



# OPTIMA

MINDSET COACHING

## **The Optima Reset Toolkit**

*A Quick Start Guide for Young Athletes*

### **Building Unshakeable Mindsets**

Confidence • Resilience • Growth





## **When Pressure Hits, Many Young Athletes Don't Have a Reset Button**

*They care deeply. They work hard. They want to succeed. But when the moment gets big, something shifts:*

- They rush.
- They tighten up.
- Small mistakes feel huge.

That reaction isn't a lack of confidence.

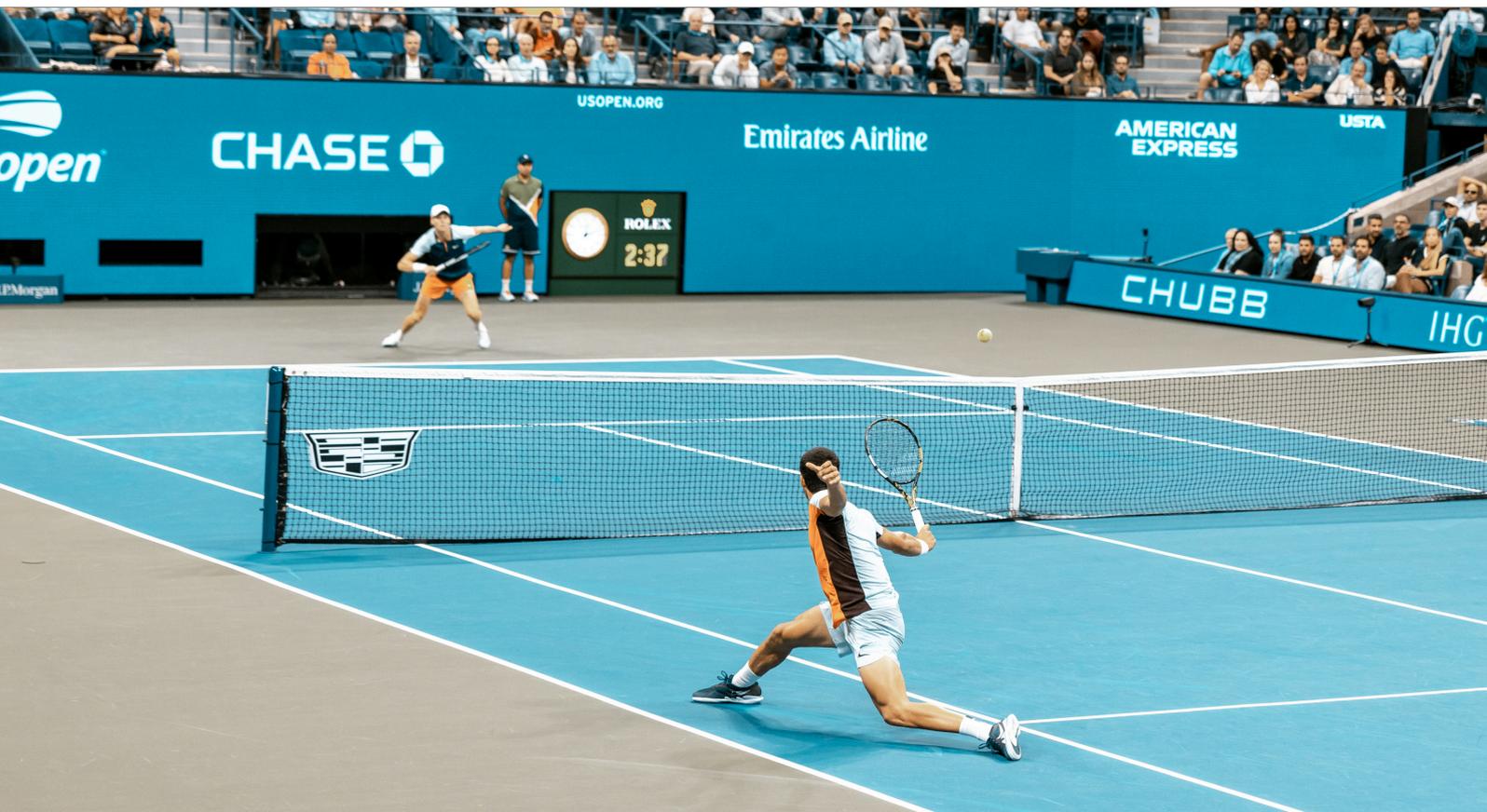
It's a lack of having a reset strategy.

A reset is the ability to return to neutral:

- Steady body
- Clear mind
- Grounded identity.

Without it, pressure snowballs.

With it, athletes recover faster and respond better.



## **The Reset Isn't About Calming Down. It's About Getting Back to Who You Are.**

A true reset fuels your athlete's three core mindset skills:

### **CONFIDENCE**

Staying grounded when nerves and expectations rise.

### **RESILIENCE**

Recovering quickly after a mistake instead of spiraling.

### **GROWTH**

Leaning into challenge instead of shutting down.

When athletes can reset, they can perform—even when the moment isn't perfect.

## Three Reset Skills That Work in Real Moments

A reset isn't one technique — it's a combination of skills that help athletes return to neutral when pressure shows up. Each skill stands alone, but they're most effective when linked together.

### Awareness (Confidence)

Recognize how and where pressure shows up.

- Body — tight shoulders, shallow breathing, tension
- Thoughts — “don't mess up,” “everyone's watching”
- Emotions — frustration, fear, urgency

Awareness isn't dwelling — it's noticing early enough to respond.

### The Physical Reset (Resilience)

Steady the body and the mind follows.

- Try this proven reset pattern:
- Inhale for 4 seconds
- Exhale for 6 seconds
- Repeat 1-3 cycles
- Eyes up
- Shoulders down

**This interrupts the fight-or-flight spike and brings the moment back within their control.**

### Productive Response (Growth)

Productive responses include two parts:

A. Reset Cue (short, steadying language):

- Next rep
- Adjust
- Stay with it
- Look forward

**These bring attention back to the moment.**

B. Growth Action (the next best decision):

Recover body language.

Simplify the next play.

Focus on what's ahead of you.

**Growth isn't avoiding mistakes. It's responding with intention instead of fear.**



## Putting the Reset Into Practice

A strong reset isn't built in one moment — it's built through simple, consistent reps.

### Start small:

- Pick one reset skill to focus on
- Practice it briefly each day
- Apply it in real moments, not just quiet ones

Confidence grows through familiarity.

Resilience grows through repetition.

Growth happens when the reset becomes the response.

Resetting is a skill — and like any skill, it strengthens over time.



## Ready to Go Deeper with Mindset Work?

At Optima Mindset Coaching, I help young people build unshakeable mindsets that hold up under pressure — in sport, school, and life.

The work is practical, grounded, and focused on real moments: mistakes, nerves, expectations, and everything that comes with doing something that matters.

Learn more:

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