

# 3 Simple Success Practices for Sports Parents

*How to stay on top of YOUR game without going insane ;)*

Aloha and welcome!

Are you ready to **feel a lot less stressed** and a lot more blessed despite the craziness parenting can throw at you?

In this guide, you'll find **3 super simple**, easy to do, free success practices that have helped me tremendously as a **mom of 8** active kids!

A super quick note before we get started, this guide was written with sports parents in mind, but these practices *ARE* applicable whether you have kids in sports or not!

**Anyone can use these ideas AND benefit from them.**

With that said, let's get right to it ...

## Simple Success Practice #1: SLEEP

I know, you're wondering when? When am I supposed to get more sleep?

That's not something I can tell you without fully deconstructing your personal day to see how things can be done differently. What I do know is that, **WHEN** you make sleep a **priority**, you find ways to make it happen more often.

So, the first success practice for you is ***BE INTENTIONAL ABOUT YOUR SLEEP.***

Do what you can to get a **full 8 hours** of sleep. Try it for *ONE* week and see how it goes. You can find a way for *ONE* week. Seven days.

Commit to it for just this short period of time.

WHY? Well, I think that's something you really have to discover for yourself. The range of benefits **you** experience from it, because it'll be more than just, "I slept more hours," may be different from what I enjoyed.

I can tell you why *I* decided to give it a try.

As you may or may not know, I love learning. I recently read a book on sales and marketing. And there was a good portion of it dedicated **SLEEP** and the fact that it's "non-negotiable." The author even went so far as to suggest blocking your sleep time off in your schedule and letting everyone know you are simply *NOT* available during those hours.

*I thought, "Wow, this guy is going to rather great lengths in this SALES book to point out that getting a good night of sleep is ESSENTIAL. Maybe there's something to this. I may not turn into the world's best sales person tomorrow, but getting better with my sleep habits IS something I CAN do right now."*

I hear that good things come to those who do what they can with what they have, right where they're at.

**So, how can you *implement* this simple practice *TODAY*?**

I won't lie, I knew I'd need help with this one. I am a night owl. I had been, literally, sleeping *after* midnight, sometimes as late as 1:00-2:00 in the morning.

I *LOVED* the quiet time.

When you have 8 kids, 7 still living at home, and often have 3+ people talking to you and asking questions or asking for help with something at any given time, being able to sit in *QUIET* is extremely appealing.

Being able to do a task *YOU* want to do, without interruption, feels like a luxury. The thought of giving that up was something I was adamantly against for a long time.

I *NEEEEEED* my "me time!" I'm not a morning person. There's *NO* way I'm going to be waking up early to get this quiet time. That just won't work. It won't feel the same. What if someone wakes up? It's not like they're just going to go back to sleep if it's morning. I have to do this at night. I'm not a morning person. At least, if one of the kids wakes up and it's the wee hours of the morning, I have a much better chance at getting them to go back to sleep and resuming my quiet time. If I try to do this in the morning, and someone wakes up, well, that's probably going very abruptly end my "me time" and I won't be happy about that!

On and on and on and on and on ... I had all these thoughts about *WHY* I "had to" stay up late "for my own sanity."

I had lots and lots of justifications and "reasons" why it was my best, and, I thought, only *real* option.

**I chose to put all of that aside for *ONE* week.** I told my husband about this little experiment I wanted to do.

“I’m going to go to sleep early this week,” I said.

He laughed.

He *KNEW* what my sleep habits were like.

But he was all in to help with this little experiment because he was always telling me, “*Don’t stay up too late*” often knowing full well that I’d likely stay up much later than was good for me.

So, while he found my announcement about sleeping early amusing, he was definitely in favor of anything that involved me actually doing what he’d been telling me to do all along :)

His support really helped me get going with this practice. For example, he made sure we started dinner early enough for me to get to bed well before 10:00pm. He helped watch the time and reminded me about wrapping up whatever I was doing so I could start heading to bed early enough to actually make this work. He helped keep the kids out of my hair so I could actually be asleep before 10:00pm.

