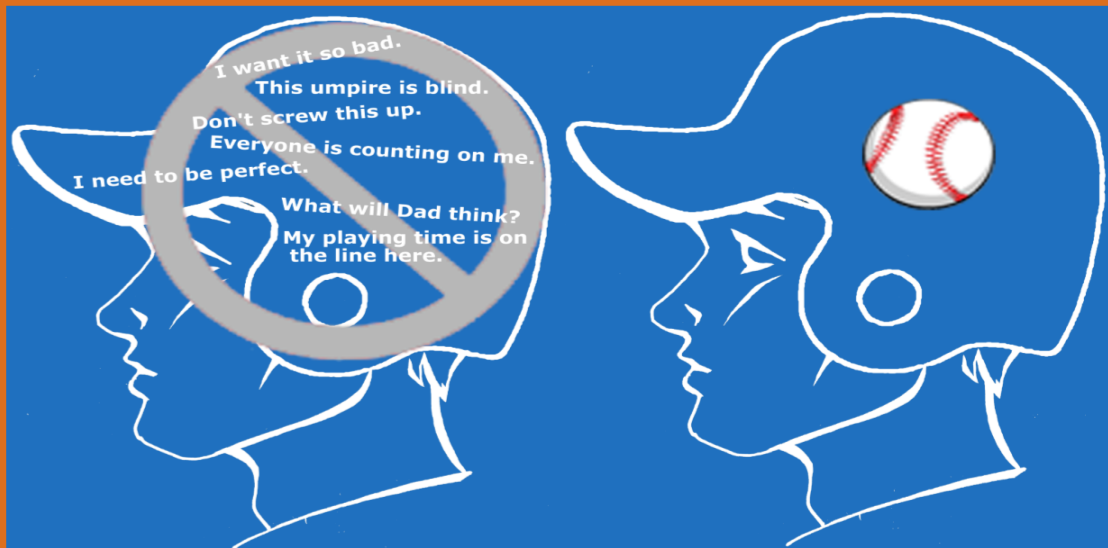


An
Elite Athlete's Manual
for
Training Mental Skills

Connecting *Potential* to **Performance**



by Aaron Weintraub

You can do it! Coach Traub can help.

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My Top Five Values
for guiding my
thoughts, words, and actions:

From the worksheet on pp. 45-47.

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