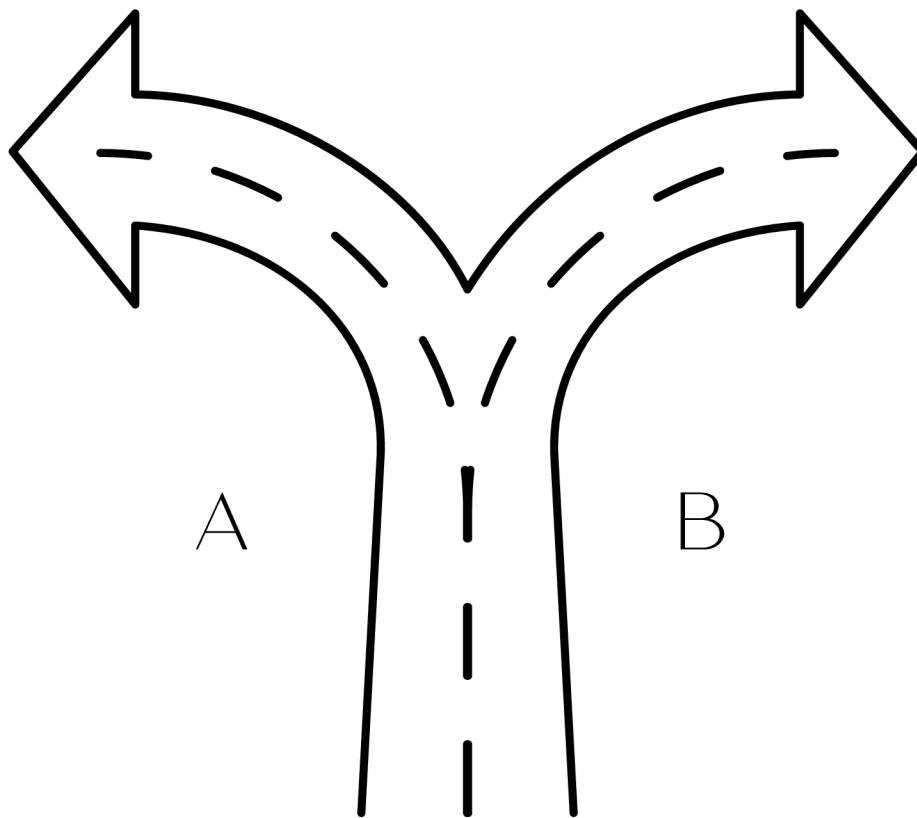
SAY: \_\_\_\_\_

Instead of: I'm just not good at running the bases.

SAY: \_\_\_\_\_

## STEP #2-B BE AWARE OF YOUR WORDS - REFRAME

### Fork in the Road Thinking



YOU CAN SHIFT YOUR THOUGHTS LIKE A FORK IN THE ROAD.

Whether you are faced with a current challenge, or stuck in the past,  
you have a choice.

Will you travel down "Road A" and a negative thought pattern?

Or will you shift lanes to "Road B" and REFRAME the situation into one of resilience,  
learning, and growth?

Your thoughts become your ACTIONS.



## STEP #2-B FORK IN THE ROAD THINKING - REFRAME

### Which will you choose? Write it out.

1. YOU MESS UP AND MAKE AN ERROR(S) DURING THE GAME. YOUR COACH EVENTUALLY PUTS YOU ON THE BENCH. HOW DO YOU HANDLE IT?

A. Do you walk back to your position, or the bench, angrily, sad, or pout? - OR -

B. Do you hustle back to your position, or the bench, and get refocused on the game? Do you cheer on and fire up your teammates from the bench?

WHAT IS GOING TO BEST HELP YOU AND YOUR TEAMMATES?

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2. YOU ARE UP TO BAT AND HAVE 2 STRIKES. HOW DO YOU HANDLE IT?

A. Do you give up and just swing and miss on the last pitch? Do you complain about the ump? - OR -

B. Do you visualize hitting the ball on the last pitch and focus on a hit?

WHAT IS GOING TO BEST HELP YOU AND YOUR TEAMMATES?

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# THE SOFTBALL MINDSET WORKBOOK

## STEP #2-B FORK IN THE ROAD THINKING - REFRAME

*continued....*

3. YOU MISS A CATCH AND IT GOES BY. HOW DO YOU HANDLE IT?

A. Do you lob the ball in with little effort and put your head down? - OR -

B. Do you make a quick recovery and a strong throw to get ready for the next play?

WHAT IS GOING TO BEST HELP YOU AND YOUR TEAMMATES?

4. YOU STRIKE OUT OR GROUND OUT. HOW DO YOU HANDLE IT?

A. Do you start crying, put your head down, or throw your helmet/bat? - OR-

B. Do you jog back into the dugout, cheer your teammates on when they are up to bat, and get ready to take the field?

WHAT IS GOING TO BEST HELP YOU AND YOUR TEAMMATES?

# THE SOFTBALL MINDSET WORKBOOK

## STEP #2-B FORK IN THE ROAD THINKING - REFRAME

*continued....*

5. YOU & THE TEAM JUST GAVE UP A BUNCH OF RUNS. THE OTHER TEAM IS NOW WINNING. HOW DO YOU HANDLE IT?

A. Do you stand quietly on the field, slouched, blame the ump, and just give up? - OR-

B. Do you huddle up, encourage each other to focus on the next play, and stay determined to battle until the very end?

WHAT IS GOING TO BEST HELP YOU AND YOUR TEAMMATES?

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6. YOU HAD AN OFF GAME. YOU STRUCK OUT AND MISSED BALLS WHEN IN THE FIELD. HOW DO YOU HANDLE IT?

A. Do you just shrug and say "oh well, I'm just not good. It's not my fault. The ump stunk."? - OR-

B. Do you take some deep breaths and reflect on: 1) Did I make the mistake/error or did the opponent make a great play that forced it to look like an error? 2) Where can I improve, and get in some extra practice during the week?

WHAT IS GOING TO BEST HELP YOU AND YOUR TEAMMATES?

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# THE SOFTBALL MINDSET WORKBOOK

## STEP #2-B FORK IN THE ROAD THINKING - REFRAME

*continued....*

7. YOUR COACH JUST TAUGHT THE TEAM A NEW PLAY. EVERYONE SEEMS TO BE GETTING IT BUT YOU. HOW DO YOU HANDLE IT?

A. Do you pretend you know what you're doing and think "oh well, I just don't get it"? -OR-

B. Do you ask your coach, after practice, for more help?

WHAT IS GOING TO BEST HELP YOU AND YOUR TEAMMATES?

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8. YOU WOULD LIKE TO TRY A NEW POSITION OR GET MORE PLAYING TIME. HOW DO YOU HANDLE IT?

A. Do you say nothing or ask your parents to complain to the coach? -OR-

B. Do you ask your coach, after practice, for feedback? "Coach is it okay if I ask you a couple questions?" *Do you ask your coach:* "How can I get more experience learning how to do XYZ? What do you recommend I work on? Where do I need to improve to become a better teammate and softball player? What do I need to do to earn more time in the field?"

WHAT IS GOING TO BEST HELP YOU AND YOUR TEAMMATES?

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## STEP #2-B FORK IN THE ROAD THINKING - REFRAME

*continued...*

9. A TEAMMATE MAKES A NEGATIVE COMMENT TO YOU AND SAYS: "YOU STINK AT SOFTBALL". HOW DO YOU HANDLE IT?

A. Do you say something rude back and then go home believing that you are not good at softball?

-OR-

B. Do you let them know you don't appreciate the comment and we are all here to get better and work together? Do you talk with your parents about how it made you feel and write about it in a journal? Do you recognize that the teammate might be having a bad day and it really wasn't about "you"? Do you keep working hard, and believing in yourself, regardless of what others think?