You see, our younger kids are homeschooled, which means they don’t usually go to sleep when most kids would since they have the option of sleeping in a bit later than schooled kids can.

I knew full well that, just because I wanted to sleep early, didn’t mean they would suddenly change *their* night time routine too. This is the

biggest reason why I knew I'd need my husband's help to pull this experiment off.

The first night was the toughest.

My little ones kept coming into the room to ask me questions someone else could've easily helped them with. lol

If you're a mom, you can probably relate to that!

**But a couple interesting things happened during my one week, "sleep early" experiment ...**

1. I didn't just give up because it felt like my kids would never leave me alone. I sure as heck thought about it. I almost decided, *on the very first night*, that it was pointless to even try to sleep early! **But I didn't quit.** And just when I wasn't so sure I could ever get to sleep before 10:00pm, it happened.
2. I was wrong. On nights #2 and #3, *ALL* my kids started decided to go to sleep earlier too!

*What the what?* I most definitely did *NOT* expect that.

We certainly didn't tell them they had to. In fact, I flat out acknowledged that just because I was going to sleep early didn't mean I expected everyone else to change their whole routine. But they did. Just because. By mid-week, *EVERYONE* in the house was sleep significantly earlier than usual.

Cool .... *beans!*

## Other benefits I experienced while being more intentional about my sleep included ...

- Feeling a lot more rested
- Having a lot more energy
- Having a face that didn't look so tired
- Feeling more energized and motivated (*prior to this I felt pretty UNmotivated to do much of anything and I did NOT like that feeling*)
- Eventually, I started waking up earlier
- I felt like I had a LOT more time
- I didn't even miss my late night "me time" the way I was afraid I would
- I enjoyed waking up before my kids and getting a LOT more done to start my day
- I felt a lot more productive
- I felt a lot less stressed out
- I felt a lot more "with it"

And, last but not least, and totally unexpectedly ... this night owl fell in love with sleeping early <3

Now, exactly how this practice plays out for you may not be the same as how it played out for me. Better sleep may impact you in different ways than it did me, but I'm almost 100% certain that it *WILL* make a positive difference in your life.

Even if you don't think there's any way you can sustain that kind of sleep schedule, I highly encourage you to give it a try for a week.

Even if you don't think you can swing a full 8 hours, getting closer to 8 even, if you don't get a full 8, is worth doing.

You **can** make some kind of arrangement for *ONE* week. If for no other reason than to give your high powered body and mind a little bit of a "reset," do it!

You might be surprised at how it goes.

I'd certainly love to hear about your experience. Feel free to email me or message me and tell me about how this little one week sleep experiment went.

Email: [stacie@staciemahoe.com](mailto:stacie@staciemahoe.com) OR [Message Me on Facebook](#)

***Essential Rest Tip:*** If you need a little help relaxing and unwinding after a long, busy day, my favorite essential oils for that are lavender, frankincense, and vetiver. My 16yo loves roman chamomile too.

Lavender is your general, commonly used recommendation. However, if you happen to have ADHD, something more grounding like frankincense, cedarwood, or vetiver might help you more. OR if you're the kind of person who has a lot on your mind and your brain just does . not . want . to shut off at night, vetiver is probably going to suit you much better than lavender :)



## Simple Success Practice #2: DO A MINDSWEEP

This is a simple, but powerful tip I learned from David Allen over at GTD (*Getting Things Done*). He spoke about how **your brain is wonderful for** creating, for solving problems, and for coming up with solutions or new ideas.

But it's really *NOT* designed for "storage." Your brain is not made to **hold** all those ideas and solutions and creations it comes up with.

If you've ever felt like you're having a harder and harder time remembering things, this is why. You're probably trying to make your brain "store" *WAY* too much information.

