

FOUR5 PHILOSOPHY & WHY THIS JOURNAL MATTERS

By focusing on these 4 pillars, this journal helps you:

1. **Build mental toughness and discipline.**
2. **Create winning habits that stick.**
3. **Set goals, track progress, and reflect.**
4. **Develop a mindset that wins on and off the field.**

This Journal isn't just for tracking — it's a system to grow as an athlete and person, built on 5 core values:

1. **Discipline:** Show up daily, even when it's hard.
2. **Resilience:** Bounce back stronger from setbacks.
3. **Leadership:** Lead by example through action.
4. **Accountability:** Own your standards and effort.
5. **Growth:** Progress over perfection, always.

EMPOWERING ATHLETES FOR LIFE

TABLE OF CONTENT

- THE FOUNDATION & SETTING THE STANDARD:

WEEK 1: LOVE THE PROCESS

WEEK 2: CONSISTENCY, ACCOUNTABILITY & SHOWING UP

WEEK 3: GAME-DAY STRATEGY & LEADERSHIP

WEEK 4: TEAM CONNECTION & BELONGING

- LOCKING IN & LEVELING UP

WEEK 5: HANDLING COACHING & HIGH EXPECTATIONS

WEEK 6: STAYING CONSISTENT UNDER PRESSURE

WEEK 7: SHARPENING FOCUS & LEADERSHIP

WEEK 8: PUSHING THROUGH CHALLENGES

- EXECUTION & MENTAL TOUGHNESS

WEEK 9: FINE-TUNING EXECUTION

WEEK 10: MENTAL RESILIENCE & HANDLING PRESSURE

WEEK 11: TRACKING GOALS & PROGRESS

WEEK 12: ADAPTING & ADJUSTING FOR SUCCESS

- CLOSING STRONG & WHAT'S NEXT

WEEK 13: FINISHING STRONG

WEEK 14: REFLECTING ON GROWTH

WEEK 15: OFF-SEASON PLANNING



THE FOUNDATION & SETTING THE STANDARD



**PRE SEASON
CHECK IN**

**SCAN
ME**



THE FOUNDATION & SETTING THE STANDARD

MONTHLY MOTIVATION:

"CHAMPIONS DON'T WAIT FOR THE SEASON TO TEST THEM—THEY SET THE STANDARD FROM DAY 1. BUILD THE FOUNDATIONS NOW FOR THE PLAYER YOU'LL BE WHEN IT MATTERS MOST."

KEY DATES

PLAN OUT IMPORTANT DATES



MENTAL CONDITIONING CHALLENGE:

✓ **LEADERSHIP CHECK:**
FIND A WAY TO LIFT UP A TEAMMATE THIS MONTH. LEADERSHIP ISN'T JUST VOCAL—IT'S ABOUT EFFORT, ENERGY, AND ACCOUNTABILITY.



KEY FOCUS THIS MONTH:

- **ROUTINE & DISCIPLINE:**
BUILDING HABITS THAT CREATE LONG-TERM SUCCESS
- **EXCUSES VS. ACCOUNTABILITY:** TAKING OWNERSHIP AND PUSHING THROUGH CHALLENGES
- **MENTAL CONDITIONING:**
DEVELOPING A STRONG MINDSET TO HANDLE ADVERSITY