## WHAT IS GOING TO BEST HELP YOU AND YOUR TEAMMATES?

## NOTES & REFLECTION



# THE SOFTBALL MINDSET WORKBOOK

## STEP #3 MINDSET SELF ASSESSMENT

ON A SCALE OF 1-10; WHAT WOULD YOU RATE YOUR CURRENT MINDSET?  
(1 POOR OR FIXED - TO -10 VERY POSITIVE & GROWTH)

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WHY DID YOU CHOOSE THAT RATING? DO YOU HAVE A FIXED OR  
GROWTH MINDSET?

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IF YOU RATED AN 8 OR LESS, WHAT WOULD IT TAKE TO MOVE TO 8+?

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WHO CAN YOU TALK WITH WHEN YOU ARE FEELING "STUCK" OR IN A FIXED  
MINDSET? ARE THERE ANY RESOURCES YOU CAN LISTEN TO OR USE?

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RECOMMENDED: REPEAT THIS ASSESSMENT MONTHLY

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## STEP #4 SET YOUR INTENTIONS:

WHAT DO YOU HOPE TO ACHIEVE THIS SOFTBALL SEASON?

### What are your softball goals?

Be specific. Can you measure it? Is it realistic? Is it achievable for you?

GOAL #1:

GOAL #2:

GOAL #3

# THE SOFTBALL MINDSET WORKBOOK

## STEP #5

KEEP A GROWTH DIARY ANSWERING THESE 3 PROMPTS DAILY

*Make sure to check out our softball notebooks & journals too!*



**WHAT IS ONE THING I DID WELL TODAY?**



**WHAT DID I FACE TODAY THAT WAS CHALLENGING?  
HOW DID I HANDLE IT?**



**WHAT CAN I DO TOMORROW TO KEEP GROWING &  
IMPROVING?**

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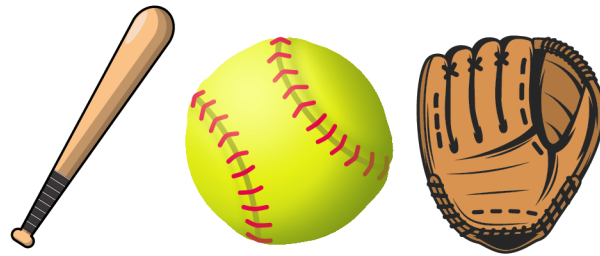
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Embrace the journey of growth; every practice, every game, and every challenge is an opportunity to become the player you aspire to be.

## NOTES & REFLECTION



# SOFTBALL JOURNAL PROMPTS

REFLECT ON YOUR EXPERIENCES, SET  
GOALS, AND DEVELOP A STRONG  
MINDSET. CHOOSE A PROMPT OR LET IT  
INSPIRE YOUR OWN THOUGHTS.

*a workbook for*  
**THE SOFTBALL MINDSET**































How can you pick yourself up when you feel like you are shutting down? What would you say to a friend who needed a pick me up?

TIP: You should talk to yourself the same as friend!

What are some things that coaches do that make it harder for you to learn?

teammates) to help you correct the mistake or learn from it?

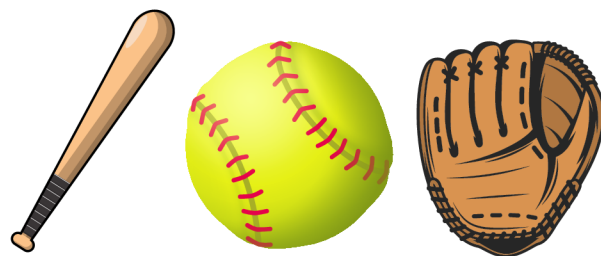
What helps you get back on track?

BONUS: Find the courage to share this with your coach!

Is there something they do that makes you feel uncomfortable?

What can you do to stay strong and keep believing in yourself?





# BONUS MINDSET STRATEGIES

STRENGTHENING BELIEFS AND  
BEHAVIORS THAT MAXIMIZE YOUR  
POTENTIAL FOR SUCCESS-  
ON AND OFF THE FIELD

*a workbook for*  
**THE SOFTBALL MINDSET**

# TOP 8 SOFTBALL MINDSET TIPS

## 1. Have a short term memory.

When you make a mistake: own it, brush it off, and move on.

## 2. The game isn't over, until it's over.

Give it your all until the very end. There is always time for a comeback.

## 3. Communication is the key to successful relationships.

Keep open and honest communication with your teammates, parents, coaches, and yourself. This includes asking for help.

## 4. Recognize and celebrate your progress.

Small successes yield bigger successes. Recognize and celebrate small victories and improvements along the way.

## 5. It's not a failure if you learned from it.

Use errors as a chance to improve your skills and strategies. Reflect on what happened, identify what you can do differently, and keep trying to bounce back stronger and more prepared for future challenges.

## 6. Base hits are more important than home runs.

Base hits build momentum, put pressure on the defense, and help sustain rallies, contributing to a team's overall success. In other words; sometimes the things that seem "small" can make a big impact.

## 7. Repetition, repetition, repetition.

Regular and consistent practice helps you improve your skills and builds confidence. Practice how you want to perform – both in mind & body.

## 8. Mindset matters most.

Your thoughts and beliefs are the most important skills you have. Mental fitness can be even more crucial than physical abilities, helping you stay focused, confident, and resilient on the field.



# THE SOFTBALL MINDSET WORKBOOK

LIKE SOFTBALL SKILLS, STRENGTHENING YOUR MIND TAKES PRACTICE.

I AM CAPABLE  
OF ACHIEVING  
GREAT THINGS.



I BELIEVE IN  
MYSELF AND MY  
ABILITIES.



I WILL LEARN  
FROM  
CHALLENGES.



ADD YOURS.

An affirmation is a positive statement you repeat to yourself to build confidence and stay motivated. It's like giving yourself a pep talk to believe in your abilities and keep a positive attitude.

I believe:

I will:

I can:

## MENTAL IMAGERY

ADD MENTAL IMAGERY TO YOUR DAILY  
PRACTICE AND PRE-GAME ROUTINE



Mental imagery is like imagining yourself playing softball in your head. You picture yourself making the perfect catch, pitch, throw, hit, or steal, just like in a real game.

By visualizing it over and over, your brain gets better at helping your body do the same thing during the game—it's like practicing without actually being on the field!

The more you practice mentally, the more confident and focused you'll feel when it's time to play.

In fact, studies show that practicing mental imagery for just 5 minutes a day can improve performance by up to 20%!

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### QUICK TIPS FOR MENTAL IMAGERY:

- 1- Try to stay relaxed.
- 2- Focus on your breathing.
- 3- Close your eyes.
- 4- Begin visualizing each detail of how you want to perform!

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EXAMPLE: Once you get yourself relaxed and focus on breathing....  
Imagine yourself walking toward the field.

See yourself going into the dugout.

You walk in with your head held high and excitement on your face.

Then what happens next? **YOU** are the author of your story!

Write out a mental imagery visualization for each skill you perform.

What are 3 performance cues, for each skill, you should include?

Ask your coach for help as needed!

Practice how you want to perform – both in mind & body.

# What are your favorite inspirational quotes?

Add your own or ask your teammates to write down their favorite quote or words to live by.

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\_\_\_\_\_

Winners don't always win, they just don't give up.

We aren't a team because we work together. We are a team because we respect, trust, and care for each other.

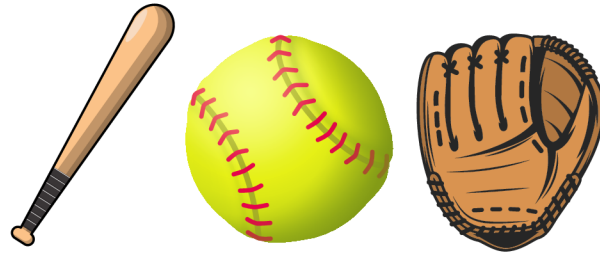
If it's going to be, it's up to me.

