

Workbook



**Mental Toughness Secrets
That Take Baseball Players
To The Next Level**

Dr. Tom Hanson

Illustrations and book design by Todd Pearl

Take the FREE Mental Toughness Test and Webinar at
www.PlayBigBaseball.com

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PlayBigBaseball.com – Take the FREE Mental Toughness Test and Much, Much More!

YipsBeGone.com – If you or someone you know is having trouble making easy throws, putts, or anything else, visit this site now.

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Questions for Part 1

1. What is the most important question in baseball?
2. What does the man mean by “baseball is a game of contrast?” Why must you fail to have fun?
3. What is the hidden cause of technical mistakes?
4. What is the REAL source of your results?
5. Part 1 is called “Do You Make These Mistakes in Hitting and Pitching.” What mistakes would you say 21 is making?

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Questions for Part 2

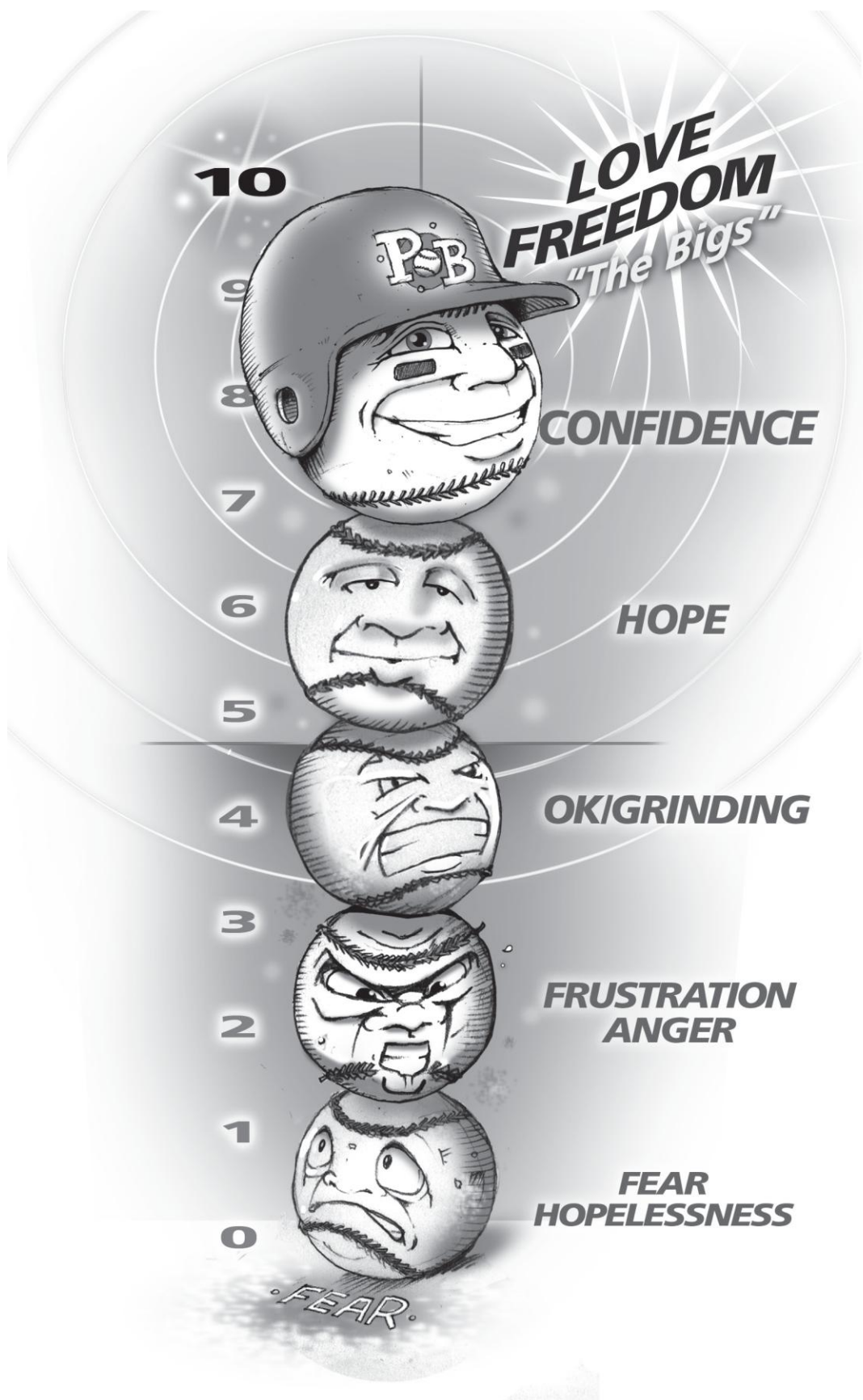
1. Where can you “go” to get confidence FAST?
2. What is the key to consistently playing at or near your best?
3. What is a Green Light Routine and when do you use it?
4. What is a Yellow Light Routine and when do you use it?
5. Choose an idea from Part 2 and imagine yourself using it in a game. Describe what you see, hear and feel when you imagine it.

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Questions for Part 3

1. How do you Play Big on defense?
2. What is the simple thing great players are great at (and you are probably not)?
3. Why is complexity is so important to simplicity?
4. What is the single most important thing needed for a major performance upgrade?
5. What are the 2 things you **MUST** understand to breakthrough to the next level?

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Dr. Tom Hanson PLAYBIG™



"The Bigs"
PLAYBIG™

FREEDOM

10

FEEL GOOD

CONFIDENCE

9

8

7

FOCUSED

6

OK GRINDING



0

1

2

3

4

5

6

7

8

9

10



UNFOCUSED

4

3

FRUSTRATION
ANGER

2

1

FOCUS

0

FEAR
HOPELESSNESS



FEAR

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Questions for Part 5

1. How is the universe (and baseball) like a giant pitch back screen?
2. What is the one term that captures the key to success?
3. What are “The Bigs” as the man describes them?
4. What must you focus on to attract success like a magnet?

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Questions for Part 6

1. What are you best designed for? In other words, what is your body's #1 priority?
2. What are the two main forms of "interference?" (Knowing them is the first step to beating them)?
3. What is the "Inner Umpire" and what "calls" does he make?
4. What does it mean to "upgrade your Inner Umpire?"

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Questions for Part 7

1. What **MUST** be your top priority if you want success **AND** peace of mind?
2. What is your main tool for raising your vibration?
3. Which comes first, success or confidence?
4. Why is it helpful to clarify what you don't want?

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Questions for Part 9

1. What is the “Ultimate Coaching Message?”

“Take the best...”

2. List at least 5 places you could use the ABCs off the field.

1.

2.

3.

4.

5.

3. Why do you think Dr. Tom had the book end the way it did? What point is he making?

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