



APEX

COMPETITOR SERIES

**Building the Mindset, Leadership,
and Resilience of Elite Athletes**

2025 Edition
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ALPHA LEADER

Mindset Development Curriculum

Module 1: Leading Yourself First

Module Description:

This course is about stepping into your leadership identity — not through talk, but through action, consistency, and presence. Alpha Leaders don't wait for permission to lead. They raise standards, elevate others, and model resilience under pressure. Over the next 12 weeks, you'll sharpen the habits, mindset, and emotional control that define elite leadership, on and off the field.

Week 1: Personal Accountability and Daily Standards

Focus Word: OWNERSHIP

Exercise 1: Leadership Starts Alone

Activity Instructions:

Reflect on what you do when no one is watching. Write down 5 examples from this week — both strong and weak — where you either held or dropped your personal standard.

Journal Prompt:

What does my behavior when alone say about my leadership readiness?



Exercise 2: Daily Standards Inventory

Activity Instructions:

List 5 daily standards that you believe a great leader should follow (example: always show up early, always give 100% in practice, always encourage a teammate). Rate yourself 1–10 on how consistently you live each one.

5 DAILY STANDARDS	RATING

Journal Prompt:

Where am I strongest — and where do I need to recommit?

Exercise 3: Build Your "No Matter What" List

Activity Instructions:

Create a personal "No Matter What" list of 3 non-negotiables you will commit to every day, even on bad days.

1.

2

3

Journal Prompt:

How does committing to "No Matter What" standards change my mindset?

Exercise 4: Personal Integrity Check

Activity Instructions:

At the end of each day this week, ask yourself:

"Did my actions match the leader I say I want to be?"

Record your answer honestly and note 1 adjustment for the next day if needed.

ACTIONS	ADJUSTMENTS

Journal Prompt:

What did this simple daily check teach me about true leadership?