”

## FAVORITE QUOTES

“

”



# SKILLS PRACTICE MIND & BODY

CULTIVATING A MINDSET AND HABITS THAT MAXIMIZE  
YOUR POTENTIAL FOR SUCCESS - BOTH MENTALLY  
AND PHYSICALLY - ON AND OFF THE FIELD

*NOTE: Work with your parent(s) or  
coach to come up with a schedule that  
works for you!*

# THE SOFTBALL MINDSET WORKBOOK

## PHYSICAL PRACTICE: MIND & BODY

ALONG WITH STRENGTHENING YOUR MIND, PHYSICAL SKILL WORK OUTSIDE OF PRACTICE IS KEY FOR GROWTH.

Use the Activity Tracker to guide you and record your practice.

**DYNAMIC WARM-UP:** PERFORM "DOWN & BACK" BEFORE A WORKOUT.

High Knees, Butt Kicks, Side to Side Shuffle, Karaoke, Frankensteins, Reach to Floor, Walking Quad Stretch, Knee & Ankle to Chest, Inch Worm Push Ups, Lunges.

**WORKOUT #1:** PERFORM 2-3 SETS.

- 6-12 Push ups
- Your Age Squats
- 10 Superwoman
- 10 Glute Bridge (each leg)
- Your Age Sit Ups
- 10+ your age High Knees

**WORKOUT #2** PERFORM 2-3 SETS.

- 8-10 Pistol Squats (sit and stand from 1 leg)
- 10 Plank Hold with a Shoulder Tap (each)
- 10 Superwoman to a W
- 10 Seated Twist (each)
- 5+ your age Wide Squat Low Pulse
- 10+ your age Jumping Jacks

NOTE: ALWAYS STRETCH -AFTER- WORKOUTS



## PHYSICAL PRACTICE: MIND & BODY continued

ALONG WITH STRENGTHENING YOUR MIND, PHYSICAL SKILL WORK OUTSIDE OF PRACTICE IS KEY FOR GROWTH.

Use the Activity Tracker to guide you and record your practice.

### WORKOUT #3: OUTDOORS

Perform "Walk & Sprint" Intervals.

- 6-10 times: Walk to a Light Pole or Mailbox and then Sprint Back
- 3 times: Lunge down and Skip Back
- 3 times: Shuffle down left and shuffle back right

### WORKOUT #4: PERFORM 2-3 SETS.

- 10 Step Up on a Bench 12"-16" (each leg)
- Your Age Bench Dips
- 10+ your age Fast Feet on the Bench
- 10 Feet on Bench Glute Bridge
- 5+ your age Seated Knee Ups on the Bench (or Seated Twists)
- 10+ your age Line Hops

### WORKOUT #5: PERFORM 2-3 SETS.











- 10+ your age Jumping Jacks or Jump Rope
- 10 Walking or Reverse Lunges (each leg)
- 10 Stand on Right Leg & Touch Floor with Left Hand (repeat on other.)
- 5 times: 1 Push Up & 10 Mountain Climbers (5 each leg)
- 20 Wide Squat Low Pulse or 10 each Lateral Squats
- 3+ your age Superwoman to a W


NOTE: ALWAYS STRETCH -AFTER- WORKOUTS

# ACTIVITY TRACKER

Name: \_\_\_\_\_

Week of: \_\_\_\_\_











ACTIVITY	MON	TUE	WED	THU	FRI	SAT	SUN
HITTING 							
PITCH/CATCH 							
THROWING 							
WORKOUT 							
WATER 							
REST DAY 							
STRETCH 							
FREEBIE 1 							
FREEBIE 2 							
TEAM PRACTICE							
GAMEDAY 							
MENTAL IMAGERY <small>p. 42</small>							

LEGEND	
	HITTING: a minimum of 20 + your age reps (after warming up)
	PITCHING/CATCHING: a minimum of 20 + your age reps (after warming up)
	THROWING: a minimum of 15 + your age reps (after warming up)
	WORKOUT: minimum of 20 minutes (with a coach or see example)
	WATER: minimum of 8 - 8oz. glasses (64 oz. of water only)
	REST DAY: take a break (mental or physical)
	STRETCH: minimum of 7 minutes (stretching, mobility, or yoga)
	FREEBIE 1: your choice (ex: sport, music, volunteer)
	FREEBIE 2: your choice (ex: read, draw, journal, color)

# ACTIVITY TRACKER

Name: \_\_\_\_\_

Week of: \_\_\_\_\_











ACTIVITY	MON	TUE	WED	THU	FRI	SAT	SUN
HITTING 							
PITCH/CATCH 							
THROWING 							
WORKOUT 							
WATER 							
REST DAY 							
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ACTIVITY	MON	TUE	WED	THU	FRI	SAT	SUN
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FREEBIE 1 							
FREEBIE 2 							
TEAM PRACTICE							
GAMEDAY 							
MENTAL IMAGERY <small>p. 42</small>							

## LEGEND



HITTING: a minimum of 20 + your age  
reps (after warming up)



PITCHING/CATCHING: a minimum of 20  
+ your age reps (after warming up)



THROWING: a minimum of 15 + your age  
reps (after warming up)



WORKOUT: minimum of 20 minutes  
(with a coach or see example)



WATER: minimum of 8 - 8oz. glasses  
(64 oz. of water only)



REST DAY: take a break  
(mental or physical)



STRETCH: minimum of 7 minutes  
(stretching, mobility, or yoga)



FREEBIE 1: your choice  
(ex: sport, music, volunteer)













FREEBIE 2: your choice  
(ex: read, draw, journal, color)

# ACTIVITY TRACKER

Name: \_\_\_\_\_

Week of: \_\_\_\_\_











ACTIVITY	MON	TUE	WED	THU	FRI	SAT	SUN
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MENTAL IMAGERY <small>p. 42</small>							

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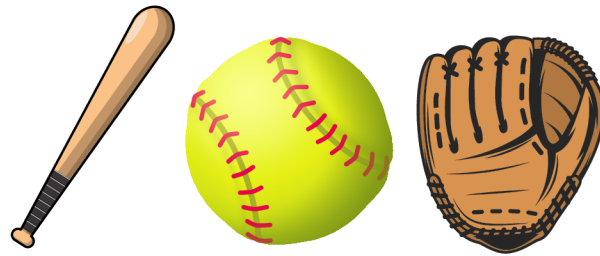
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# SOFTBALL COLORING SHEETS

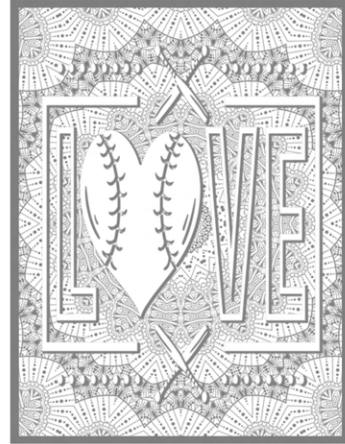
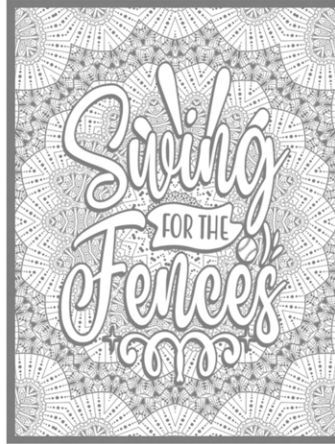
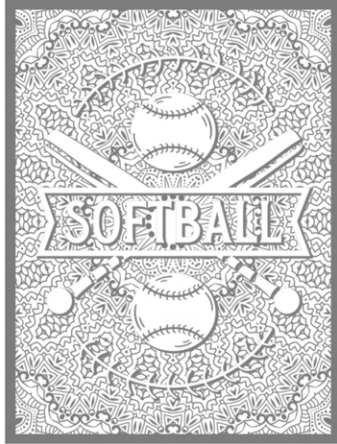
COLORING IS A FUN WAY TO RELAX  
AND FOCUS, HELPING YOU REDUCE  
STRESS AND ANXIETY.

