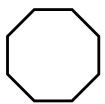


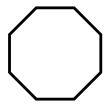
# MMA MENTAL TRAINING PLAN

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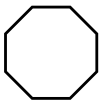
**THIS 5 STEP SYSTEM CAN HELP YOU TAKE YOUR PERFORMANCE TO NEW LEVELS IN TRAINING AND COMPETITION TO WIN YOUR FIGHT.**



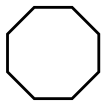
**MISSION - SET YOUR GOAL TO WIN**



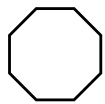
**PURPOSE - STRENGTHEN YOUR WHY**



**FOCUS - CONTROL YOUR MIND**



**TIMELINE - SCHEDULE YOUR SUCCESS**



**VISION - VISUALIZE WINNING**

**FIGHT BRAIN**



# MMA MENTAL TRAINING PLAN

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The most common challenges fighters have are:

unclear goals, insufficiently motivated, lacking real confidence, limiting beliefs, holding on to previous failures, overly negative thinking, unnecessary anxiety (some is healthy), too much focus on opponent, too much focus on others opinions, not feeling in control, not learning fast enough, not consistently tracking success.

This plan fixes all these common problems.

To begin making measurable improvement now take the mental performance evaluation and follow the steps in the plan. There are 5 videos that coach fighters through each step of the 5 steps with printable worksheets.

**FIGHT BRAIN** 

# MMA MENTAL TRAINING PLAN

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## MENTAL PERFORMANCE EVALUATION

- How **confident** do you feel in your abilities to fight your best and win?
- How **clear** are your **goals** for training and competition?
- How **focused** are you on performing your best?
- How **in control** and **in charge** are you feeling in training?
- How **calm** and **clear** is your thinking?  
(unnecessary anxiety is a common alternative)

**FIGHT BRAIN** 

# MMA MENTAL TRAINING PLAN

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## STEP 1: MISSION

Set your goal to win.

Your goal is not to survive your opponent, your goal is not to just get through this fight, and if you don't already have a clear goal to win your fight...

RIGHT NOW is the time to find out.

What is your goal for this fight?

Start with your goal to win your fight . Set it with clear intention. Write it, text it, read it, say it, feel it, in whatever ways are most powerful for you.

Set your goal to win and figure out how to achieve it.

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# MMA MENTAL TRAINING PLAN

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## STEP 2: PURPOSE

Strengthen your motivation (WHY).

Evaluate the good and powerful resources you have in your training and in your life. Your team, coaches, family, friends. and the things you have, health, opportunity, adversity, support, challenge, strength, courage, learning, improving, etc.

Write down, speak, imagine, and practice feeling grateful for at least 3-5 people and things that help you fight your best.

Repeat this habit every day and you will condition your neurology to feel more positive, optimistic and connected with your team to achieve your goals.

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# MMA MENTAL TRAINING PLAN

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## STEP 3: FOCUS

Control your mind.

Exercise your power of concentration.

Continue to focus only the valuable parts of your training that you can control; your attention, attitude, effort, learning, improving, note taking, studying, practicing, performing your best.

Stop giving valuable energy, time and focus away to things you can't control; what people who don't matter think, say, believe, do, your opponent's record, their training, the past.

Exercise your power of letting go.

Re-focus regularly.

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# MMA MENTAL TRAINING PLAN

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## STEP 4: TIMELINE

Schedule your success.

You have a big goal to win your fight right?

Break that big goal down into into smaller goals you can achieve. Set challenging weekly goals, track and review them, make adjustments, calibrate, dial things in. .

Fighters are leaders but for too many fighters, training targets, training notes, performance metrics are vague and are not tracked consistently and it's hurting their results.

If you're training for a fight you're either on track to performing your best or your'e not and the only way to know is to track.

What exactly do you have to do to get ready to win your fight from now until you win your fight?

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# MMA MENTAL TRAINING PLAN

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## STEP 5: VISION

Visualize winning.

There are two keys to creating a powerful visualization.  
Relaxation and imagination.

Imagine if you had to explain to someone else how it feels when you're fighting your best and winning. Record 3-5 feelings; clear mind, calm, confident, in the moment, dominant.

Get relaxed (use deep breathing) and mentally rehearse your winning fight performance, with sensory rich information; images, sounds, scents, and feelings.

While visualizing, allow yourself to feel how you feel when you're at your best.

**FIGHT BRAIN** 