



# **Brian Cain's PRIDE Personal Responsibility In Daily Excellence Workbook (Masters of The Mental Game) (Volume 17)**

*Brian M Cain*

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## **Brian Cain's PRIDE Personal Responsibility In Daily Excellence Workbook (Masters of The Mental Game) (Volume 17) Brian M Cain**

This is the workbook that goes with Brian Cain's PRIDE Program. Personal Responsibility In Daily Excellence. Brian Cain is the Peak Performance and Mental Conditioning Coach that top college and high school athletic programs turn to for a competitive edge. In the most comprehensive program ever made on coaching the mental game, Cain takes you through the exact steps of running a high-level mental conditioning program while providing you with 19 lessons that will teach your athletes to take Personal Responsibility In Daily Excellence. IN PRIDE CAIN WILL TRAIN YOU TO: • Establish a program-wide set of core values to know what you stand for • Develop a terminology for mental toughness to keep it simple for your team • Compete in the present moment with one play/pitch at a time • Establish a process that gives you the best chance for success and winning • Stay positive in a world of failure and get to the next play • Live with an attitude of gratitude and a champion's perspective • Separate yourself from the competition with preparation routines • Relax and recover so you can be at your best more consistently • Take responsibility for choosing your response to adversity all the time • Recognize, release and refocus so that you are always positive and present • Stay motivated and inspired for the entire season and when you feel terrible • Use mental imagery to build confidence • Be a machine of self-discipline who acts differently than you feel • Have a dedication that is off the charts to give you the best chance for success • Live a life of Excellence and become a champion who wins championships

**PROFESSIONAL PRAISE FOR BRIAN CAIN'S PRIDE PROGRAM** "I've been coaching high school level for over 30 years. I have attended many 'mental game' seminars at national coaching clinics and elsewhere around the country. I can honestly say that I have never learned so much in one program as I did going through PRIDE." Jen Black Head Softball Coach Greenbelt High School

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