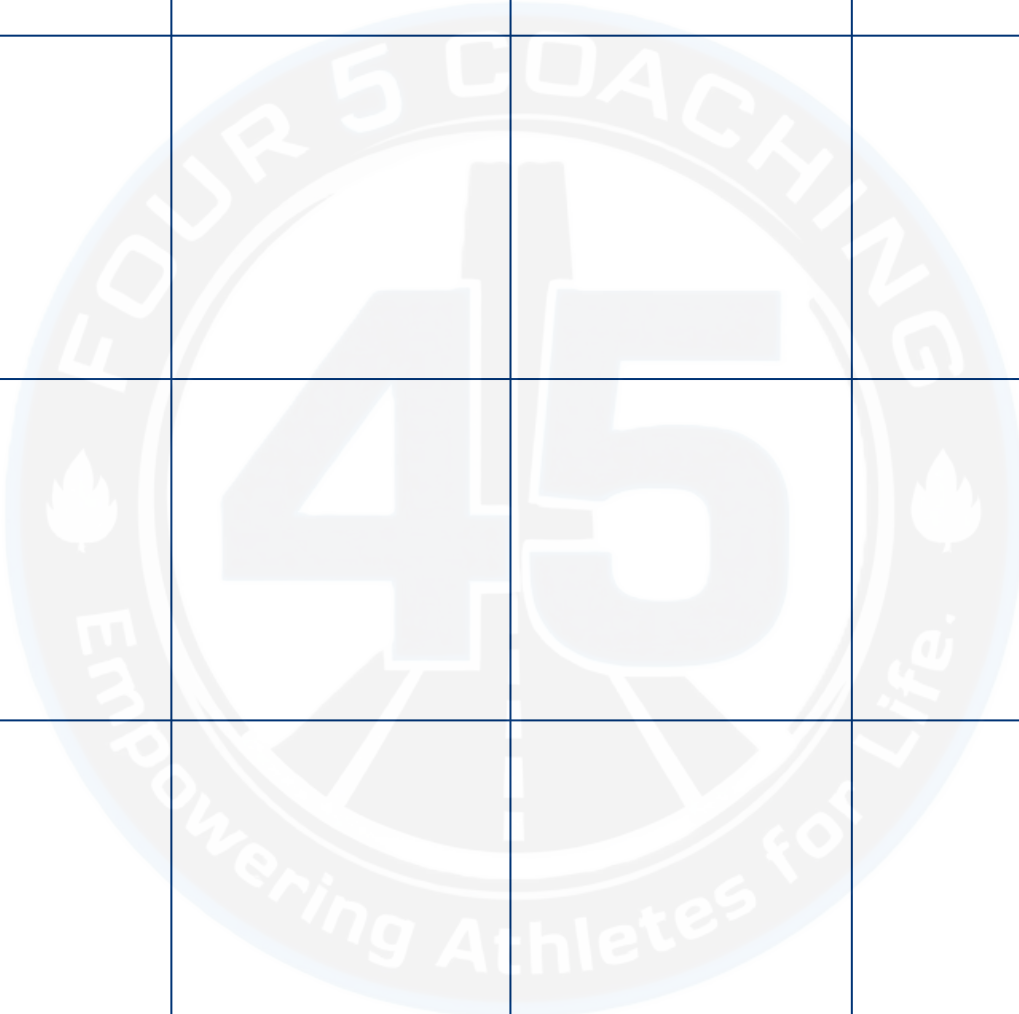
LOCK-IN GOALS FOR THIS MONTH:

- 1 _____
- 2 _____
- 3 _____

NOTES:

SIDE NOTE	MONDAY	TUESDAY	WEDNESDAY

THURSDAY	FRIDAY	SATURDAY	SUNDAY



WEEK 1

LOVE THE PROCESS

🎯 WEEKLY CHALLENGE:

THIS WEEK, FIND JOY IN THE WORK. SUCCESS ISN'T JUST REACHING THE GOAL—IT'S IN THE DAILY GRIND.



PERSONAL AFFIRMATION

Ex: "I embrace every step of my journey. The work I put in today builds my success tomorrow."



WEEKLY FOCUS AREAS



Enjoyment: Find motivation in the process, not just the outcome.



Daily Commitment: Take pride in every rep, drill, and detail.



Growth Mindset: Focus on progress, not just results.



WEEK AT A GLANCE:

✓ EMBRACE THE PROCESS AND PREPARE FOR SUCCESS

DAY	ACADEMICS	TRAINING	PRACTICE	GAME	RECOVERY
MON					
TUES					
WEDNS					
THURS					
FRI					
SAT					
SUN					



ATHLETE SPOTLIGHT: GIANNIS ANTETOKOUNMPO

"WHEN YOU FOCUS ON THE PAST, THAT'S YOUR EGO. WHEN YOU FOCUS ON THE FUTURE, THAT'S YOUR PRIDE. THE PRESENT? THAT'S WHERE THE WORK GETS DONE.



TAKEAWAY: HOW CAN YOU APPLY THIS MINDSET TO GROWTH THIS WEEK?

