

50 for 50

50 ideas for performance improvement in 2018

1. Start a mindfulness practice like meditation to develop your focus
2. Do yoga once a week
3. Focus on joint mobility through stretching (shoulders, hips, knees, ankles) and have a weekly routine
4. Begin a daily reading habit (5 - 10 minutes to start)
5. Listen to an audio book in the car or while commuting instead of the radio
6. Start a gratitude journal and write about 3 things that you were grateful for today
7. Write one thank you card a week or a month
8. Talk to a sports nutritionist and begin to make some changes
9. Eat fewer processed foods and replace with more whole foods
10. Set consistent times for going to bed and waking up with a goal of 8 hours
11. Prioritize sleep instead of sacrificing it
12. Start a training journal to track your daily/weekly goals and reflect on them
13. Visualize playing your best two times per week
14. Watch your favorite athletes/teams for 10 to 15 minutes, and then visualize performing like they do for 10 minutes - do this 1 to 2 times per week
15. If you are learning a new technical skill in your sport, watch video of someone doing it well, then visualize doing it well yourself.
16. Take one of your sport specific strengths and make it a super-strength this year
17. Start a weekly reflection practice to understand what you did well, what you could do better, what you learned and adjustments you need to make
18. Get a coach for something you really want to improve (strength & conditioning, health, sport specific, mental toughness, etc.)
19. Take an outside interest to the next level to exercise your brain (learn a language, learn an instrument, take cooking classes, etc.)
20. Plan a travel trip to play your sport (ex. tennis in Indian Wells, golf in Hawaii, other national event)
21. Watch your sport for 30 minutes per week and analyze strategy, patterns, etc. so you can use them in your performances
22. Read 10 books this year ([suggestion list](#))
23. Start a Confidence Journal (3 things I did well today)
24. Drink plenty of water throughout the day
25. Pay better attention to your equipment and gear, and learn more about the latest developments in gear for your sport
26. Tennis players: learn how to string racquets
27. Develop and cultivate more self-compassion (self-criticism doesn't work)
28. Practice competing more (more matches, more games, more rounds, more pressure)
29. Develop a personal philosophy about the world so that you can reframe difficult situations - look into Stoicism
30. Get a massage once a month
31. Organize your living space to help you focus
32. Read an inspirational quote once a day, and see if you can take action on it
33. Listen to 1 podcast per week on any topic that interests you
34. Write a description of the player that you want to be by the end of the year, and then create a plan to make it happen
35. Choose to be in a good mood more often (smile, be grateful, etc.) - you get to choose your mood

36. Commit to being first everyday - the first to smile, the first to say hello, the first to speak up in class or in a meeting, the first to ask a question
37. Make a plan to improve one of your weaknesses so that it is "good enough"
38. Watch more video of yourself playing and competing so that you can continue to do what is working and adjust what is not working
39. Make a list of the character traits of the person you want to be, and then read it daily to remind you of that person
40. Get your vision checked so that you have good reaction times and can see everything you need to see
41. Contribute to a community that you care about (tennis community, town you live in, other interest you have, etc.)
42. Take care of your skin especially if you play your sport outside
43. Take the character values survey at <http://viacharacter.org/> to learn about your strengths, and then look for ways to use them more
44. Create a pre-competition routine that will get you completely ready to compete and use it like a checklist
45. Create a post-competition routine so that you can recover from your performance quickly and be ready for the next one
46. Watch an inspiring movie or documentary once a month
47. Find a partner to work out with or do other things that will help both of you improve your performances
48. Practice breathing rhythmically once a day (Breathe2Relax app) so that you can use that skill in competition to keep you calm and focused
49. Be a leader by setting the example for others to follow. Acting as if you were a leader, will make you a leader.
50. Savor your experiences in sport and life more: journal about them, take pictures, make a scrapbook, etc. Look back at these to help you appreciate your sport.

Bonus Idea #51: Commit to being disciplined with your time and schedule so that you are productive and energetic on a daily basis.