IT SPARKS CREATIVITY, ALLOWS YOU  
TO VISUALIZE YOUR GOALS, AND GIVES  
YOU A REFRESHING BREAK FROM MORE  
INTENSE ACTIVITIES.

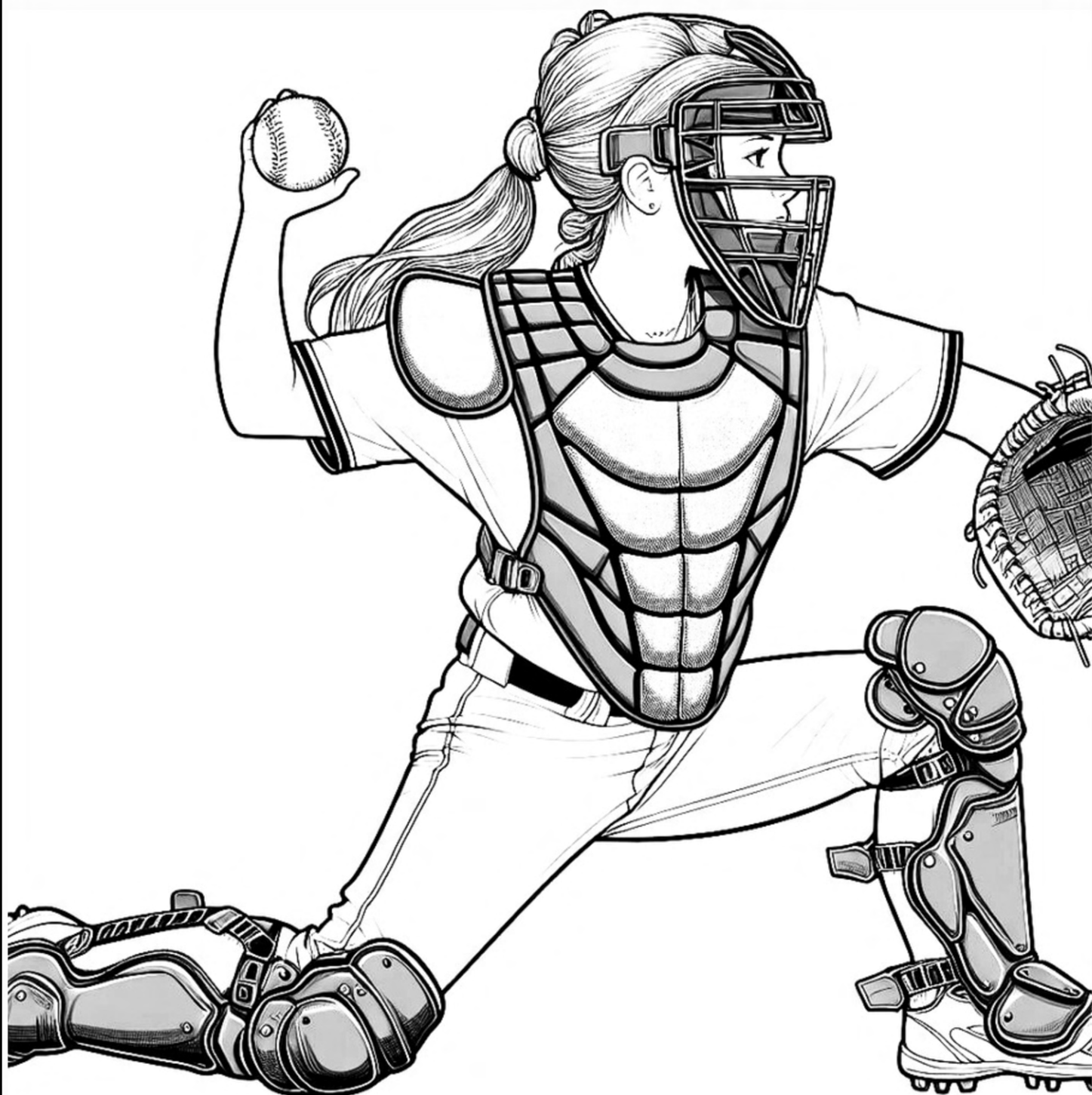
ENJOY THIS TIME TO UNWIND AND LET  
YOUR MIND GROW!

## THE SOFTBALL MINDSET





REQUEST YOUR BONUSES  
INCLUDING MORE COLORING  
PAGES LIKE THESE ON PAGE 96!