It ends up acting like a computer that's almost out of memory *AND* has way too many programs, or internet tabs, open and running all at once. There's *SO* much going on, it simply cannot function near max capacity or speed.

The same thing happens to your brain. Stop overloading it with important information to hold. It's not made for that.

That's why a **MINDSWEEP** or a "brain dump" is so helpful and so stress relieving!

Now, I'm not just talking about writing "important" things down so you don't forget them. I'm talking about getting *EVERYTHING* you have on your mind *OUT* "on paper."

This is *NOT* just jotting info down here or there or everywhere in random places where it might get lost or forgotten about.

**For this to really be effective**, you must get your thoughts *OUT* of your brain and *INTO* a “**safe**” place, a place where you know you’ll be able to access this information later if, and/or when, you want to.

This is what allows for the **freeing up of all the brainpower** you’ve been using for storage. And that will, in turn, let your mind perform the functions it’s actually designed to perform, much better.

**I have to warn you**, the first time you do this, it might take some time! Set aside an hour, at least, or longer if you can find a way so. Then get everything and anything that’s on your mind *OUT* of it and into your safe place. When I first tried this, I didn’t feel I had 2-3 hours that I could dedicate to this practice. Instead, I set aside 45 minutes - 1 hour, a few days in a row, so I could clear out as much as possible and really give my brain a much needed break via this massive decluttering!

You may be wondering what to *DO* with all that info after you sweep it out of your brain. That’s more than this short report can contain, but the next steps *ARE* worth listening to.

Especially if you feel like you don’t feel like you have a really good handle on time management or organization (*these two words make me feel stressed out to be honest with you!*), this [Getting Things Done podcast episode](#) explains the next steps you can take to really uplevel your life and your productivity, *all while* easing the tension and stress you feel due to the numerous demands of sports family life.

Listen in to that podcast episode for a deeper dive into getting your *shtuff* together here:

<http://gettingthingsdone.com/2017/05/episode-29-david-allen-gtd-key-note-in-milan-part-one/>

**Essential Brain Tip:** For anything brain related, frankincense essential oil is, generally, a great starting point for supporting optimal function and development. Other essential oils commonly used for supporting mental clarity include rosemary, peppermint, and clary sage.

## Simple Success Practice #3: Flow of Gratitude

I once heard Coach Jenn Starkey from [Fastpitch Fit](#) talk about how the state of gratitude is very similar and to the state of *FLOW*.

You know that *FLOW* that athletes (*and high level performers*) enjoy being in? It's that state where everything seems to go well, to come easy, to feel effortless, to well, flow. It's that state of "*being in the zone.*"

But that fabulous state isn't just for athletes. It's for anyone, even you.

**Have you ever had "one of those days" where "things" just seem to keep rolling *DOWNHILL*?**

You accidentally kick something with your toe. Your favorite coffee is not available at Starbucks. Your child forgot something they really,

*really* needed for school and you have to make an extra trip to get it there lest their grade drop below passing. Your boss is “in a mood.” Your spouse is stressed out and venting to you about it which dampens your day. You accidentally lock your keys in the car, or the house ... again.

**Yuck!** Those days are *NO* fun. Those days don’t ease your stress, they add to it! They don’t make you feel like you’ve got your act together. They make you feel like you’re on the verge of drowning and/or going absolutely insane.

Those days are the days when you are nowhere near being on top of your game or in a state of *FLOW*.

**But have you ever had those days when things just seem to work out well?**

Maybe you get a great parking spot even though it’s a busy day at the supermarket. Maybe that thing you wanted to buy happens to be on sale. Maybe your child has a *GREAT* game! Maybe a friend calls to invite you over for a delicious dinner that you don’t even need to buy or cook, which is great because you were thinking you’d have to hit up a drive thru for some fast food on the way home from the park again.

*THOSE* days are the ones in which you’re experiencing the benefits of being in *FLOW*. Those days make you feel like a rockstar! Those days make you feel like you got this sports parenting thing down.

