

2019 MCHS CROSS COUNTRY

7 PILLARS TO BUILDING A GREAT MINDSET THIS SEASON!



9/16/19 Mind-set Monday: Identify your Purpose

9/23/19 Mind-set Monday: Identify your Goal(s)

9/30/19 Mind-set Monday: Tools to keep focused

10/7/19 Mind-set Monday: Maximize everything you have control of

10/14/19 Mind-set Monday: Predator vs. Prey POV

10/21/19 Mind-set Monday: Keep perspective

10/28/19 Mind-set Monday: Build good habits and trust the process