MONDAY

DATE / /

12 A.M.

12 P.M.

11 P.M.



LOCKED IN |



NEUTRAL |



OFF TRACK

SLEEP:



WATER:



🎯 COACH MOTIVATION:

"CHAMPIONS DON'T WAIT FOR MOTIVATION—THEY TRUST THE WORK. SHOW UP, EMBRACE THE PROCESS, AND LET THE RESULTS FOLLOW."

100 MENTAL FOCUS:

○ SUCCESS ISN'T BUILT IN ONE DAY. LOCK IN ON WHAT YOU CAN CONTROL TODAY.



PERFORMANCE TRACKER

WORKOUT / PRACTICE / GAME NOTES:

☐ RECOVERY ☐ FULL INTENSITY ☐ GAME DAY**KEY TAKEAWAY:**

ACADEMIC:

WHAT NEEDS TO GET DONE?

☐ SUBJECTS: _____**TO DO:**

REFLECTION:

COACH/TEAM ACCOUNTABILITY NOTE:

DAILY SELF-RATING (1-10 SCALE) 🔥 FOCUS: ____ 🔋 ENERGY: ____ ★ CONFIDENCE: ____

TUESDAY

DATE / /

12 A.M.

12 P.M.

11 P.M.



LOCKED IN |



NEUTRAL |



OFF TRACK

SLEEP:



WATER:



🎯 COACH MOTIVATION:

"THE GREAT ONES LOVE THE WORK AS MUCH AS THEY LOVE THE WINS. ENJOY THE GRIND—IT'S WHAT MAKES THE GOAL WORTH IT."

100 MENTAL FOCUS:

○ BE PRESENT. DON'T RUSH THE PROCESS—COMMIT TO EVERY REP, EVERY DRILL.



PERFORMANCE TRACKER

WORKOUT / PRACTICE / GAME NOTES:

☐ RECOVERY ☐ FULL INTENSITY ☐ GAME DAY**KEY TAKEAWAY:**

ACADEMIC:

WHAT NEEDS TO GET DONE?

☐ SUBJECTS: _____**TO DO:**

REFLECTION:

COACH/TEAM ACCOUNTABILITY NOTE:

DAILY SELF-RATING (1-10 SCALE) 🔥 FOCUS: ____ 🔋 ENERGY: ____ ★ CONFIDENCE: ____

WEDNESDAY

DATE / /

12 A.M.

12 P.M.

11 P.M.

🧘 LOCKED IN | 😊 NEUTRAL | 😞 OFF TRACK

SLEEP: (-6) 7 (8+)

WATER: ● ● ○

🎯 COACH MOTIVATION:

"PROGRESS ISN'T ALWAYS OBVIOUS, BUT EVERY REP COUNTS. STACK SMALL WINS TODAY, AND TRUST THEY'LL ADD UP."

100 MENTAL FOCUS:

○ FOCUS ON EXECUTION, NOT JUST EFFORT. PERFECT THE SMALL DETAILS.

⚡ PERFORMANCE TRACKER

WORKOUT / PRACTICE / GAME NOTES:

○ RECOVERY ○ FULL INTENSITY ○ GAME DAY

KEY TAKEAWAY:



ACADEMIC:

WHAT NEEDS TO GET DONE?

○ SUBJECTS: _____

TO DO:

REFLECTION:

COACH/TEAM ACCOUNTABILITY NOTE:

DAILY SELF-RATING (1-10 SCALE) 🔥 FOCUS: ____ 🔋 ENERGY: ____ ★ CONFIDENCE: ____

THURSDAY

DATE / /

12 A.M.

12 P.M.

11 P.M.

🧘 LOCKED IN | 😊 NEUTRAL | 😞 OFF TRACK

SLEEP: (-6) 7 (8+)

WATER: ● ● ○

🎯 COACH MOTIVATION:

"ANYONE CAN WORK WHEN THEY FEEL GOOD. DISCIPLINE IS WORKING WHEN YOU DON'T. KEEP PUSHING."

100 MENTAL FOCUS:

○ LOCK IN ON DISCIPLINE—HOW YOU WORK TODAY DETERMINES YOUR FUTURE.

⚡ PERFORMANCE TRACKER

WORKOUT / PRACTICE / GAME NOTES:

○ RECOVERY ○ FULL INTENSITY ○ GAME DAY

KEY TAKEAWAY:



ACADEMIC:

WHAT NEEDS TO GET DONE?

