



# ASAP DAILY JOURNAL

## ASAP Training Overview

We all want to recover from failure and disappointment quickly, but we can only do that if we've trained as hard mentally as we have physically. The purpose of ASAP is to build mental memory in the same way we build muscle memory.

### ACKNOWLEDGE FAILURE

Failure happens to everyone, every day. It's often minor and completely overlooked. Small failures, however, can teach us a lot about the strength of our mental fortitude and resilience. The first step is learning to acknowledge disappointment in the moment, not shrugging it off as unimportant.

What's one thing you failed at today? This could be a specific event, drill, or even an emotion you had to deal with during the day.

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### SPOT YOUR DEFENSIVE PERSONALITY

Once we recognize disappointment, we get the chance to analyze our reaction. Everybody has an arsenal of responses to disappointment- anger, humor, sadness, shutting down, lashing out. Knowing how you react and learning new ways to respond are the keys to managing your mental game.

What was your reaction? What made you feel that way OR what did that failure make you act like?

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### ACTIVATE YOUR DEFENSE

Everyone has natural reactions to situations, but that doesn't mean those responses can't be changed. When we start to focus on desired outcomes after we encounter disappointment, we can begin to change over time, transforming our "natural" destructive inclinations into constructive solutions.

What will you do to get out of this mindset?

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### PRACTICE

In order to develop mental resilience to failure, we must take every opportunity to practice these skills.

What's a routine you can implement to build your mental armor for this in the future?

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