**I AM STRONG**





**Every  
PITCH  
is an  
OPPORTUNITY.**











**CHAMPIONS  
ARE MADE  
WHEN NO  
ONE IS  
LOOKING.**

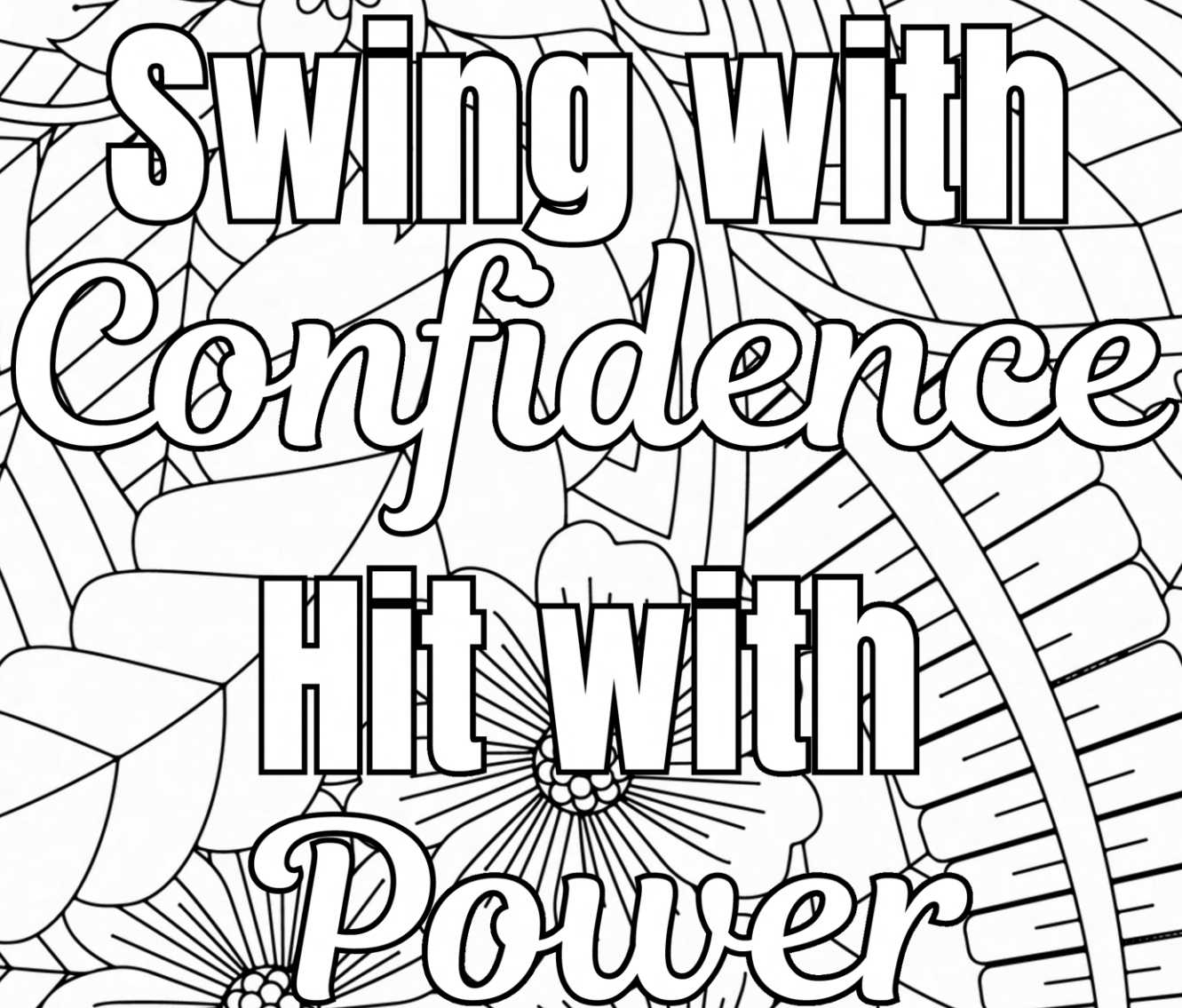




**HARD WORK  
BEATS TALENT**  
when talent doesn't work hard







Swing with  
*Confidence*  
Hit with  
*Power*