○ SUBJECTS: _____

TO DO:

REFLECTION:

COACH/TEAM ACCOUNTABILITY NOTE:

DAILY SELF-RATING (1-10 SCALE) 🔥 FOCUS: ____ 🔋 ENERGY: ____ ★ CONFIDENCE: ____

FRIDAY

DATE / /

12 A.M.

12 P.M.

11 P.M.



LOCKED IN |



NEUTRAL |



OFF TRACK

SLEEP: (-6) (7) (8+)

WATER:

COACH MOTIVATION:

"NO WASTED DAYS. TREAT TODAY LIKE IT MATTERS, BECAUSE IT DOES. STAY LOCKED IN."

MENTAL FOCUS:

○ GIVE YOUR BEST EFFORT—ONE DAY AT A TIME, ONE REP AT A TIME.



PERFORMANCE TRACKER

WORKOUT / PRACTICE / GAME NOTES:

☐ RECOVERY ☐ FULL INTENSITY ☐ GAME DAY

KEY TAKEAWAY:



ACADEMIC:

WHAT NEEDS TO GET DONE?

☐ SUBJECTS: _____

TO DO:

REFLECTION:

COACH/TEAM ACCOUNTABILITY NOTE:

DAILY SELF-RATING (1-10 SCALE) 🔥 FOCUS: ____ 🔋 ENERGY: ____ ★ CONFIDENCE: ____

SATURDAY

DATE / /

12 A.M.

12 P.M.

11 P.M.



LOCKED IN |



NEUTRAL |



OFF TRACK

SLEEP: (-6) (7) (8+)

WATER:

COACH MOTIVATION:

"WINNERS DON'T COAST THROUGH PRACTICE. THEY BRING THE SAME ENERGY AND FOCUS EVERY TIME THEY STEP ON THE FIELD."

MENTAL FOCUS:

○ MAKE TODAY'S WORK YOUR BEST WORK. STAY LOCKED IN, STAY SHARP.



PERFORMANCE TRACKER

WORKOUT / PRACTICE / GAME NOTES:

☐ RECOVERY ☐ FULL INTENSITY ☐ GAME DAY

KEY TAKEAWAY:



ACADEMIC:

WHAT NEEDS TO GET DONE?

☐ SUBJECTS: _____

TO DO:

REFLECTION:

COACH/TEAM ACCOUNTABILITY NOTE:

DAILY SELF-RATING (1-10 SCALE) 🔥 FOCUS: ____ 🔋 ENERGY: ____ ★ CONFIDENCE: ____

SUNDAY

DATE / /

12 A.M.

12 P.M.

11 P.M.



LOCKED IN |



NEUTRAL |



OFF TRACK

SLEEP:

-6

7

8+

WATER:



🎯 COACH MOTIVATION:

"RESET. REFLECT. PREPARE. THE NEXT STEP IN YOUR JOURNEY STARTS NOW—ATTACK IT WITH PURPOSE."

HOW DID I PERFORM THIS WEEK? 🔥 FOCUS: ____ 📶 ENERGY: ____ ★ CONFIDENCE: ____



MENTAL RESET:

CONTROLLED BREATHING DRILL

- SPEND 5 MINUTES IN A QUIET PLACE FOCUSING ON DEEP BELLY BREATHS

1. **INHALE** 4 SEC

2. **HOLD** 4 SEC

3. **EXHALE** 4 SEC



PERFORMANCE TRACKER

LOG KEY PERFORMANCE STATS FROM GAMES/PRACTICES.

STAT ENTRY: TACKLES / POINTS /
ASSISTS / MISSED ASSIGNMENTS:

VS



MINDSET RESET LETTER

DEVELOP SELF-AWARENESS AND MENTAL RESILIENCE.



- WRITE A SHORT LETTER TO YOU ABOUT HOW YOU WILL HANDLE ADVERSITY NEXT WEEK. CAN BE REVISITED AFTER A TOUGH MOMENT.

REFLECTION:

COACH/TEAM ACCOUNTABILITY NOTE:

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WEEKLY
CHECK IN

SCAN
ME



NOTES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY
