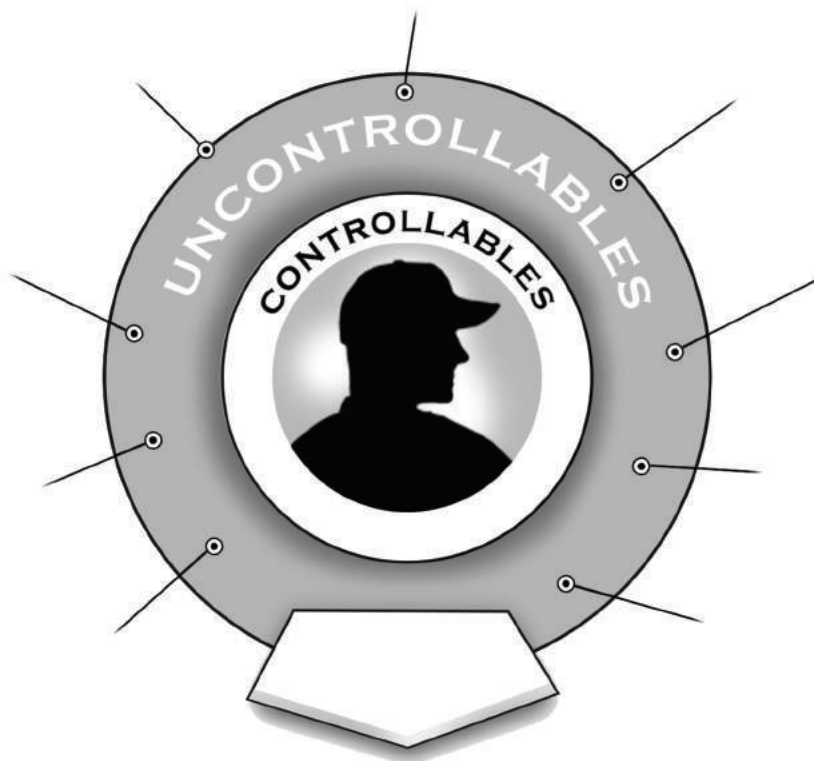


CONTROL WHAT YOU CAN CONTROL



In the white spaces around the outer circle, write down all the things you can think of that you care about in baseball... but **CAN'T** control. (Hint: umpires, opponents, teammates...)

Then, in the white space in the inner circle, write down all the things you **CAN** control. (HINT: there's a reason there's not much space there!)



Keep Your Controllables Greater Than Your Uncontrollables

Heads-Up Players want to win, they want to have great stats, and in fact, they're committed to producing great results. They realize, however, that focusing energy on **uncontrollables** creates tension in their body and clogs up their mind. This makes it less likely they'll produce the results they want.

Focus on what you can control and let the uncontrollables fade into the background.

Visit HeadsUpBaseball2.com to learn more about how you can get the most out of your ability by focusing on what you can control!