**STEP UP**

*to the*

**PLATE**

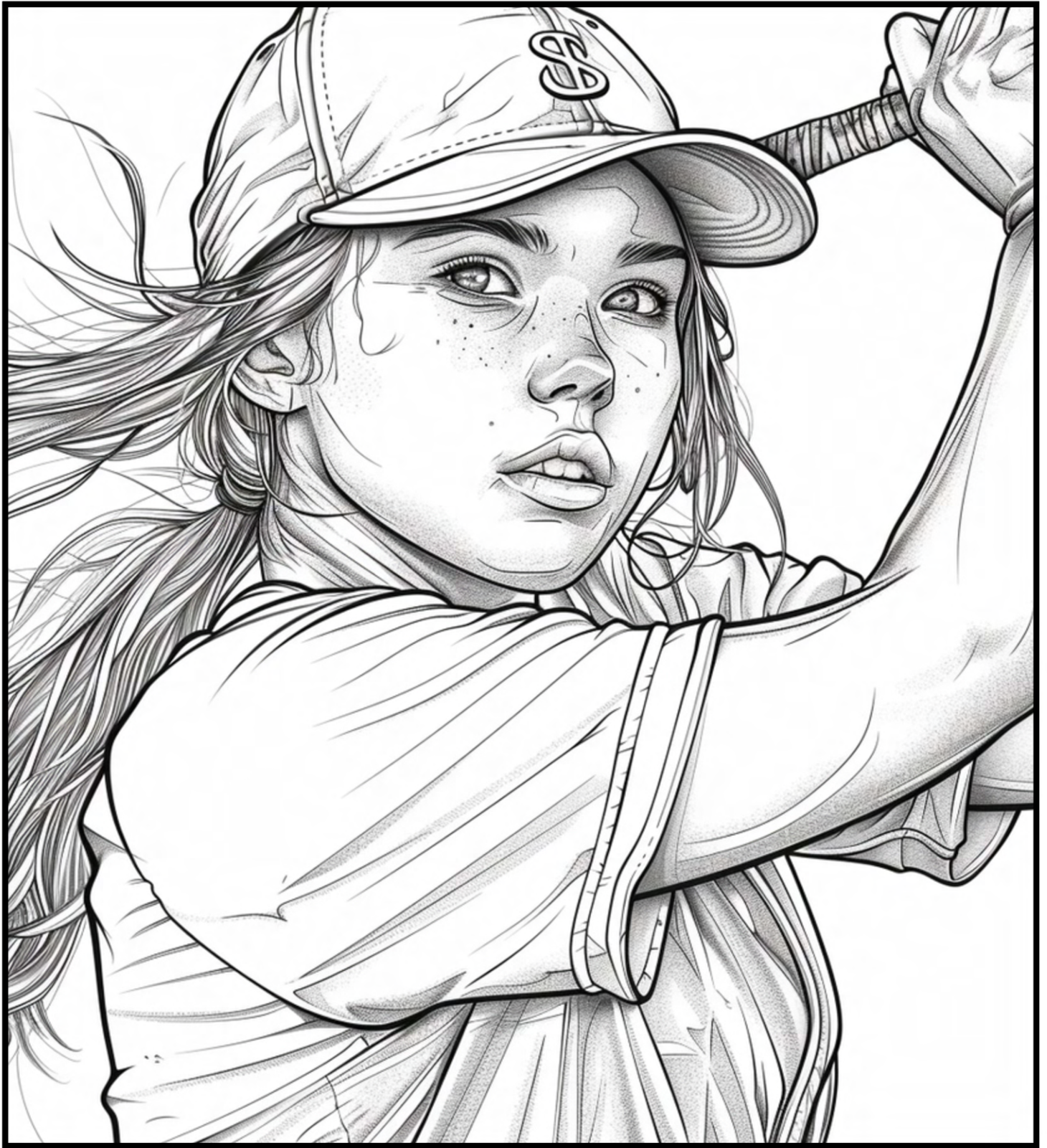
**RISE**

*to the*

**CHALLENGE**











*Play with  
Heart.  
Hustle with  
Passion.*

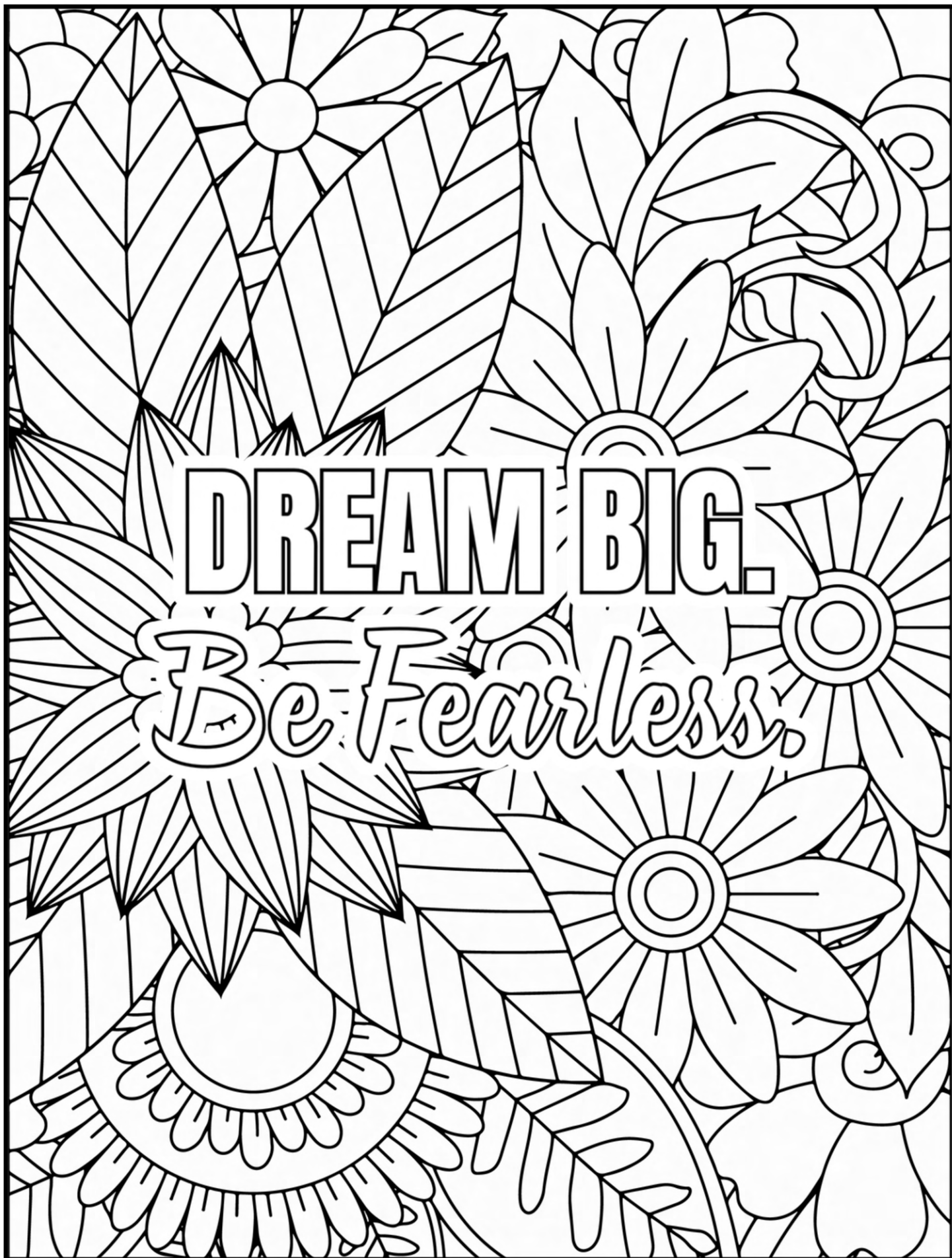






**BELIEVE TO ACHIEVE**



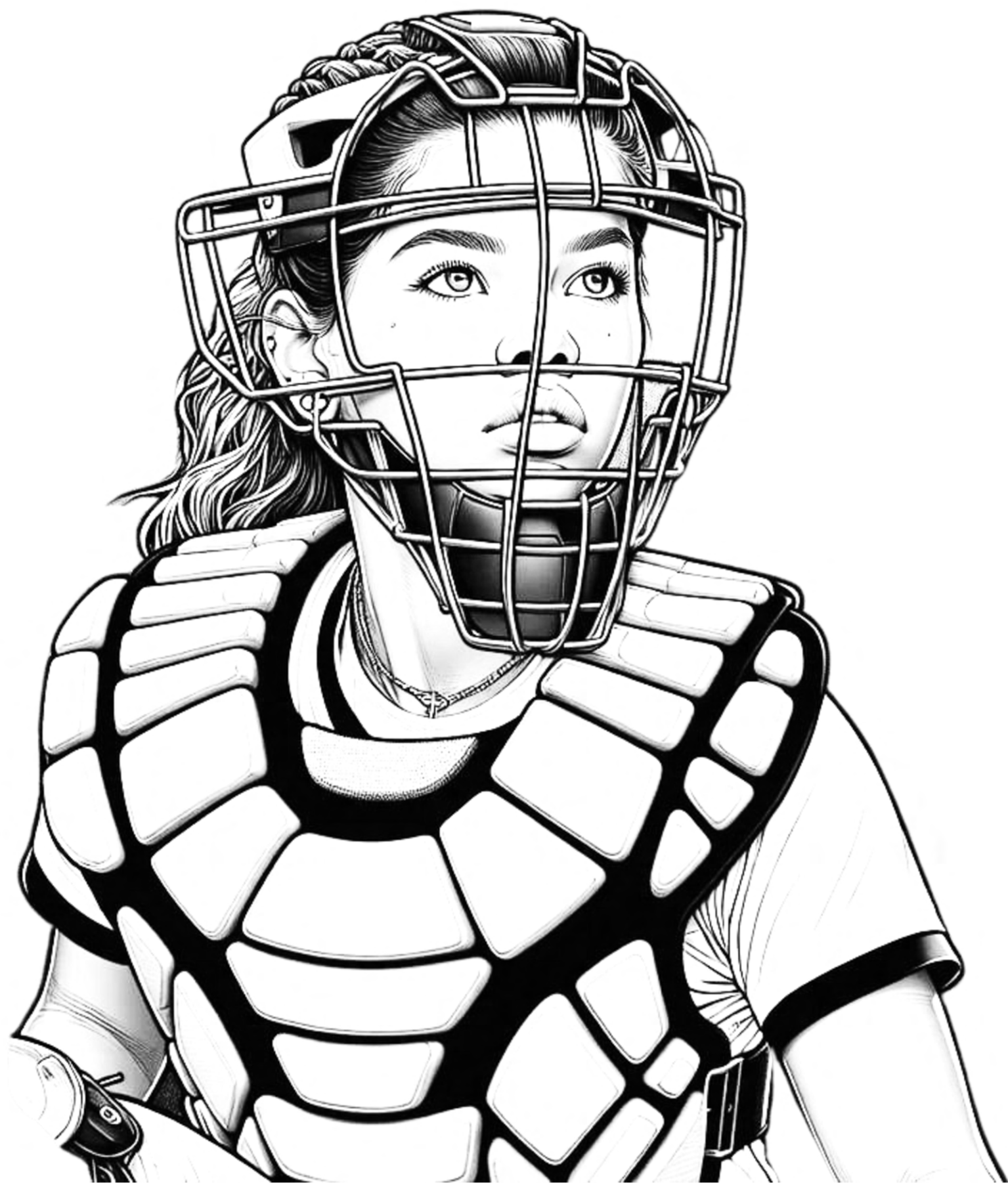


DREAM BIG.

