



Passion & Perseverance: Applying Grit to Your Training & Performance



A Mental Skills Workbook for Athletes & Performers



Hi, I'm Demi Agai by -
a Mental Performance Consultant & founding
director of Beyond Horizons Performance
(BHP). Through BHP, I'm committed to
embedding psychological skills training and
mental wellness across athletic and artistic
spaces.

Let's build confidence, mental toughness, and resilience together!



Having grit as an athlete or artist is what's going to take your performance to a whole new level. Through consistency, productive habits, and a clear purpose, you'll be able to sore past your competition mentally and physically.

Grit is
passion & perseverance
over a consistent period of time.

This is the technical definition of grit.
However, grit can have a different meaning in your life.

Here are some examples...

- Stretching every night.
- Going to the gym/lifting 3x a week.
- Doing a full warm-up and cool down before/after practices.

What does grit look like in your life?



Passion

Your passion is what helps fuel you through difficult obstacles and setbacks. Your passion is connected to your purpose. But don't be mistaken, purpose is not the same thing as motivation.

Purpose

An underlying intention or meaning that is applied broadly across all situations.

VS.

Motivations

Internal or external factors that influence our actions in a given situation.

Create your own Purpose Statement

A purpose statement can help remind you of your passion, especially under difficult circumstances.

What do I want to get out of my sport or performance craft?



Perserverance

Perseverance is your ability to keep working toward your goals despite challenges and setbacks.






The key to perseverance is consistency, not necessarily intensity.

Reflect on 3 habits that you want to implement consistently and list them below.

- 1.
- 2.
- 3.

A few tips to keep in mind:

-  Make sure these habits are realistic! Doing 100 push-ups every day when you can only do 20 isn't going to help you.
-  These habits should relate to your performance goals so that they can propel you forward.
-  Set habits that are equally challenging and approachable.



Don't forget to celebrate your consistency!

Celebrating the times that you've shown up & honored these habits is just as important as celebrating bigger "wins".

Explain a time in your life where you tried something challenging, failed & kept going?



We can strive for consistency in our lives, but there are factors that can distract us. It's important to anticipate them, so that you can prep how you're going to navigate them mentally.

What do you anticipate getting in the way of your consistency/habits?



Did you find this helpful?

Schedule your free discovery call [HERE](#) to dive more into how you can manage your performance anxiety & rise to any occasion that comes your way!

Performers on the Rise Podcast



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