Everything is going well and moving right along. Nice gestures show up unexpectedly. Someone acknowledges and rewards you for your

hard work. Your child does something around the house that brightens your day and makes your life easier.

**Don't you want to have more days like that?** Did you know that there are things you can do to tip the scales in your favor?

Gratitude is one of them.

I know. I know. Everyone and their brother is talking about gratitude.

You see those "lists of 3 things I'm grateful for today" on Facebook or other social media platforms. None of that really appeals to you. Maybe you already feel like a pretty grateful person and you don't think "doing gratitude" is going to make much of a difference for you.

That's more or less how I felt about gratitude.

After all, I learned, from a young age, to be thankful for what I have. I always felt like a thankful person, even if I don't always express it in the grand way others may. I've never really felt like those lists of "3 things" did much for me. I didn't think I'd get much benefit, if any, from doing "gratitude exercises" when I was already thankful for the things I had.

But then, I heard both Tim Ferriss and Tony Robbins mention journaling and how obsessive they are about it and how many shelves *FULL* of journals they have.

Really? Who on earth has *that* much time to write? They obviously aren't sports parents, right? ^.^

But hey, I said I love learning and ...

If two highly successful, highly effective, people have a thing for journaling, and do it enough to have shelves and shelves full of journals, maybe it's worth exploring.

Maybe, if I do even just a *fraction* of what they do, I can get a taste of why it's worth doing.

No, I may not reach their level of success tomorrow, but I *CAN* start journaling right now.

At the same time, I'm the kind of person that doesn't like to get too bogged down by any more rules and "have tos" than I already have on my plate!

I knew I had to keep it simple if I was actually going to do this. I decided not to worry about *what* exactly to journal or *how* exactly to do it. I know jotting ideas down on paper was part of the journaling process for some people, so I decided I'd just write down whatever thoughts happen to come to mind.

But I did need a *little* more "structure" or direction than that. And the thing that made the most sense to me, at that time, was to start with gratitude.

I, literally, just opened up a blank composition book, which I got from Walmart for less than \$1 (*you can certainly just use whatever you already have at home*) and started writing ...

I am thankful for ...

and then just finished the sentence with whatever came to mind.

I didn't worry about *why* that particular thing came to mind. I just wrote it down and started a new "*I am thankful for ...*" sentence.

I didn't worry about spelling or grammar or penmanship. I simply let the thoughts flow from my head, through my arm, down into my hand, and out onto the paper.

This doesn't even need to be done in a book or actual journal. You just need to handwrite it out somewhere. It doesn't even need to be something you keep, though it is kind of interesting to look back on later. Whatever approach makes it easiest for you to *start*, do that.

If you must do it digitally, that's better than not doing it at all.

But I would encourage you to try it handwritten for a few days. For me, there's definitely something different about putting pen to paper and writing than there is about typing. Because I want you to experience maximum benefits, I suggest handwriting it at first.

Yes, this can take time.

When I do this, I set aside time and make sure I have some peace and quiet in which to hear my own thoughts. I can write *PAGES* of "I am thankful for ..." sentences.

Did I mention that I'm a thankful person? :)

**It's okay if you're not *that* thankful, yet.** It's okay if you don't write pages and pages of gratitude.

Try it anyway. Set aside some time. It can be morning. It can be night. It can be on your lunch break if you usually have extra time to "just chill" during lunch. Try to do it during a time when you won't have other people trying to talk to you or otherwise get your attention.

Don't worry about what would sound good to write down. Don't worry about how big or small the things that come to mind are, just write them out. Keep writing until the thoughts slow down or until nothing really pops into your mind as you try to complete the sentence or until you feel like you're just coming up with the same things over and over again.

At first, I only journaled because I thought there must be something to it if these "successful" people did it.

But then, I *KEPT* doing it because of the way I felt when I was done. I don't know how to explain it exactly. It put me in a different, and better, frame of mind each time. And I *liked* how that felt, so I made a point of carving out time to do this **flow of gratitude**.