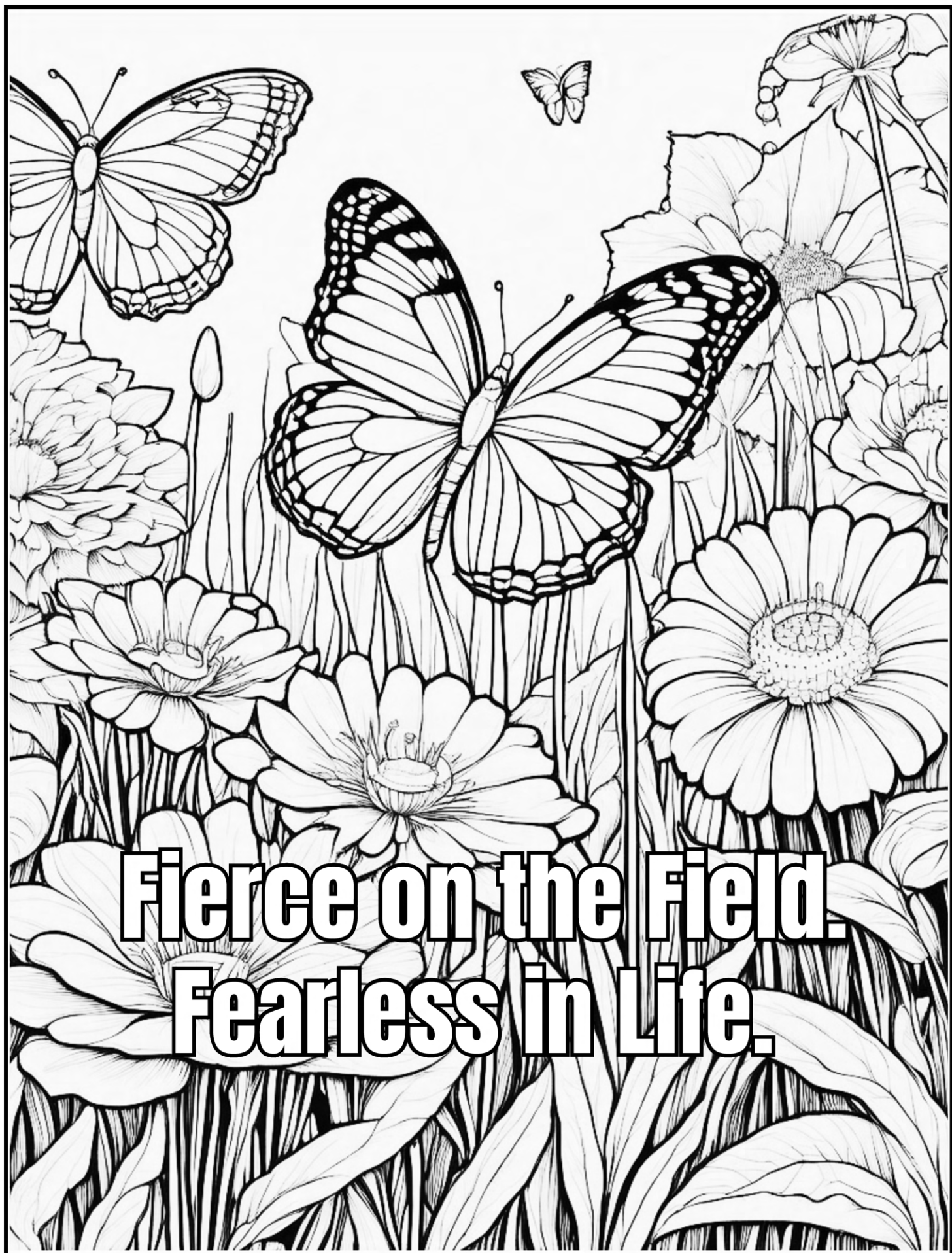
*Be Fearless.*





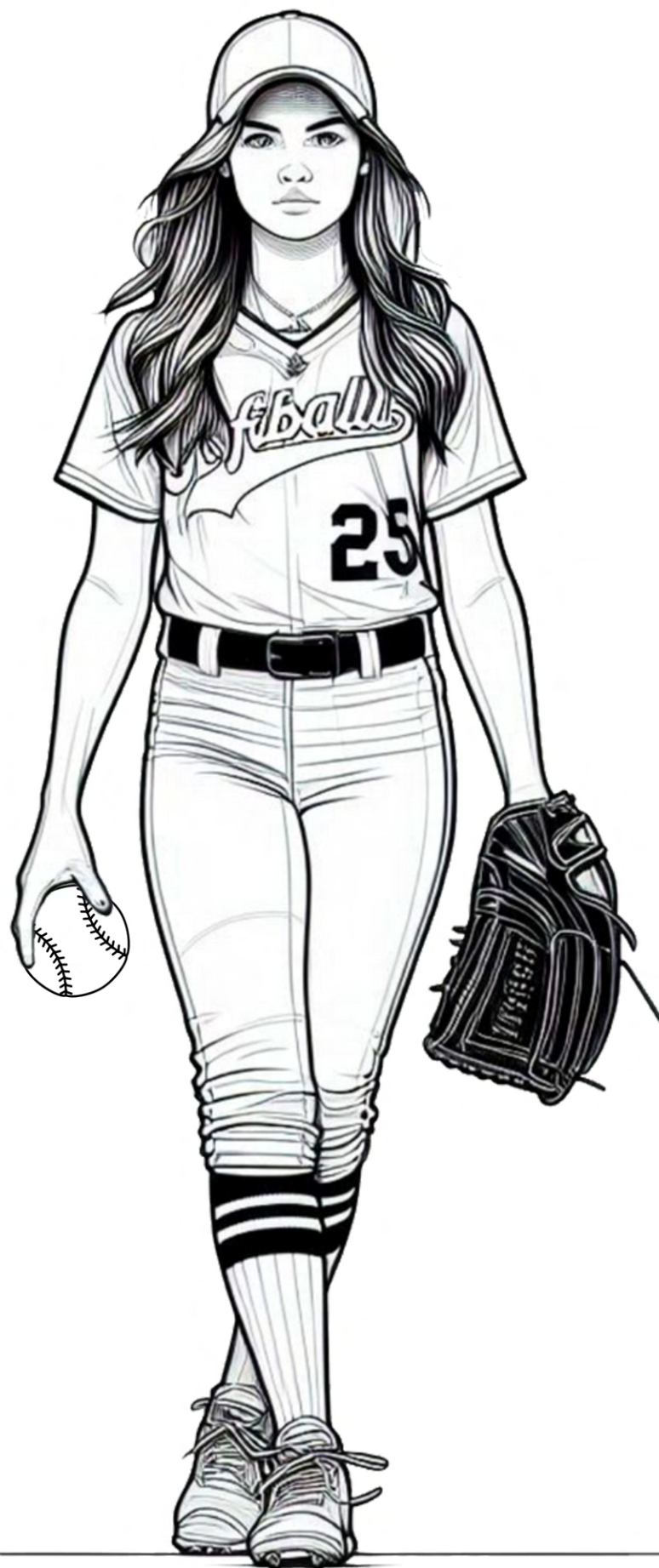






**Fierce on the Field.  
Fearless in Life.**









# THE SOFTBALL MINDSET

## WORKBOOK

### CONGRATULATIONS

You have completed this workbook and taken an important step forward, ready to nurture a mindset geared for more success, growth and achieving your potential, in softball and life!

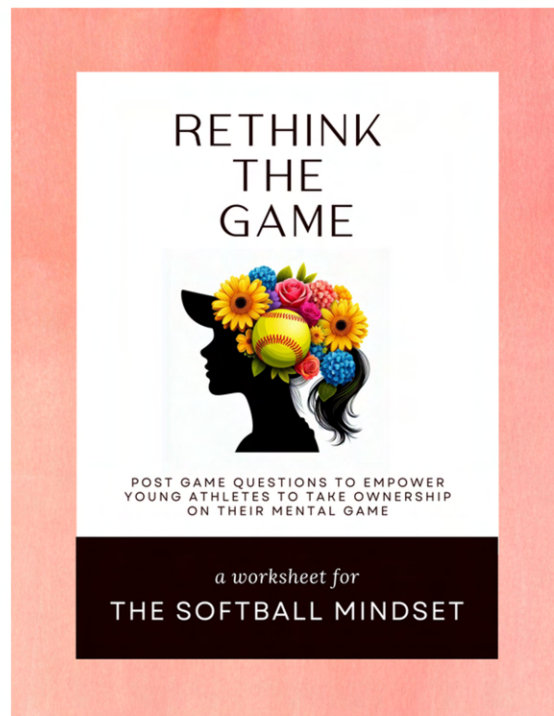
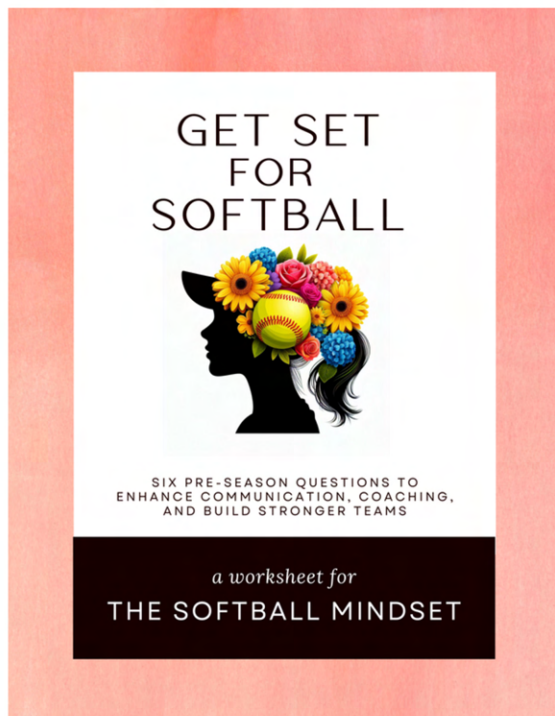
Remember, it is important to be patient with yourself and to take small steps toward your goals. If you find yourself struggling, don't hesitate to reach out to your parents or coach for support.



Success is not given, it's earned.  
You have to be willing to put in the effort, the dedication, and the heart to achieve your goals.



