

#gamechanger



# 7 Simple Ways to Raise Your Game This Week

*by Stacie Mahoe*  
*StacieMahoe.com*

*7 SIMPLE WAYS TO RAISE YOUR GAME THIS WEEK*

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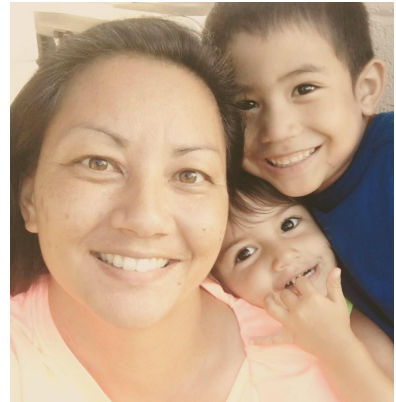
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## About Stacie Mahoe

Aloha! I'm Stacie Mahoe. Former softball player, coach, and sports parent. I'm a big family mama, married to my high school sweetheart while living in Hawaii raising our 8 kids. *(Yes, they're all biologically OURS!)*



While physical ability, skill, and athleticism are necessary to compete, I believe the right attitude and mindset separate the good from the great. Best of all, the right attitude and mindset help you succeed, not only in sports, but in *LIFE!*

That's why this guide provides you with some simple concepts that really have nothing to do with your softball skill and everything to do with the "other side" of high level performance. Everything you find here will be DOable no matter what your softball skill level!

If you find this free guide useful, you're welcome to join my [VIP list](#) for more positively focused tips, tools, and resources to bring out the best in you and your athlete(s).

[Join the VIP list HERE](#)

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# WRITE YOUR GOALS DOWN EVERY SINGLE DAY

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## ONE

Having a set of goals is good.

Writing them down is great.

Putting them in a place where you can see them daily is even better than that.

**But, you know what takes things to a whole 'nother level?**

Writing your goals out every - single - day.

Yes.

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Write them out every ... single ... day!

***START TODAY***

Don't have time for that?

Okay.

Write them out *TWICE* a day. Once in the morning. Once before you go to sleep ;)

Don't have goals?

Then you need [THIS](#).

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# KEEP AN AWESOMESAUCE JOURNAL

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## TWO

Keep an [Awesome Sauce journal](#).

So often we get in the habit of "gossiping" or "venting" about our problems all over the place. With friends, in person, through text messages, and sometimes even on social media.

*"My coworker/teacher/coach/parent/child is driving me crazy. They \_\_\_\_\_ and it's so annoying."*

*"Oh my gosh, you'll never believe what happened, blah blah blah..."*

Where your focus goes, energy flows and what you focus on **EXPANDS**.

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It's so important that you don't constantly allow your mind to "default" to this "venting" that "everyone else" is doing.

Stand apart.

Break the cycle.

It's as simple as taking a few minutes each and every day to jot down ALL the **POSITIVES** from your day.

Think that'll take too long? Then you must have *TONS* of positives in your life!!!

Make sure your focus isn't on the negative ;)

[Get your own \*\*Awesome Sauce Journal\*\* HERE](#)

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# PUT IN EXTRA WORK ON YOUR OWN TIME

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## THREE

*When I presented these 7 SIMPLE WAYS TO RAISE YOUR GAME THIS WEEK in a Facebook event, this was the most popular post!*

**Put in extra work on your own time.**

Most of us will agree that great athletes do this.

But coaches and parents, I want you to allow yourself to think outside the box on this!

More **SOFTBALL** isn't always better *(or even necessary)*.

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**Extra work does *NOT* have to look like softball to help raise a player's game.**

Did you get that?

Extra work does *NOT* have to look like softball to help raise a player's game.

Allow players to dive into activities they enjoy! They'll get a *LOT* more out of those activities than out of ones they do just because someone else thinks they *\*should.\**

When players fully engage and connect what what they do, that's when they make ***exponential*** leaps in various ways.

So take a step back and see if there are ways you can work *with* your player(s) to put in extra "work" on their own time.

There are *SO* many activities that can benefit on the field performance.

Think outside the box and have fun with it!!!

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# STRETCH OUT AFTER PRACTICE

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## FOUR

Stretch after practice.

Your muscles are not their strongest when their already wound up and tense. They can't fire and contract powerfully that way!

Stretch and mobilize after practice when your body is already nice and warm to help maximize muscular performance and reduce risk of injury.

If you need more info on what to do, check this out:

<http://staciemahoe.com/2015/01/19/performance-trick/>

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# EAT MORE NUTRIENT RICH FOODS

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## FIVE

Eat more nutrient rich foods!

Oh my goodness, I never realized how much better you feel, how much clearer your head, how much sharper you think, how much more energy you have (*and more*) when you eat more nourishing foods!

Less packages, less boxes, less preservatives, less refined sugar, more nutrients :)

You push your body hard. It can't be running on fumes ;)

**Optimal fuel drives optimal performance.**

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# CHOOSE ONE THING & DO IT

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## SIX

Think of *ONE* mission you want to accomplish each practice and get it done!

Try choosing missions that are more process focused (*things you have more control over*) rather than something results/outcome focused (*things you can't necessarily control*).

For example: *Call out* every fly ball I'm going after vs *catch* every fly ball.

Though, every now and then, it *IS* fun to throw a challenge like that into the mix :)

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# TAKE BREAKS :)

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## SEVEN

Take breaks :)

Giving yourself time for your body, mind, and spirit to refresh, renew, and rejuvenate pays off in everything you do.

It doesn't have to be a huge production every the time. A few moments of quiet time, or time engaged in something completely different from your "normal," can make a big difference.

I also encourage athletes to take a season (*like winter*) **OFF** from competing in softball!

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Mine kids did and we never regretted it. Even when people said, "*But she'll fall behind*" we didn't sweat it!

Was she a tiny bit rusty when she came back?

Yes, a little.

But it sure didn't take long to hit stride and she always looked so much fresher and more enthusiastic (*with a much "live-er" arm*) than others who'd been playing year round.

# TAKE ACTION!

## EASY AS 1 - 2 - 3

Well, it's awesome that you downloaded this guide and read this far! Yay.

But learning and feeling excited or motivated isn't enough to raise your game. ***You must take action!***

**ACTION STEP 1:** Choose TWO of the 7 ideas to DO right away.

Today, implement 2 concepts from this event.

**ACTION STEP 2:** LEAVE a comment [here](#) and tell me which 2 of these 7 suggestions you will do this week.

**ACTION STEP 3:** Do what you say you're going to do :)