After a while, something else really cool happened, but I won't tell you about it because I don't want you going into this practice with too much expectation about what it "should" be like or what you "should" get out of it.

Especially because this other benefit didn't happen the first time or the second time or even the third time I journaled. If you implement



this practice for a while, and are curious about what it is that happened for me, go ahead and email or message me about it.

I'll be happy to share more of my experiences once you've had some time (*at least 3-4 weeks*) to have your own personal experience with this :)

It's not because I just want to be mysterious or secretive. I really just don't want to spoil *your* experience for you. When these cool shifts, that you didn't even know would happen, come about naturally and organically for you, it's super awesome and super cool!

I don't want to hinder those possibilities for you by giving you too much information about what it *\*should\** feel like or how it *\*should\** go for you. I want this experience to be *YOURS*, something personal to *YOU*, because that's part of what makes it so powerful!

**If gratitude doesn't appeal to you**, try simply writing down all the wonderful things you love about your child. Jot down all the positive aspects of who they are and what they do. Again, don't filter. Don't try to make it sound good. Don't write down what you think you should. Just write down whatever pops into your mind when you write down, "I love ..."

You don't have to keep it, nor do you ever have to give it to them or let them read it. There's power in simply doing this.

Try it :)

***Essential Gratitude Tip:*** Did you know that Spikenard is sometimes referred to as the *Oil of Gratitude*? It's sometimes used as a

reminder to truly appreciate life and your present circumstances, even if those circumstances are not exactly the way you wish they would be :)

## Parting words ...

Well, that's it. Simple right?

*Anyone* can do these starting today.

It doesn't matter how long, or how short, you've been a parent. It doesn't matter if you have a lot of kids or just one. It doesn't matter how on top of things you already feel or don't feel.

These simple success practices *WILL* raise your game, and reduce your risk of going insane, in this increasingly crazy world of youth sports.

### **If you're a mom and you want to ...**

- see *VIDEOS* in which I talk about these practices
- connect with other super sports moms
- and get even more guidance on how to rock this sports mom life

Email me at [stacie@staciemahoe.com](mailto:stacie@staciemahoe.com) for an *INVITE* to Super Moms of Softball Facebook Group OR, go ahead and message me via my Facebook Page at [facebook.com/coachstacie](https://facebook.com/coachstacie)

I look forward to hearing from you!

I don't yet have a space for dads or "parents," in general, to connect just yet, but if I create or find a place like that, I'll do my best to pass that resource along to you.

Alright, that about wraps it up!

Now, the only question left is ...

**Which of these 3 simple practices are you going to *DO* today?**

Make a decision and get it done!

Wishing you and your family the best, always,

A handwritten signature in black ink that reads "Stacie Mahoe". The signature is fluid and cursive, with the first name "Stacie" and last name "Mahoe" clearly legible.

Stacie Mahoe



## Other Cool Resources from Stacie

### *FOR COACHES*

Download your 3 tips for better practices guide at  
<http://staciemahoe.com/download/freecoachesguide.pdf>

Here's a fun parent handout you can use with your team:  
<http://staciemahoe.com/free/SoftballLettertoParents.pdf>

[50 Softball Coaching Tips e-book](#) for coaches who care a *LOT* about what they do :)

[Lessons Learned e-book](#): tips and tricks learned in the heat of competition

### *FOR PLAYERS*

Grab the 15 Habits of Highly Success Softball Players short report at  
<http://staciemahoe.com/free/15Habits.pdf>

7 Ways to Raise Your Game *THIS WEEK*, free guide is available at  
<http://staciemahoe.com/free/7Ways.pdf>

### *FOR EVERYONE*

Using Essential Oils for Softball: Raise your game, *naturally!*  
[Grab your quick start guide here](#)

Fastpitch Inspired FB group: [join here](#)

**Thank You!**