# GRAB YOUR FREE BONUSES:



## BONUS #1: Get Set for Softball: Pre-Season Coaching Sheet

To complement the Softball Mindset Workbook, we've created the "Get Set for Softball" pre-season coaching sheet. This worksheet features six simple questions designed to help athletes communicate their needs and goals to their coaches. By fostering open communication and understanding, coaches can better support their players, and athletes can feel more confident and valued.



BONUS #3:  
More Softball  
Coloring Sheets!

## BONUS #2: Rethink the Game: Post-Game Reflection

It's the perfect complement to the Softball Mindset Workbook, helping athletes turn every game into a valuable learning experience. Incorporate this as a post-game activity to build confidence, self-awareness, and a winning mindset!

<https://summermontabone.com/softball-bonuses>



This Guide has been compiled by  
**Summer Montabone** an internationally  
recognized performance & mindset coach  
and health and fitness expert.

(Established)

- Division I Track & Field Athlete - University of Toledo (1994-1996)
- Certified Personal Trainer (1997)
- Bachelors of Health & Physical Education - High School Health Teacher (1998)
- NSCA- Certified Strength & Conditioning Specialist (2003+)
- National Fitness Champion & IFBB Pro Athlete (2004)
- Fitness Studio Owner, CEO Summer's Fitness Inc. (2007-2024)
- International Online Business Owner (2012+)
- Coaching Others to the highest athletic level (MLB)(3 Time World Record Winner 2013, 2014, 2015)
- Circle of Excellence and President's Circle Top 5 (2018)
- Creator of the Fit, Fab, Fearless Experience and Retreat (2017, 2019, 2021)
- Co-author Forever Fit (2020)
- Founder of Fearless Academy for Women (2020)
- Best of Canton Local Business (2021, 2022 and 2023)
- Contributing Author to *"Thriving as a Mom without a Mom"* and *"Advice for Moms from Around the World"* (2023)
- Co-author *"Start Up or Start Over. Just Start"* (2023)
- Creator of *"The Softball Mindset"*, *"The Soccer Mindset"*, *"The Volleyball Mindset"*, and *The Basketball Mindset* Workbooks (2024)

[www.summersfitness.com](http://www.summersfitness.com)

[www.summermontabone.com](http://www.summermontabone.com)

[www.fearlessacademyforwomen.com](http://www.fearlessacademyforwomen.com)

*Achieve Your Personal Best!®*





## Hi, I'm Summer Montabone!

I started my athletic journey at just 2 years old with gymnastics, later adding baton, softball, volleyball, and eventually competing in track in college. I became a national fitness champion and pro athlete. With experience coaching everyone from toddlers to professional athletes and formal training as a health & physical education teacher, I've seen it all.

Throughout my journey, I heard a lot of "you can't do that" and faced hurtful comments about my body. There were times I sat on the bench and dealt with injuries. But I learned that my belief in myself was the key to my success. What you think about yourself is the most important factor in achieving your dreams!

I've felt the same ups and downs you have. That's why my mission is to empower girls and women to be courageous, pursue their passions, and go after their dreams unapologetically. With over 29 years of experience as an entrepreneur, personal trainer, health educator, coach, trauma survivor, and CEO, I've created a step-by-step formula to help girls and women feel their best, do their best, and be their best.

As a parent of two school-age girls in sports, I'm more passionate than ever about helping girls develop resilience, confidence, and skills that will serve them well today and in the future.

Empowered girls become fearless leaders who change the world.

*Dream Big. Be Fearless.*

## About the Creator: Summer Montabone, CSCS(R)

Summer, I really love this! The mini-lessons are engaging and perfect for keeping kids interested. I especially appreciate the reframing section, which encourages them to think differently. This workbook will build so much confidence in young girls, which is essential for every sport and life in general. The hands-on activities are fantastic. The Softball Mindset Workbook is a must-buy!

~ Lauren Stone, MS, Teacher and Intervention Specialist, Parent

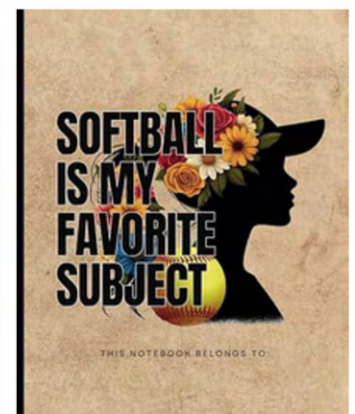
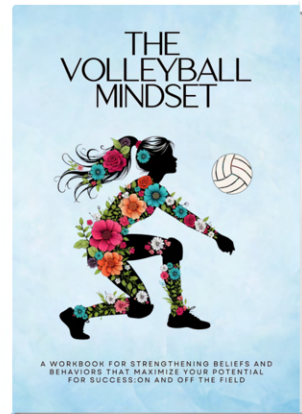
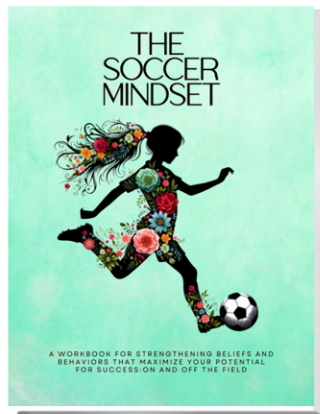
I LOOOOOOOVE this Softball Mindset Workbook! The journaling sections are fantastic, offering plenty of opportunities for reflection. The reframing section, with questions and examples, helps players see situations differently. I also appreciate the bonus prompts that encourage open communication with coaches. The coloring pages are a nice touch, boosting confidence, creativity, and reducing anxiety. The entire workbook is easily digestible for this age group. My kids are using it eagerly on their own. You've done a great job—this workbook is a must-have!

~ Ann Moyer, 10U & 12U Parent

## CHECK OUT MORE COORDINATING PRODUCTS!



SCHOOL COMPOSITION NOTEBOOKS  
MOTIVATIONAL NOTEBOOKS  
MINDSET WORKBOOKS



*Dream Big. Be Fearless.*



About the Creator: Summer Montabone, CSCS(R)



**DREAM BIG. BE FEARLESS.**

**Parents, Coaches, & Athletes - Connect with us:**

 @DREAMBIG.BEFEARLESS

 @DREAMBIG.BEFEARLESS

 DREAMBIGBEFEARLESS.com

**PARENTS & COACHES - CONNECT WITH ME HERE:**

**Become a fearless decision maker and CEO of your life!**

 @SUMMERMONTABONE

 @SUMMERMONTABONE1

 SUMMERMONTABONE.com



**FEARLESS  
ACADEMY**  
*for women*

*Achieve Your Personal Best!®*



# THE SOFTBALL MINDSET

"As a coach, I highly recommend The Softball Mindset book. The team loved working through the growth mindset section and was able to write down and express the most important mental aspects of the game. As a busy parent, I appreciated the accountability the book offers. There are several easy-to-follow workouts that the girls can complete on their own. The activity tracker is especially helpful in keeping them invested, as it allows them to track their daily progress."

Glenn Hannum, Jackson Xtreme 10U & 12U Coach and Parent

"My daughter really enjoyed the workout plans in the Softball Mindset workbook and has been working out on her own at home more often. As a parent, I appreciate the empowerment the workbook provides. It offers guidance for girls and helps them shift from a negative to a positive mindset in sports and life.

As a coach of 10-11 year old girls, I find it challenging to encourage them based on their personality types. This book offers a structured method to promote empowerment in young girls and helps them handle adversity. I highly recommend this workbook to youth coaches and parents of young female athletes. It provides tangible, hands-on content that guides girls through handling setbacks and building a strong, positive mindset."

Quinn Serban, Perry Xplosion 10U Coach and Parent

<https://summermontabone.com/softball-mindset>

@dreambig.befearless