

You & Your Mental Game

Your mental game is the only game you will play for the rest of your life. It is also the most undertrained (or misunderstood).

It is often difficult to create the internal conditions for success. The distractions, emotions, changing roles, and comparison to others makes it harder to live well for yourself and be a good teammate. That means you must get your mind right before you expect to get anything else right.

If you have reached this far without tapping into the power of mental fitness training, congrats... you can reach new heights.

Read about our process:

Assess Mental Fitness

The AthleteDISC Assessment is a proven tool to understand your mental game completely. We use it to get a baseline of your mental fitness that sets course for all of the concepts and exercises we will do. It is simple to complete and easy to understand.

Get Feedback

Your AthleteDISC Profile Report provides the basis for discovering how your behavioral tendencies shape your life. The first key concept we discuss is analyzing the results of your tendencies. Real life gives feedback. Start listening.

Uncover Blindspots

The feedback you are missing will uncover your blindspots. What is the thing that is holding you back? We target this behavior and

create a plan to change it that will guarantee you better results.

For example, if you are nervous, we figure out what makes you nervous and what you can do about it. We do the same if you are lazy, angry, sad, lonely, bored, or scared.

Learn to Think Fast & Slow

This key concept allows you to do mental fitness work without making yourself a head case. It's easy to start overthinking or be self-conscious when you become aware of blindspots.

We differentiate between fast and slow systems in the brain using real life examples so you can think fast when you play and think slow when you learn and grow. This makes you great in life.

Overcome Cognitive Biases

Cognitive biases are a specific example of how you think too fast for your own good. It helps to have perspective (slow thinking).

Perspective is not realizing that there are children in developing countries who cannot afford to eat or go to school. It is knowing that YOUR situation is not as it first appears; most of the time the truth is hiding behind a fog of your emotions (for years, I thought the coach was stupid for not playing me, that wasn't true).

Use Your Strengths

There is something (or many things) that you do uniquely well. We define your strengths so that you know what they are when you use them. You can let yourself use them for your continued success.

Mental fitness is not just leveling up your weaknesses. It is also making your strengths the reason why you are better equipped than someone else for the job you want.

What is your next step?

If you decide that you would like to level up your mental fitness, reach out to Kyle personally via email or instagram (below).

The Program

Our program operates in 6 week blocks of mental fitness training.

Upon joining the program, you commit to working for 6 weeks. At every 5 week mark, we will discuss renewing for another block.

Each block is used to target 1 key area for growth while also learning about the concepts above. Why? It takes 6 weeks to wire a new habit in your brain. Your learning is designed for your biology.

Each week, there will be an email directing which exercises to use. You will apply the exercises and concepts to the mental skill or trait that you choose. The end result is you leave each 6 week block with a new behavior or skill that will improve your results.

Working With Kyle

Kyle Johnson is former NCAA D1 player and recent graduate of Yale University with a Bachelors in Cognitive Science. He is currently playing professional hockey in France. His expertise includes emotion, skill learning, social psychology, and personality psychology. He has 8 years of experience hockey coaching in private and team environments. His personal mission is to share his passion for psychology, health, and performance with athletes who are seeking to get the best out of themselves in hockey and in life.

Email: kyle.s.johnson22@gmail.com

Instagram: [@mymentalgame_sports](https://www.instagram.com/mymentalgame_sports)